

LUNCH

Day 1



Thai Basil Chicken

Stir-fried Thai-Style Chicken and Long Beans, with Chopped Basil Leaves and Chili Padi, with Kale and Cherry Tomato Confit

\$13.90

Day 2



Baked Sea Bass in Sun-dried Tomato Salsa

Mediterranean-Style Baked Sea Bass with Sun-dried Tomato Salsa, Rosemary Baby Potatoes and Couscous

\$14.90

Day 3



Korean Soy-glazed Chicken Bowl

Korean Soy-glazed Chicken with Kimchi Relish Rice

\$13.90

Day 4



Chilli-Crab-Sauce Salmon Pasta

Poached Salmon with Garlic Spaghetti and Chili Crab Sauce

\$15.90

Day 5



Traditional Slow-cooked Beef Stew

Slow-cooked Beef with Organic Brown Rice, Roasted Baby Potatoes and Carrots

\$16.90

DINNER

Day 1



Chicken Breast in Roasted Garlic-Tomato Sauce

Tender Chicken Breast in Roasted Garlic-Tomato Sauce with Fresh Spinach and King Oyster Mushrooms

\$13.90

Day 2



Oven-baked Salmon with Lemon and Dill

Baked Salmon fillet with Lemon and Dill, and a Tomato, Cucumber and Spinach Salad

\$15.90

Day 3



Pulled Beef Brisket with House-made Barbeque Sauce

Slow-Cooked, Pulled Beef Brisket Coated in House-made Barbeque Sauce with Purple Cabbage Slaw, Charred Bell Peppers, and Caramelized Onions

\$15.90

Day 4



Peking Duck Burrito

Shredded Duck Leg wrapped in Egg Wrap with House-made Garlic-Soy Sauce, and Grilled Broccoli, Snap Peas, Carrots and Bell Peppers

\$14.90

Day 5



Chicken Ragout

Pulled Oregano Chicken Breast and Hormone-free Chicken Sausages with Roasted Sweet Potatoes, Carrots and Brussel Sprouts

\$13.90

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LUNCH

Day 6



Chicken and Onion Peppercorn Sauce

Tender Chicken Breast, Mashed Potatoes, Grilled Haricot Beans with Onion Peppercorn Sauce

\$13.90

Day 7



Sesame-crusted Tuna Steak

Pan Seared Sesame-crusted Tuna Steak with Sliced Avocado, Almond Flakes and House-made Yuzu Ponzu

\$15.90

Day 8



Southwest Almond Breaded Chicken with Purple Hash

Southwestern-style Almond Breaded Chicken, Purple Sweet Potato Hash and A Grilled Summer Succotash (Zucchini, Seasoned Quinoa, and Corn)

\$13.90

Day 9



Hearty Gyudon with Curry

Thinly Sliced Beef, Single Sous Vide Egg with Japanese Curry

\$14.90

Day 10



Indonesian Chicken Rendang

Slow-cooked Chicken Rendang with House-made Vegetable Achar

\$13.90

DINNER

Day 6



5 Spice Braised Duck Leg

Chinese 5 Spice Braised Duck Leg with Stewed Cabbage, Mushroom, Beancurd and Baby Bok Choy

\$14.90

Day 7



Shrimp Cauliflower Mac & Cheese

Shrimp and Cauliflower Florets with Mozzarella & Sharp Cheddar

\$13.90

Day 8



Ginger, Turmeric Chicken with Cauliflower "Nasi" Lemak

Baked Ginger, Turmeric Chicken, Pandan Coconut Cauliflower Rice, Egg Frittata and Salted Ikan bilis (anchovies)

\$13.90

Day 9



Chimichurri Sirloin Cubes and Cauliflower Steak

Sirloin Cubes and Roasted Cauliflower Steak with Zesty Chimichurri Sauce

\$16.90

Day 10



Sous Vide Oregano Chicken

Sous Vide Oregano Chicken Breast with Roasted Asparagus, Carrots, and Aubergine in Orange Vinaigrette

\$13.90

LUNCH

Day 11



Sous Vide Pesto Chicken

Sous Vide Chicken Breast with Organic Lemon, Garbanzo Beans and Pesto Sauce.

\$13.90

Day 12



Pesto Chicken and Kale Salad

Sous Vide Pesto Chicken Breast, Kale Salad with Organic Quinoa, Japanese Cucumber, Cherry Tomato, Pumpkin Seeds and Citrus Dressing

\$15.90

Day 13



Chicken Bulgogi with Kimchi Salad

Korean Chicken Bulgogi with Kimchi Salad (purple cabbage slaw, lettuce, carrots, edamame, cherry tomatoes, spring onion, and toasted sesame seeds)

\$13.90

Day 14



Tuna and Quinoa Bowl

Organic Quinoa, Tuna, Edamame, Cherry Tomato, Baby Spinach, Toasted Almond Flakes with Goma (sesame) Dressing

\$15.90

Day 15



Sirloin Kale Bowl

Cubed Sirloin Steak with Curry Kale Salad (kale, lettuce, pickled shimeji mushrooms, cherry tomato confit, japanese wakame) and Truffle Vinaigrette

\$16.90

DINNER

Day 11



Signature Beef Balls in Cranberry Sauce

Beef Balls with Turmeric Cauliflower Rice, Chopped Almonds and Spinach

\$14.90

Day 12



Smoked Duck Superbowl

Smoked Duck Breast with Quinoa, Garlic Kale and Spinach Salad with Japanese Cucumber and Button Mushrooms

\$14.90

Day 13



Poached Sea Bass with Sauteed Kale and Mushrooms

Poached Sea Bass Fillet with Sauteed Kale, Shiitake Mushrooms, Black Fungus and Fragrant Ginger Coriander Dip

\$14.90

Day 14



French Chicken Forestiere

French Roasted Chicken in Cream Sauce with Arugula, Spinach, Cherry Tomatoes and Roasted Mushrooms

\$13.90

Day 15



Chilli Con Carne

Slow-cooked chilli with seasoned minced beef, roasted garlic broccoli and button mushrooms

\$14.90

LUNCH

Day 16



Wagyu Beef Patty

Wagyu Beef Patty with Melted Mozzarella Cheese, Purple Slaw, Baby Spinach, Lettuce, Avocado, Cherry Tomatoes, Toasted Cashews and Chilli Lime Dressing

\$16.90

Day 17



Cobb Salad

Chopped Salad Greens with Avocado, Sous Vide Chicken Breast, Hard Boiled Egg, Feta Cheese, Tomatoes, French Beans, Japanese Cucumber and Olive Oil

\$13.90

Day 18



Grilled Skewers with Melted Brie Cheese

Grilled Chicken, Tiger Prawns, and Salmon Skewers with Bell Pepper and Mixed Greens

\$15.90

Day 19



Salmon Confit

Slow-cooked Salmon Fillet with Zucchini Pasta Aglio Olio, Baked Curry Cauliflower, Toasted Sunflower Seeds and Shaved Parmesan Cheese

\$15.90

Day 20



Chicken and Portobello Mushroom

Sous Vide Chicken Breast with Baked Portobello Mushroom and Mixed Greens

\$13.90

DINNER

Day 16



Sous-Vide Duck Confit

36hr Sous Vide Duck Confit with Creamed Cauliflower Mash and Brussel Sprouts

\$15.90

Day 17



Salmon Confit with Zucchini Noodles

Salmon Confit with Yellow and Green Zucchini Noodles and Sun-Dried Tomatoes

\$15.90

Day 18



Mediterranean Tiger Prawn Bowl

Poached Tiger Prawns with a Spinach and Kale Salad (baby spinach, kale, black olives, feta cheese, bell peppers, oregano) with Ponzu Dressing

\$15.90

Day 19



Portobello Mushroom and Arugula Salad

Portobello Mushroom Confit and Arugula Salad (arugula, boiled egg, nuts, cubed chicken, pickled shimeji mushrooms and toasted almond flakes)

\$12.90

Day 20



Salmon and Tuna Poke Bowl

Marinated Salmon and Tuna Cubes, Kale Salad (Kale, Lettuce, Edamame, Avocado, Cherry Tomato, Feta Cheese, Seaweed) with Toasted Goma and Wafu Dressing

\$16.90

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LUNCH

Day 21



Shrimp Cauliflower Mac & Cheese

Shrimp and Cauliflower Florets with Mozzarella & Sharp Cheddar

\$13.90

Day 22



Ginger, Turmeric Chicken with Cauliflower "Nasi" Lemak

Baked Ginger, Turmeric Chicken, Pandan Coconut Cauliflower Rice, Egg Frittata and Salted Ikan bilis (anchovies)

\$13.90

Day 23



Pulled Beef Brisket with House-made Barbeque Sauce

Slow-Cooked, Pulled Beef Brisket Coated in House-made Barbeque Sauce with Purple Cabbage Slaw, Charred Bell Peppers, and Caramelized Onions

\$15.90

Day 24



Chilli Con Carne

Slow-cooked chilli with seasoned minced beef, roasted garlic broccoli and button mushrooms

\$14.90

Day 25



Oven-baked Salmon with Lemon and Dill

Baked Salmon fillet with Lemon and Dill, and a Tomato, Cucumber and Spinach Salad

\$15.90

DINNER

Day 21



Sesame-crusted Tuna Steak

Pan Seared Sesame-crusted Tuna Steak and Buckwheat Noodles with House-made Yuzu Ponzu and Nori

\$15.90

Day 22



Southwest Almond Breaded Chicken with Purple Hash

Southwestern-style Almond Breaded Chicken, Purple Sweet Potato Hash and A Grilled Summer Succotash (Zucchini, Seasoned Quinoa, and Corn)

\$13.90

Day 23



Korean Soy-glazed Chicken Bowl

Korean Soy-glazed Chicken with Kimchi Relish Rice and Tteokbokki

\$13.90

Day 24



Sirloin Kale Bowl

Cubed Sirloin Steak with Curry Kale Salad (kale, lettuce, pickled shimeji mushrooms, cherry tomato confit, japanese wakame) and Truffle Vinaigrette

\$16.90

Day 25



Baked Sea Bass in Sun-dried Tomato Salsa

Mediterranean-Style Baked Sea Bass with Sun-dried Tomato Salsa, Rosemary Baby Potatoes and Couscous

\$14.90

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LUNCH

Day 26



Sous Vide Oregano Chicken

Sous Vide Oregano Chicken Breast with Roasted Asparagus, Carrots, and Aubergine in Orange Vinaigrette

\$13.90

Day 27



Peking Duck Burrito

Shredded Duck Leg wrapped in Egg Wrap with House-made Garlic-Soy Sauce, and Grilled Broccoli, Asparagus and Bell Peppers

\$14.90

Day 28



Signature Beef Balls in Cranberry Sauce

Beef Balls with Turmeric Cauliflower Rice, Chopped Almonds and Spinach

\$14.90

Day 29



5 Spice Braised Duck Leg

Chinese 5 Spice Braised Duck Leg with Stewed Cabbage, Mushroom, Beancurd and Baby Bok Choy

\$14.90

Day 30



Poached Sea Bass with Sauteed Kale and Mushrooms

Poached Sea Bass Fillet with Sauteed Kale, Sliced Avocado, Black Fungus, Toasted Almond Flakes and Fragrant Ginger Coriander Dip

\$14.90

DINNER

Day 26



Indonesian Chicken Rendang

Slow-cooked Chicken Rendang with Blue Pea Flower Rice and House-made Vegetable Achar

\$13.90

Day 27



Chilli-Crab-Sauce Salmon Pasta

Poached Salmon with Garlic Spaghetti and Low-Sugar Chili Crab Sauce

\$15.90

Day 28



Sous Vide Pesto Chicken

Sous Vide Chicken Breast with Organic Lemon and Herb Brown Rice, Garbanzo Beans and Pesto Sauce.

\$13.90

Day 29



Chicken and Onion Peppercorn Sauce

Tender Chicken Breast, Sliced Avocado, Grilled Haricot Beans with Onion Peppercorn Sauce

\$13.90

Day 30



Chicken Bulgogi with Kimchi Salad

Korean Chicken Bulgogi with Kimchi Salad (purple cabbage slaw, lettuce, carrots, edamame, cherry tomatoes, spring onion, and toasted sesame seeds)

\$13.90

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LUNCH

Day 31



Chicken Ragout

Pulled Oregano Chicken Breast and Hormone-free Chicken Sausages with Roasted Sweet Potatoes, Carrots and Brussel Sprouts

\$13.90

DINNER

Day 31



Traditional Slow-cooked Beef Stew

Slow-cooked Beef with Roasted Baby Potatoes and Carrots

\$16.90