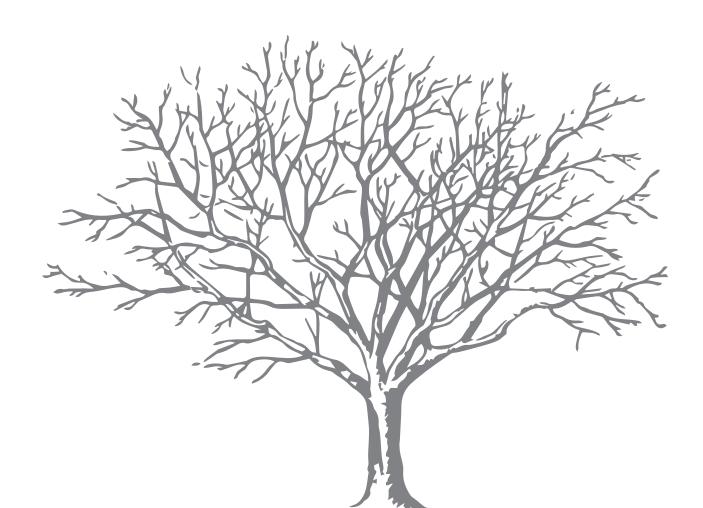
The Harden Conscious Dining





SALAD CONSTRUCTION 😭 🥒

23

Selection of any 8 items with your preferred dressing

Salad Greens

Mesclun Arugula

Baby Spinach Romaine Lettuce

Types of Cheese

The G Cheese Goat Cheese Ricotta Emmental Cheese Low-fat Feta

Vegetables and Sprouts

Semi-dried Tomatoes Telegraph Cucumber **Roasted Onions Cherry Tomatoes** Kalamata Olives Alfalfa Sprouts **Shredded Carrot**

Grains and Seeds

Quinoa Couscous Edamame

Fruits and Nuts

Blueberries Dried Apricots Almonds Walnuts Pumpkin Seeds Pine Nuts

Sunflower Seeds Pomegranate

Preferred Dressings

Coriander - Mustard and Extra Virgin Olive Oil Raspberry Mayonnaise Dressing Roasted Sesame Dressing Mango and Lime Dressing

> No pork and lard. All prices are in SGD and subject to 10% service charge and 7% GST











APPETISERS

Grilled Halloumi Cheese Salad with Pomegranate Sourdough Croutons, Avocado, Sugar Peas, Orange Segment, Watercress Salad, Mint Vinaigrette Dressing	26
Chicken Greek Salad Tomatoes, Onions, Cucumbers, Capsicums, Olives, Feta, Capers, Olive Oil	23
Tabbouleh Salad Bulgur Wheat, Mint Leaves, Green Onion, Lemon Juice, Flat Parsley, Roma Tomato, Telegraph Cucumber, Romaine Lettuce, Olive Oil	16
Falafel Salad 🗑 🌽 🗨 Ground Chickpeas, Fava Beans, Onion, Herbs, Spices, Hummus, Salad, Tahini Sauce	18
Mediterranean Mezze Platter Dolmades, Hummus, Spanakopita, Baba Ganoush, Roasted Red Peppers, Grilled Artichokes, Feta, Tzatziki, Toasted Pita	26
SOUP	
Mediterranean Red Lentil Soup 💉 🗨 Red Lentil, Harissa Paste, Ground Coriander, Vegetable Broth, Tomato	13
Shrimp & Orzo Soup 🗑 Tiger Prawn, Sea Scallop, Orzo Pasta	18
Shrimp, Mussels, Haddock, Tomatoes, Chicken Broth, Fresh Basil No pork and lard. All prices are in SGD and subject to 10% service charge and 7% GST	18
SOUP Mediterranean Red Lentil Soup Red Lentil, Harissa Paste, Ground Coriander, Vegetable Broth, Tomato Shrimp & Orzo Soup Tiger Prawn, Sea Scallop, Orzo Pasta White Fish Soup Shrimp, Mussels, Haddock, Tomatoes, Chicken Broth, Fresh Basil No pork and lard.	18



MINI SIDES

Potato Wedges with Tzatziki // Dill, Kosher Salt, Garlic Powder, Olive Oil, Dried Oregano & Rosemary, Lemon Zest	13
Baba Ganoush // Tahini, Eggplant, Garlic, Parsley, Olive Oil, Flat Bread	15
Hummus 🎤 🖫 Chickpeas, Cumin, Paprika, Tahini, Flat Bread	15
Dawood Basha Lamb Meatballs Tomato Stew with Lebanese Spices with Pine Nuts	18
Smoke Salmon Multigrain Bread, Avocado, Asparagus, Poached egg, Hollandaise Sauce, Capers, Mixed Greens	20
Roasted Vegetable Platter 💉	23











MAINS

	nicken Shawarma Isted Zucchini, Cucumber, Garlic Tahini, Pita Bread	30
	e with Spaghetti ef and Lamb, Kashar Cheese	32
	Style Marinated Lamb Steak Oil, Cinnamon, Orange & Lemon Zest	38
Aubergine Eggplants, Po	Moussaka Itatoes, Tomatoes, Béchamel	26
Beef Mouss Mince Beef, E	a ka Eggplants, Potatoes, Tomatoes, Béchamel	35
	ats Souvlaki with Tzatziki 🗑 hopped Tomato, Onion and Olive	
Selection of:	Chicken Beef Lamb	28 32 32



MAINS

Paella De Mariscos Pan Cooked Saffron Rice, Half Shell Scallops, Black Mussel, Clams, Prawn, Alaskan Crab	48
Baked Whole Seabass Artichokes, Olives, Capers, Lemon, Feta Cheese, Tomato, Basil	46
Fish Stew with Chickpeas and Garlic Pita Bread Halibut, Capsicum, Cherry Tomato, Squid, Diced Shrimp	35











DESSERT

Greek Yogurt Chocolate Mousse /* Vanilla, Greek Yogurt, Dark Chocolate	15
Maple Vanilla Baked Pear APPecan, Granola, Greek Yogurt, Berries	18
Lemon Olive Oil Cake // Lemon Infused Batter, Fresh Prune Topping	16



COLD BEVERAGE

Still Mineral Water		
Acqua Panna	250ml	6
Acqua Panna	1000ml	12
Sparkling Mineral	Water	
San Pellegrino	250ml	6
San Pellegrino	1000ml	12
Soft Drinks Coke, Diet Coke, Ging	ger Ale, Tonic Water, Soda Water, Sprite	7
Freshly Squeezed . Carrot, Green Apple,		10
SIGNATURE BLENDS	S	14
Tropical Earl Grey French Earl Grey Syrup	Sour o, Fresh Lemon Juice, Pineapple Juice	

Chillout by the Beach

Peach Pulp, Peach Syrup, Orange Juice, Cranberry Juice

Gingerito

Mint Leaves, Fresh Lime, Simple Syrup, Muddle Ginger

 $$\operatorname{No}$ pork and lard. All prices are in SGD and subject to 10% service charge and 7% GST Signature // Vegetarian Spicy Gluten-Free











14 SIGNATURE BLENDS

Detox Sour

Green Apple, Celery, Fresh Lime, Simple Syrup

Coco Cranberry

Cranberry Juice, Pineapple Juice, Milk, Coconut Syrup

Garden Spritzers

Cucumber, Mint Leaves, Fresh Lime, Simple Syrup, Club Soda

Cleansing

Cucumber, Carrot, Apple, Young Ginger

Complexion

Pineapple, Cucumber, Green Apple

Immunity

Grapefruit, Pineapple, Strawberry, Carrot, Apple

Detox

Apple, Celery, Grapefruit, Lemon











HOT BEVERAGE

Hot Chocolate	8
Coffee	8
Caffe Latte	10
Cappuccino	8
Espresso	8
Double Espresso	10



TEA SELECTION 9

French Earl Grey

A fragrant variation of the great classic, this TWG Tea black tea has been delicately infused with citrus fruits and French blue cornflowers.

Singapore Breakfast Tea

A tantalising elixir to inspire new beginnings, this noble TWG breakfast blend is evocative of the sophisticated harmony of Singapore. Boasting a natural blend of green tea, black tea, rich vanilla and rare spices, this tea yields a complex flavour with a sweet and lingering aftertaste.

Grand Wedding Tea

A festive TWG tea to celebrate life's momentous occasions, this black tea is blended with sunflowers and breath-taking exotic fruits.

Paris-Singapore Tea

A distinguished TWG Tea green tea enhanced with fragrant cherry blossoms and red fruits. A sensual and sweet tea of reminiscence.

Crème Brulée Tea

Welcome to the world of sweet French savoir-faire. TWG Tea created this special green tea by blending subtle bouquets of red fruits and strawberries, evoking the taste of crème brûlée. Absolute harmony.

Holiday in Paris Tea

Rare Yin Zhen and sweet vanilla have been blended as an ode to a leisurely promenade along the cobblestone streets of Paris. Nard and wildflowers decorate this cup with their crisp, floral savour and leave a heady, perfumed aftertaste.