

TEPPANYAKI



peanuts



gluten



lupin



dairy / milk



soybeans



tree nuts



eggs

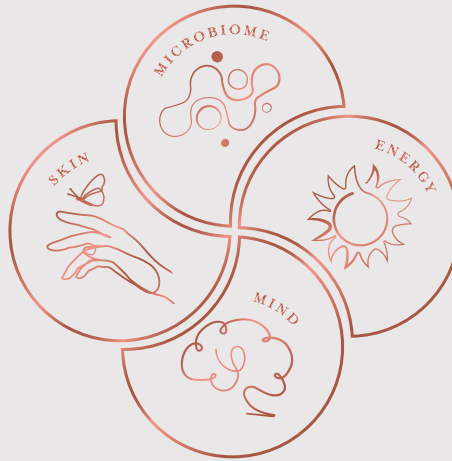


fish



shellfish

Although all due care is taken,
some allergens may still be present in dishes.
Please inform our hosts if you have any severe
allergies or intolerances before placing orders. Kindly
note that any bespoke orders cannot be guaranteed
as entirely allergen free.



The Four Pillars

Whilst each recipe has been curated to nourish all of the four pillars, highlighted icons indicate those that contain elements to enhance specific pillars.

MIND

The Mind is responsible for thinking, feeling, and making choices, as well as directing our emotional, psychological, and social wellbeing.

Our mind is the gravitational field that determines how we express ourselves, handle stress and relate to others.

MICROBIOME

Referred to as the second brain, the gut's Microbiome plays a key role in human health by breaking down and absorbing nutrients and strengthening the immune system.

When the gut is healthy, the other pillars thrive.

SKIN

Skin is the largest body organ with its own microbiome. By focusing on the skin health, we nurture the body, restore natural beauty and reverse ageing, impacting many areas of life, including self-confidence.

ENERGY

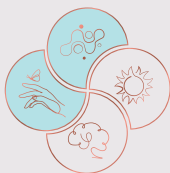
Energy is a journey of the body, expanding through conscious movement. This pillar reflects how we sustain and renew physical energy to have the capacity to keep thriving. Regular intervals of self-care, restoration, and recovery help to re-energise ourselves, even during high-paced periods.



EMBRACE THE UNIQUE FLAVOUR OF TEPPANYAKI CUISINE

Be it flipping a shrimp tail to throwing an egg into the air, the artistic performance of Teppanyaki cuisine is indeed a visually carnival fest to witness live, nourish your soul with this delicious fresh cut meats and seafood.

YAKIMONO



JAPANESE WAGYU BEEF

200

Hokkaido Wagyu Beef MB 10

Garlic Rice | Yasai Moriawase

430 Kcal | 38 g carbs | 26 g protein | 24 g fat



LIVE BAMBOO LOBSTER

200

Garlic Rice | Yasai Moriawase

300 Kcal | 35 g carbs | 29 g protein | 5 g fat





OMAKASE

Unfold the hidden joy of Japanese cuisine.

Let the chef play around with the art of
Omakase which enhances our sensory taste buds,
a true wisdom of food.



GIFTS FROM
THE SEA

250 PER PERSON



MAGURO SALAD

Seared Maguro | Paper Thin Vegetables | Jalapeno Dressing
60 Kcal | 2 g carbs | 7 g protein | 2.5 g fat



MISO SOUP

Shimeji | Organic Tofu | Scallion
45 Kcal | 5 g carbs | 4 g protein | 1.5 g fat



SALMON

Chuka Wakame | Mushroom | Shio Koji Glazed
240 Kcal | 33 g carbs | 31 g protein | 9 g fat



KING PRAWN AND SCALLOP

Tsukemono | Butter Ponzu | Garlic Fried Rice
180 Kcal | 8 g carbs | 27 g protein | 5 g fat



CHOCOLATE MOUSSE

Chocolate Coated Mousse | Yuzu Sorbet | Rice Shortbread
270 Kcal | 27 g carbs | 3 g protein | 17 g fat





NIKU

300 PER PERSON



DUCK TATAKI

Salsa | Micro Herbs | Ponzu

100 Kcal | 2 g carbs | 12 g protein | 5 g fat



JAPANESE CLEAR SOUP

Scallion | Edamame | Mushroom

50 Kcal | 7 g carbs | 4 g protein | 1.5 g fat



CORN-FED CHICKEN

Asparagus | Spring Onion | Teriyaki Sauce

100 Kcal | 6 g carbs | 16 g protein | 1.5 g fat



WAGYU BEEF STRIPLOIN MB 9+

Tsukemono | Garlic Fried Rice

190 Kcal | 26 g carbs | 34 g protein | 39 g fat



JAPANESE CHEESECAKE

Caramel Sauce | Fresh Berries

190 Kcal | 13 g carbs | 7 g protein | 12 g fat



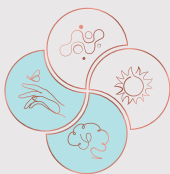
Half Board and Full Board meal entitlement not applicable

All prices listed in USD and subject to 10 percent Service Charge and 16 percent Government Tax



LAND AND OCEAN

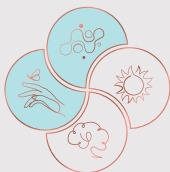
400 PER PERSON



HAMACHI CEVICHE

Caviar | Herbs Oil | Ponzu

120 Kcal | 4 g carbs | 23 g protein | 8 g fat



EDAMAME AND KOMBU SOUP

Dashi | Leek | Daikon

90 Kcal | 14 g carbs | 5 g protein | 2 g fat



LOBSTER HIBACHI

Carrot Puree | Micro Plants | Tsukemono

200 Kcal | 8 g carbs | 25 g protein | 7 g fat



WAGYU BEEF RIB EYE MB 9+

Tsukemono | Garlic Fried Rice

570 Kcal | 27 g carbs | 45 g protein | 33 g fat



MATCHA ROLL CAKE

Seasonal Fresh Berries | Matcha Cream

220 Kcal | 25 g carbs | 4 g protein | 13 g fat

