

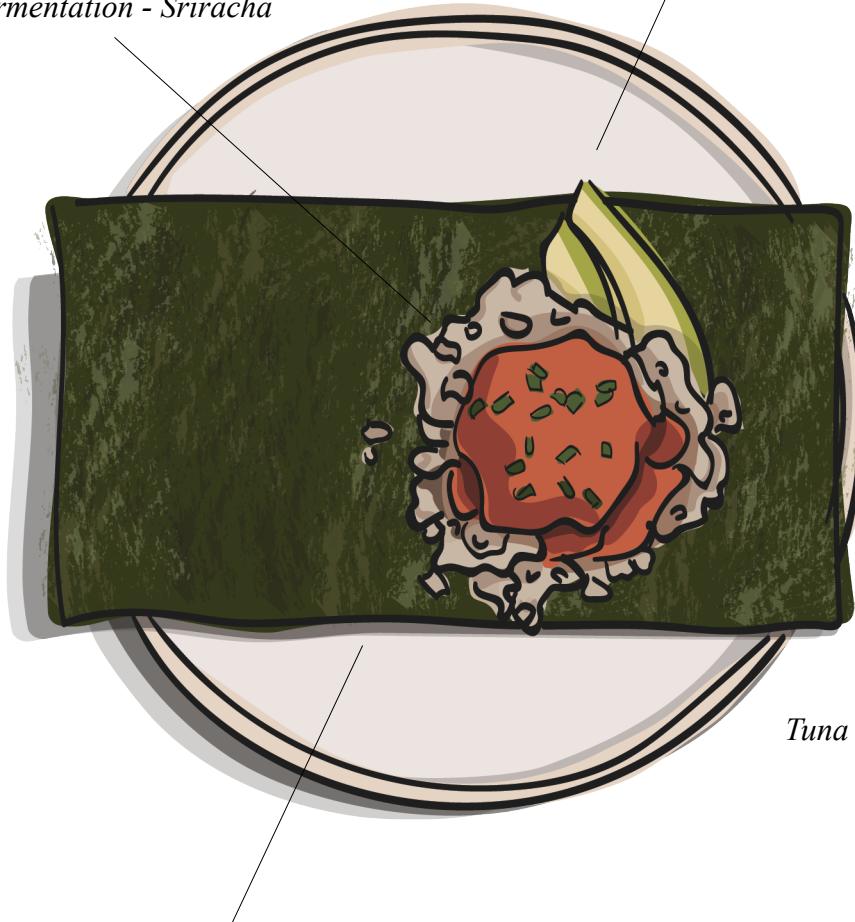
Sustainability

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

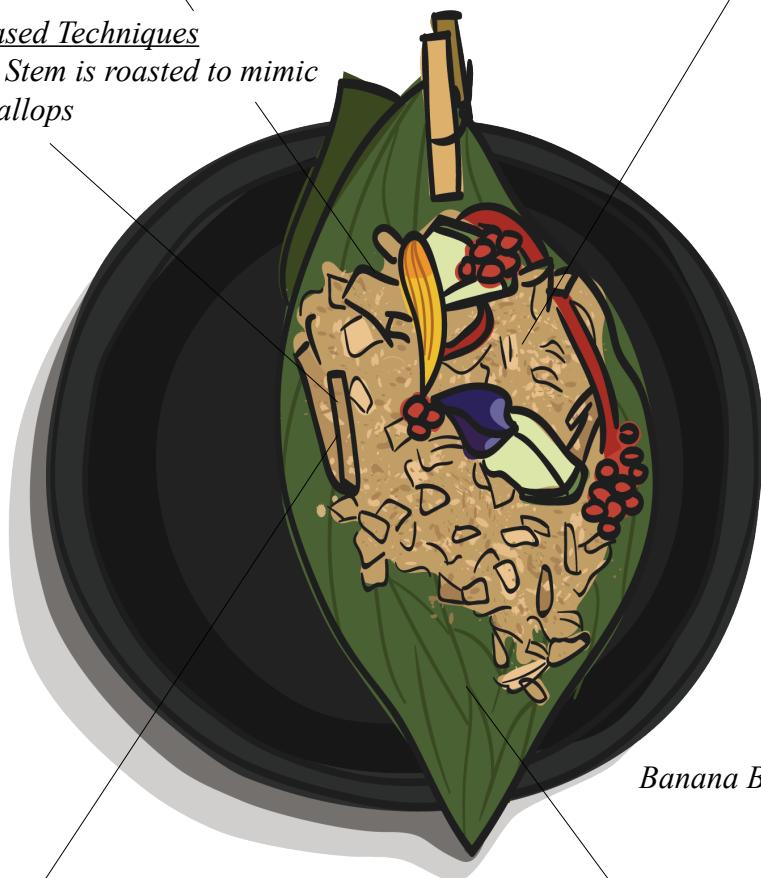
Banana Blossom and Betel Leaves from Taiwan

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

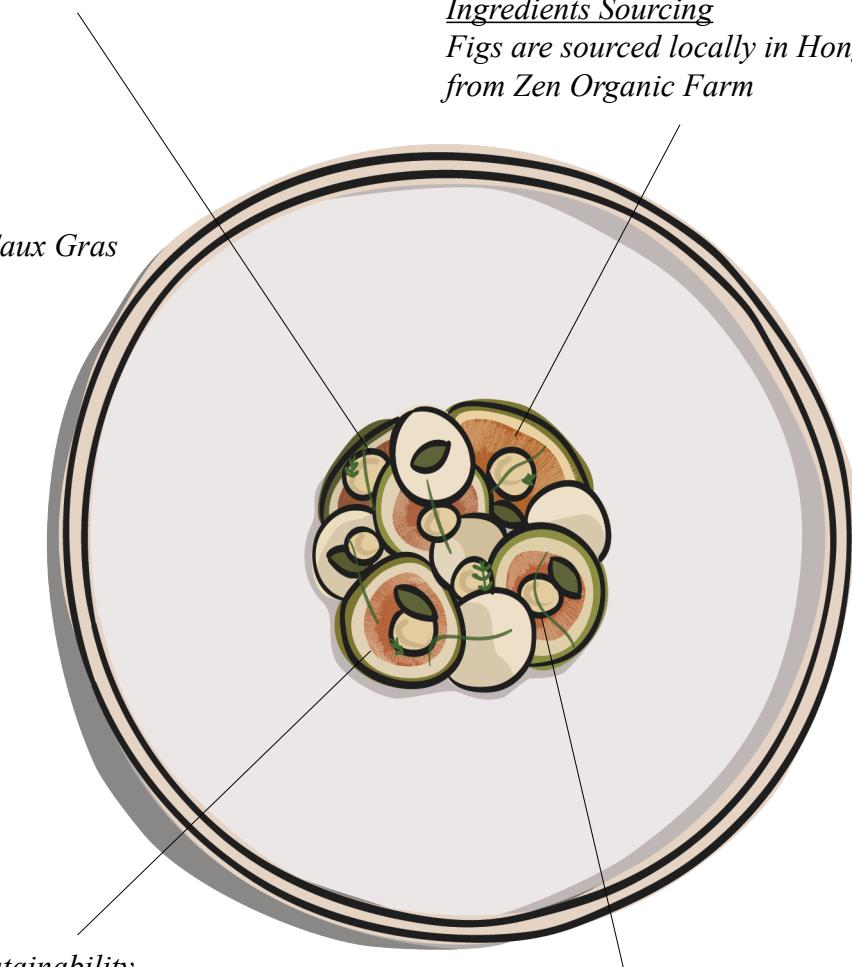
Betel Leaves heal wounds, accelerate healing properties, cooling properties and cure headaches

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)



Faux Gras

Ingredients Sourcing

Figs are sourced locally in Hong Kong from Zen Organic Farm

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

Sustainability

Preservation of ancient Chinese techniques

Plant-based Techniques

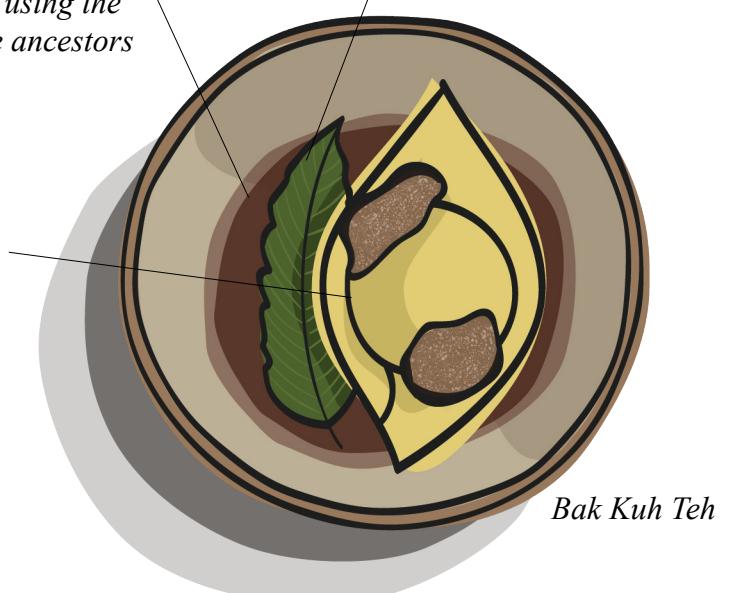
6 Hour Boil Tonic Soup - using the same methods as Chinese ancestors

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

Biodiversity

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



Bak Kuh Teh

Ingredients Sourcing

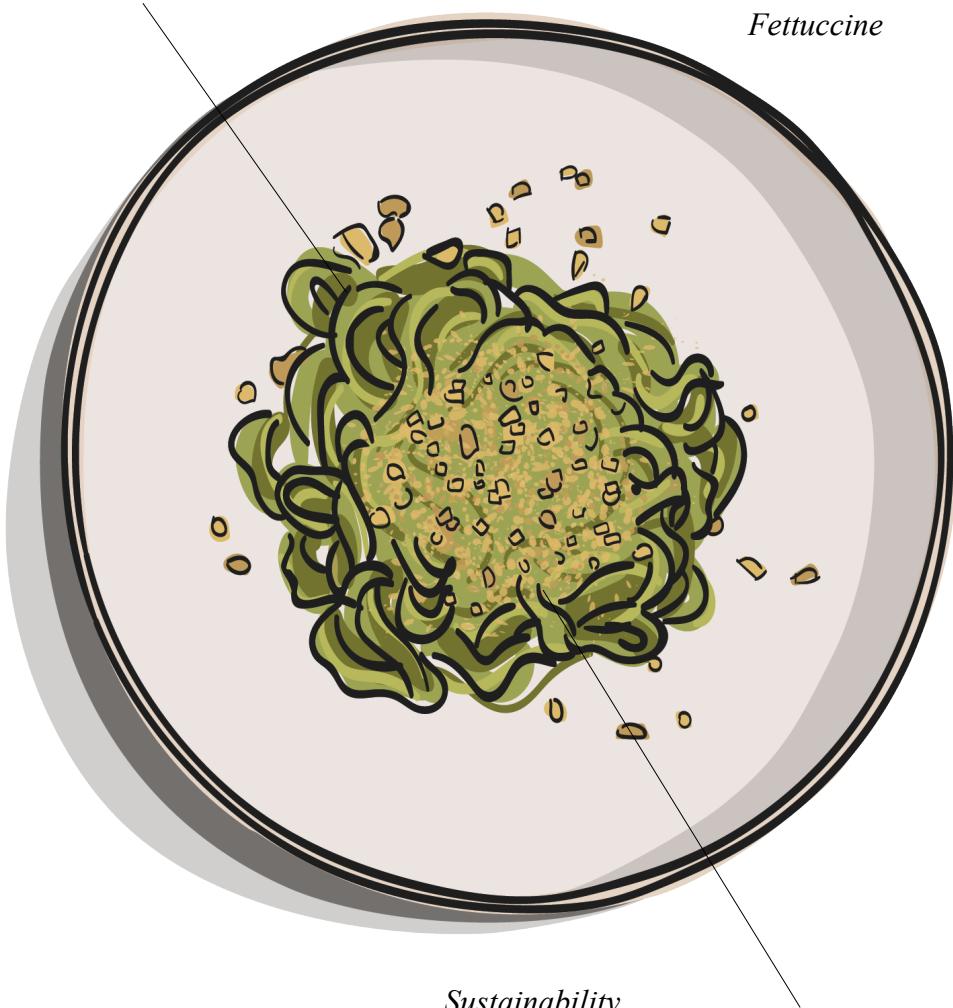
Traditional Chinese Medicine is a form of integrative healing techniques built on more than 2,500 years of medical practice that includes various forms of herbal medicine



Plant-based Techniques

Replacing eggs with tofu to create the binding agent for pasta

Raw Food - Pepperoni Recipe



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



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

Nectar Cheese Course

Zero Waste

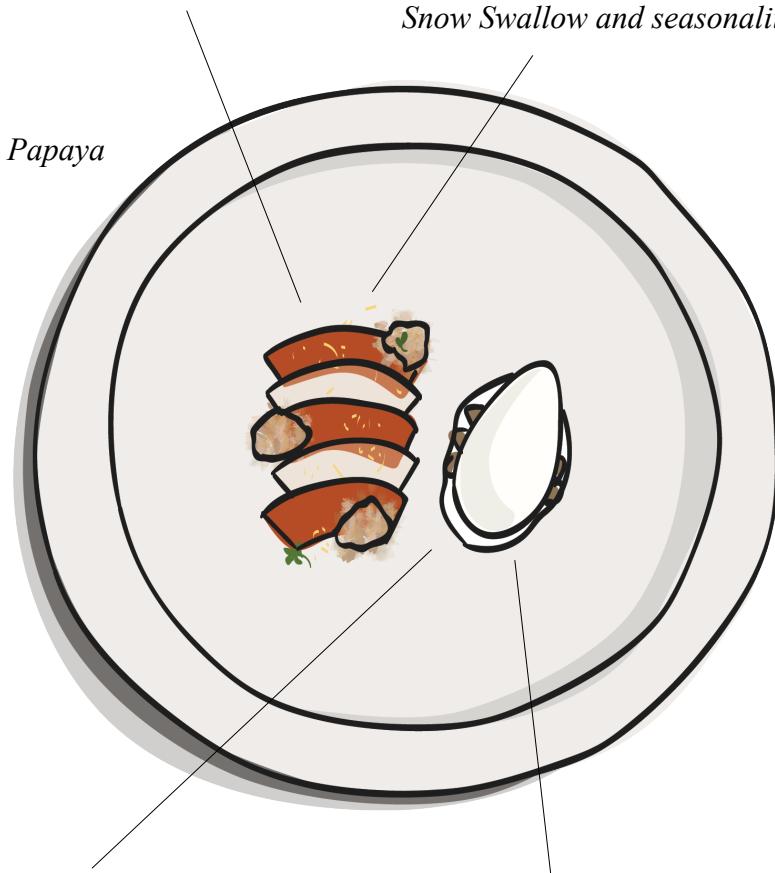
Many forms of plant-based cheeses require only the milk from blended and strained nut purees, while the pulp is separated and disposed of. We create various dishes utilizing the left over pulp

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



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



Food as Medicine

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

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

Plant-based Techniques

Fermentation - Banana Kefir

Gluten Free and Vegan Filo Pastry

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

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