

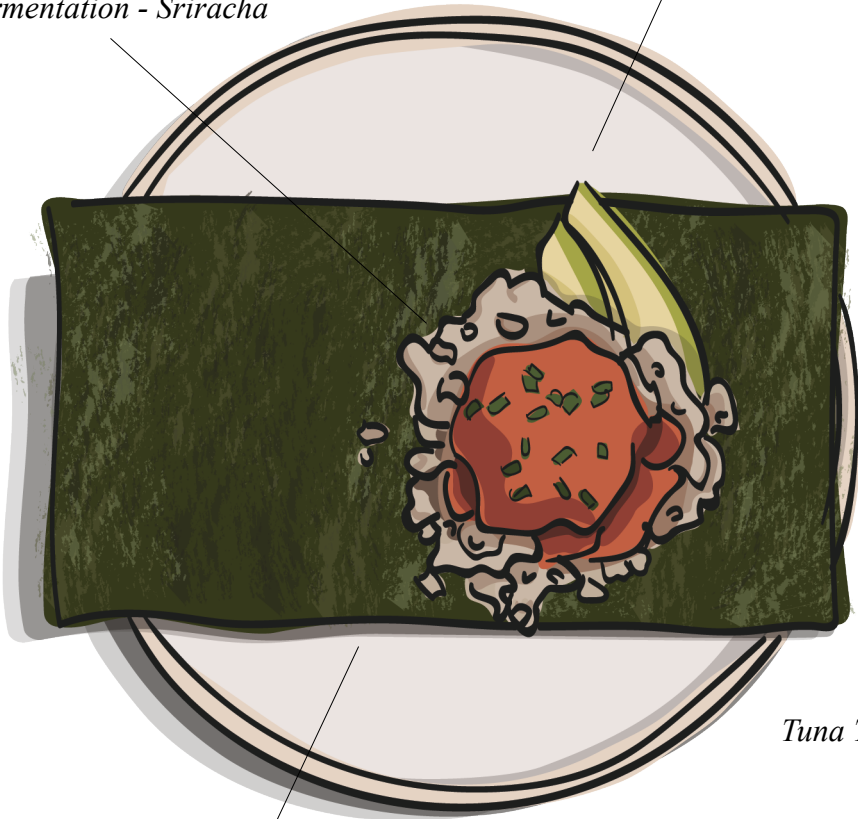
Sustainability

Lower in carbon emissions from raw cooking techniques

Plant-based Techniques

Raw Food - Tomato Tuna, Sriracha Mayo, Jicama, Cauliflower Rice

Fermentation - Sriracha



Tuna Temaki

Food as Medicine

Without heating ingredients over 46.8°C, we help retain nutrients and natural enzymes obtained through the consumption of raw living foods

Superfood - Chia Seeds Tobiko

Ingredients Sourcing

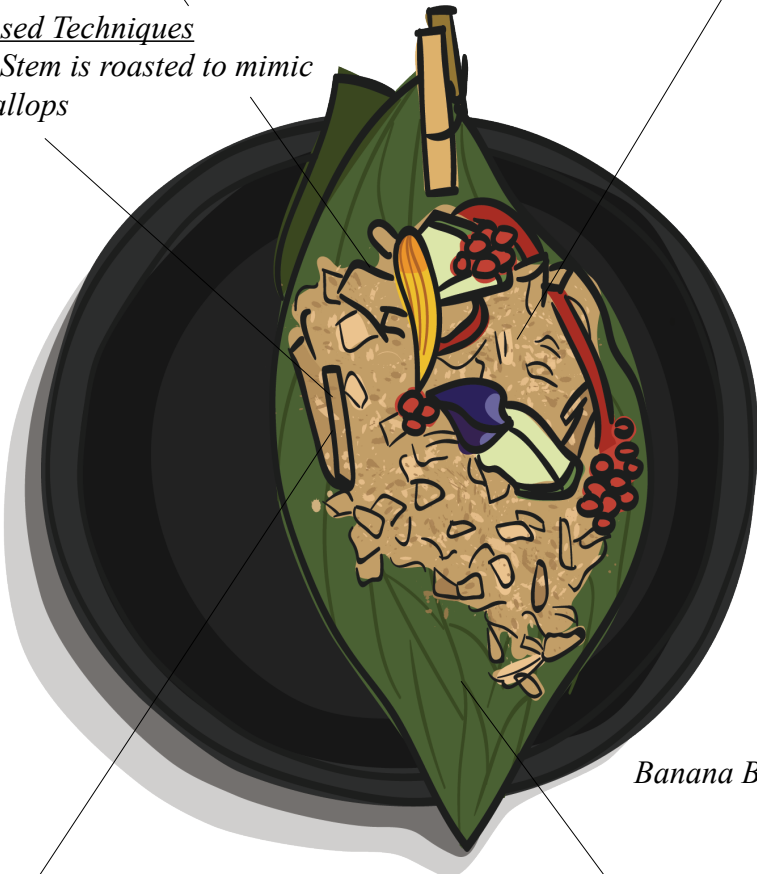
*Banana Blossom and Betel Leaves from Taiwan*

Biodiversity

*Banana Blossom - uses rare parts of the plant*

Plant-based Techniques

*Shiitake Stem is roasted to mimic dried scallops*



*Banana Blossom*

Food as Medicine

*Betel Leaves heal wounds, accelerate healing properties, cooling properties and cure headaches*

Zero Waste

*Shiitake Stem - people generally throw the stems of the mushrooms away*

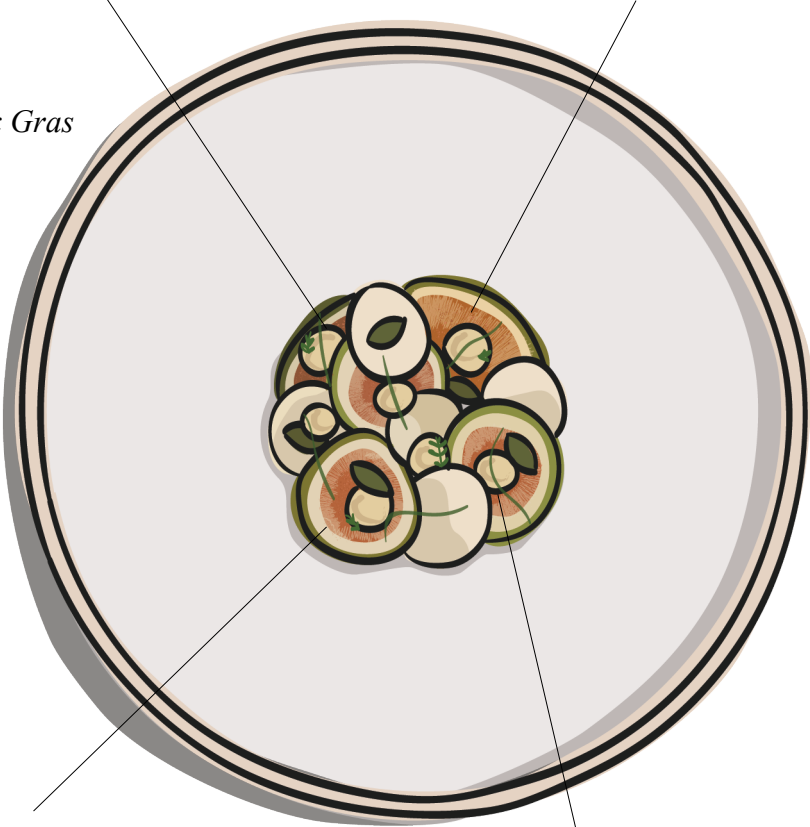
## Food as Medicine

*Superfoods - Raw Cocoa Butter (rich in phytochemical and good for skin), Tahini (protein), Miso (fermented and good for gut flora), Nutritional Yeast (B12)*

## Ingredients Sourcing

*Figs are sourced locally in Hong Kong from Zen Organic Farm*

*Faux Gras*



## Sustainability

*Foie Gras is fattened liver from force-feeding ducks and geese*

*With this alternative that tastes and smells the same, we are avoiding any unnecessary harm to animals*

## Plant-based Techniques

*Using Raw Cashews, Cocoa Butter, Tahini, Nutritional Yeast and Miso*

### *Preservation of ancient Chinese techniques*

### Plant-based Techniques

### *6 Hour Boil Tonic Soup - using the same methods as Chinese ancestors*

## Zero Waste

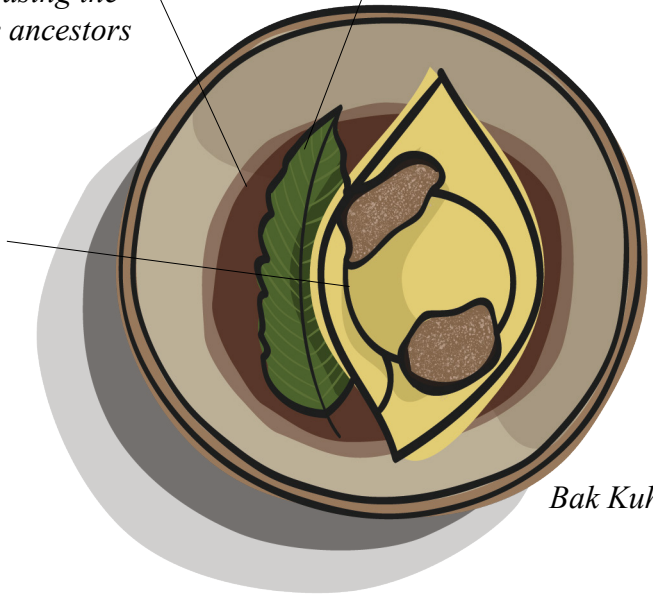
*Wonton Filling - Carrot Pulp collected after cold pressed carrot juice done in house, is one of the main ingredients used that would otherwise go to waste*

### Ingredients Sourcing

*Traditional Chinese Medicine is a form of integrative healing techniques built on more than 2,500 years of medical practice that includes various forms of herbal medicine*

Biodiveristy

*Toon Leaves - a traditionally foraged ingredient high in antioxidants and is a highly prized vegetable in Chinese cuisine. Every part of the toon tree can be utilized for various medicinal benefits*

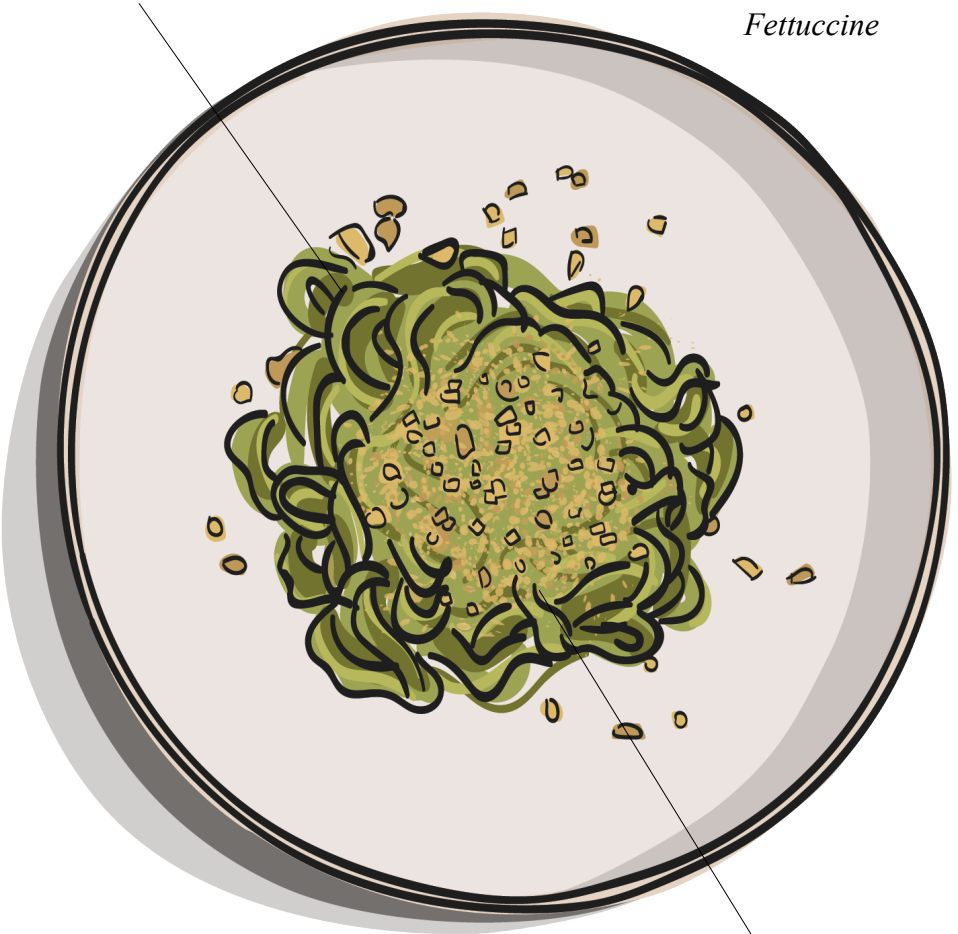


Plant-based Techniques

*Replacing eggs with tofu to create the binding agent for pasta*

*Raw Food - Pepperoni Recipe*

*Fettuccine*



Sustainability

*Animal Welfare - creating a commonly meat-centric dish with plant-based alternatives*

### Sustainability

Traditional cheeses contain animal dairy. The dairy industry contributes to one of the leading causes in greenhouse gas emissions

By introducing an alternative to cow's dairy, we are avoiding animal suffering, and helping reverse global warming

### Ingredients Sourcing

We utilize all organic, natural, and superfood-laced ingredients such as nuts, seeds, spirulina and apple cider vinegar in our cheese making processes

### Food as Medicine

Naturally cultured nut-based cheeses are cholesterol and lactose free, probiotic-rich, contain high amounts of HDL fats, and protein



### *Nectar Cheese Course*

### Plant-based Techniques

Culturing - a fermentation process where a microbial starter is used to kickstart the fermentation process. In this case we use coconut yogurt, yogurt starter, and probiotic powder

### Zero Waste

Many forms of plant-based cheeses require only the milk from blended and strained nut purees, while the pulp is separated and disposed of. We create various dishes utilizing the left over pulp

### Sustainability

*Protecting Endangered Species - the Swiftlet bird is an endangered species, and their nests are a delicacy. We use Snow Swallow instead of Swiftlet bird's nest*

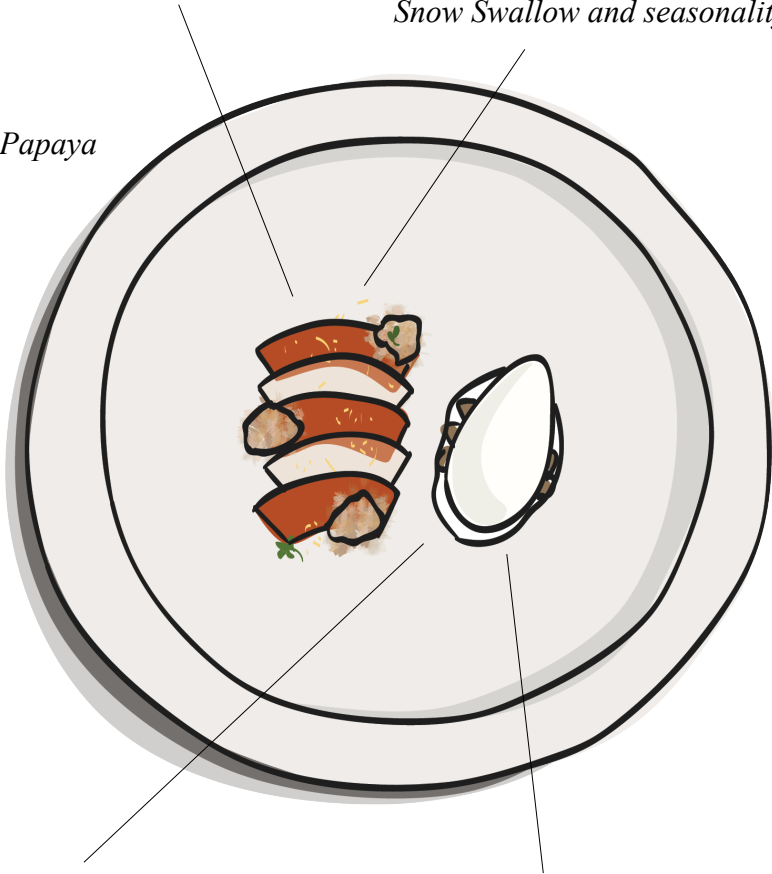
### Ingredients Sourcing

*Fruits that are locally and regionally grown*

### Biodiversity

*Snow Swallow and seasonality of fruits*

*Papaya*



### Plant-based Techniques

*Fermentation - Coconut Ricotta*

*Raw Food - Activated Walnuts*

*TCM - Walnut and Young Ginger*

### Food as Medicine

*TCM - Activated Walnut and Young Ginger*

*Snow Swallow [nourishing resin from wood pulp] - moisturizing digestion and regulating human collagen growth*



Sustainability

*Community - supporting our farmers by helping to divert costs away from them*

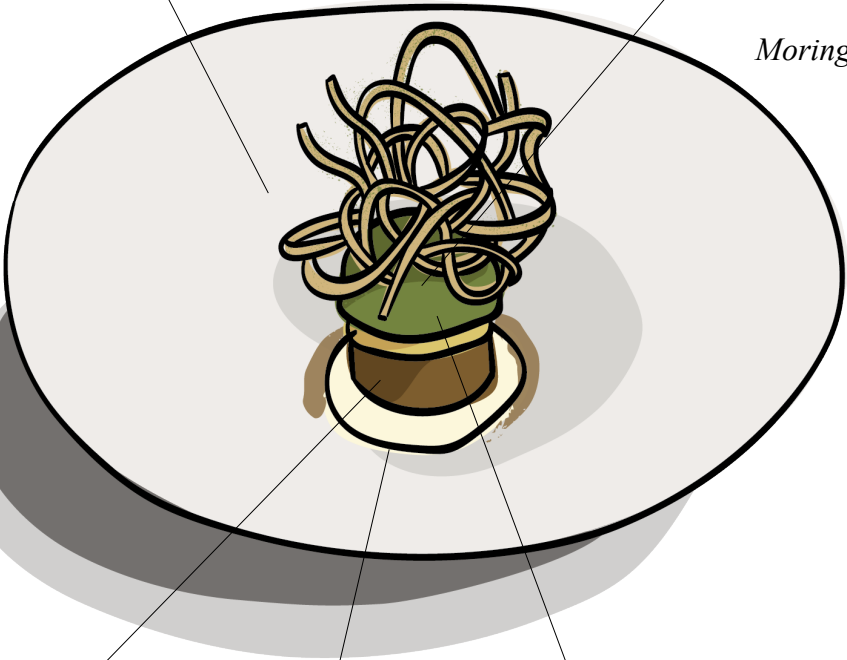
Ingredients Sourcing

*Whole Banana Flour derived from unsold bananas*

Biodiversity

*Moringa is rarely used in culinary*

*Moringa*



Zero Waste

*Banana Flour - farmers with a surplus in bananas would skin them and mill the skin into flour. We are the first to receive the first sample of this new flour*

Food as Medicine

*Superfood - Moringa is high in antioxidants, vitamin B, minerals and protein. Reduces inflammation*

*Kefir contains anti-bacterial properties, probiotic rich, helps in digestion and gut health. May improve allergies*

Plant-based Techniques

*Fermentation - Banana Kefir*

*TCM - Apricot kernels helps treat lung problems, chronic coughs to expel phlegm, and relieves constipation*

*Gluten Free and Vegan Filo Pastry*