



NOURISHMENT, MOVEMENT, CONNECTION

FOURA IS A WELLNESS-LED HOSPITALITY SPACE INTEGRATING CONTEMPORARY ASIAN AND EUROPEAN NUTRITION-FORWARD CUISINE WITH SENSORY DESIGN AND RECURRING COMMUNITY WELLNESS EVENT PROGRAMMING.

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*Our foundation rests on
four interconnected
realms of wellbeing:
physical, mental,
emotional and relational.*

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We reinterpret contemporary Asian and European cuisine through intentional nutritional integration, making healthier eating fuss-free, highly enjoyable and defined by genuine variety rather than positioning it as an alternative choice.

Drawing inspiration from dietary patterns observed in Blue Zone communities – regions recognised for sustained vitality and healthy ageing – the menu prioritises whole foods, quality proteins, balanced fats and steady energy carbohydrates.

Globally loved dishes are composed using grass-fed and free-range proteins, omega-rich seafood, nutrient-dense ingredients and the

deliberate use of high-quality fats, including high polyphenol extra virgin olive oil, allowing guests to dine without sacrificing flavour or satisfaction. The result is range without compromise. Wellness is embedded across the entire menu. Guests order freely, confident that balance has already been considered.

Physical wellbeing extends into the beverage programme. Foura's specialty coffee is built on 100 percent Arabica beans brewed across espresso, filter and batch formats. Ceremonial grade matcha supports calm focus, while cold-pressed juices, fermented refreshments and nutrient-dense smoothies hydrate and restore with intention.

SMALL PLATES

Nori & Vinegar Fries 16
Nori Powder, Nori Aioli.

Smoked Paprika Chicken Tenders 18
Free-Range Chicken Fillet, Smoked Paprika, Chilli Tahini Yogurt.
HIGH QUALITY PROTEIN

Watermelon Summer Salad 22
Compressed Watermelon, Shredded Mixed Cabbage, Pickled Watermelon Rind, Baby Spinach, Roasted White Sesame Seed, Crushed Pistachios, Basil Oil, Soy Citrus Dressing.
HIGH QUALITY PROTEIN



Burratina & Roasted Pumpkin 28
Roasted Pumpkin Purée, Burratina, Balsamic Crema, Korean Chilli Oil, Basil Oil, Pickled Red Onion, Sourdough.
POLYPHENOLS & ANTIOXIDANTS / DIETARY FIBRE / OMEGA-9

Wagyu Grass-Fed Beef Meatballs 28
Miso-White Bean Purée, Roasted Strawberry, Korean Chili Oil, Chives.
HIGH QUALITY PROTEIN / OMEGA-9 / POLYPHENOLS & ANTIOXIDANTS

Salmon, Tuna & Hamachi Crudo 32
King Salmon, Maguro Tuna, Hamachi, Soy-Citrus Dressing, Dill Oil, Lime Zest, Shredded Daikon, Pickled Cherry Tomato.
HIGH QUALITY PROTEIN / OMEGA-3 / OMEGA-9

LAND & SEA



Patagonian Toothfish 46
Roasted Cauliflower Purée, Clam-Kelp Broth, Charred Sweet Corn Salsa, High Polyphenol EVOO.
OMEGA-3 / OMEGA-9 / HIGH QUALITY PROTEIN



Grass-Fed Ribeye 42
SILVER FERN FARMS, NEW ZEALAND, 200G
Charred Broccolini, Veal Jus, Roasted Whole Garlic.
HIGH QUALITY PROTEIN / DIETARY FIBRE / POLYPHENOLS & ANTIOXIDANTS

Herb Confit Chicken Leg 32
Free-Range Chicken Leg, Artichoke Purée, Pickled Cherry Tomato, Crushed Pistachio, Jus Gras.
HIGH QUALITY PROTEIN / OMEGA-9 / DIETARY FIBRE

Grilled Pork Chop 36
BORROWDALE, AUSTRALIA, 300G
Shio Koji Free-Range Pork, Miso-White Bean Purée, Crushed Pistachio, Spicy Ssamjang Sauce.
HIGH QUALITY PROTEIN / OMEGA-9 / DIETARY FIBRE

The Fouraburger 28
Grass-Fed Wagyu Beef Patty, Mild Cheddar, Red Onions, Tomato, Lettuce, Pickles, Potato Bun.
HIGH QUALITY PROTEIN
***ADD ON : SIDE OF REGULAR FRIES** 4

Prices are subjected to 10% service charge and 9% GST.

BLUE ZONES

The inhabitants of the Blue Zones™ live significantly longer and healthier lives than average, with high concentrations of people living over 100 years.

Found in Okinawa, Japan; Sardinia, Italy; Ikaria, Greece; Nicoya, Costa Rica; and Loma Linda, California, these regions share a gentler approach to eating and living: whole foods, quality proteins, balanced fats, natural movement, and meals that support the body over time.

We've curated dishes inspired by these regions, thoughtfully reimagined for the modern palate in Singapore.



Shio Koji Rainbow Trout

OKINAWA

36

Balsamic Crema Glaze, Free-Range Onsen Egg, Anchovy & Yellow Bean Broth, Hokkaido Potato, Cabbage Salad, Shari Rice.

OMEGA-3 / HIGH QUALITY PROTEIN / DIETARY FIBRE

Three-Fish Chirashi Don

OKINAWA

32

King Salmon, Maguro Tuna, Hamachi, Ikura, Avocado, Mango, Soy-Citrus Dressing, Dill Oil, Shari Rice.

HIGH QUALITY PROTEIN / OMEGA-3 / OMEGA-9

Pulled Pork & Legumes

28

SARDINIA

Free-Range Pork, Free-Range Sous Vide Egg, Sauerkraut, Baby Spinach, Tahini Yogurt, Korean Chili Oil, Basil Oil, High Polyphenol EVOO, Sourdough.

HIGH QUALITY PROTEIN / OMEGA-9 / DIETARY FIBRE

Pomodori Stracciatella

24

SARDINIA

Chilled Tomato Trio (Fresh & Pickled Roma, Pickled Cherry Tomatoes), Stracciatella, Balsamic Crema, Basil Oil, Black Sesame Crumbs.

POLYPHENOLS & ANTIOXIDANTS / OMEGA-9

PASTA & RICE

Carbonara Bucatini

32

House-Cured Free-Range Pork Belly, Pecorino Romano, Free-Range Bacon Bits.

HIGH QUALITY PROTEIN

Tiger Prawn Aglio Olio

32

Spaghettoni, Tiger Prawns, Baby Spinach, Confit Garlic, Basil Oil, Korean Chilli, Chives.

OMEGA-9 / HIGH QUALITY PROTEIN / POLYPHENOLS & ANTIOXIDANTS

Wild Mushroom Linguine

28

Wild Mushrooms, Truffle, Confit Garlic, Thyme.

POLYPHENOLS & ANTIOXIDANTS / DIETARY FIBRE

Thai Holy Basil Pork Rice

28

Free-Range Minced Pork, Free-Range Sunny Side Up, Holy Basil, French Beans.

HIGH QUALITY PROTEIN / DIETARY FIBRE / POLYPHENOLS & ANTIOXIDANTS

DESSERT

Valrhona Cloud Mousse

22

Valrhona Dark Chocolate, Sea Salt, High Polyphenol EVOO, Almond Granola.

OMEGA-9 / OMEGA-6 / POLYPHENOLS & ANTIOXIDANTS6

Soy Milk Panna Cotta

18

Silky Soy Milk, Black Sesame Crumble, Date Syrup.

POLYPHENOLS & ANTIOXIDANTS / HIGH QUALITY PROTEIN / OMEGA-6

COFFEE

Double Espresso BRAZIL	5
Double Espresso ETHIOPIA	5
Piccolo	6
Black HOT / ICED	6 / 7
White HOT / ICED	7 / 8
Mocha HOT / ICED	8 / 9
<u>NON COFFEE</u>	
Chocolate HOT / ICED	8 / 9

SPECIALTY COFFEE
(ICED ONLY)

Eclipse	10
Non Dairy Cream, Black Coffee	
Lumin	10
Honey Orange Juice, Espresso	
Nimbus Dawn	11
Espresso Cream, Coconut Water	
Hikari	11
Miso Honey, Cream, Latte	

FILTER COFFEE

Colombia, Hulia	12 / 13
Watermelon Co-Ferment	
Ethiopia, Alo	10 / 11
Washed	

BREWS
(ICED ONLY)

Calming Elixir	9
Passionflower, Skullcap, Ashwagandha, Chamomile	
Digestive Elixir	9
Dried Ginger, Fennel Seed, Turmeric, Cardamom, Black Pepper, Orange Peel	
Batch Brew Coffee	7

MATCHA
(CEREMONIAL GRADE)

Matcha Tea HOT / ICED	8 / 9
Matcha Latte HOT / ICED	9 / 10
Dirty Matcha HOT / ICED	10 / 11

SPECIALTY MATCHA

Strawberry Matcha	10 / 11
HOT / ICED	
Ube Matcha	10 / 11
HOT / ICED	
Black Sesame Cloud Matcha	11
Yuzu Coconut Matcha	12

TEA

Lychee Fiesta	8
Earl Grey	8
Jasmine Blossom	8

COLD-PRESS JUICE

Navel Orange	10
Watermelon	10
Fresh Coconut	10

KOMBUCHA

Harmony Adaptogenic	9
Yeopcha Green Tea, Tulsi, Amla Powder, Ashwagandha Powder, Lemon Balm, Fresh Blueberries, Live Kombucha Cultures	
Citrus Green	9
Yeopcha Green Tea, Citra Hops, Live Kombucha Cultures	

SMOOTHIES

Okinawa Velvet	16
Roasted Purple Sweet Potato, Banana, Soy Milk, Black Sesame, Sea Salt	
Fig Orchard Dreams	16
Dried Figs, Banana, Oat Milk, Almonds	

OTHERS

SOFT DRINKS	
Coke	7
Coke Zero	7
WATER	
Aqua Panna 750ML	8
San Pellegrino 750 ML	8

COCKTAILS		SPIRITS		BEERS	
Foura's Espresso Martini	25	<u>VODKA</u> Beluga	18	Asahi	16
Fresh Espresso, Beluga Vodka, Dictador 12yr Rum, Coffee Liqueur, Dates, Chocolate Bitters		Grey Goose	18	Brewlander Joy Session IPA	17
The Palmera	24	<u>GIN</u> Forty Spotted Classic	18	Guinness	18
Banana Infused Dictador 12yr Rum, Angostura Bitters		Peddler's Shanghai Gin	18		
Seville Garden	24	<u>RUM</u> Dictador 12yr	18		
Earl Grey Infused Forty Spotted Gin, Cold Press Navel Orange Juice, Citrus		<u>TEQUILA</u> Codigo Blanco	18		
Hawthorn Meadow	25	Cincoro Reposado	24		
Hawthorn Infused Beluga Vodka, Pedro Ximenez Sherry Wine, Citrus		<u>BLENDED WHISKY</u> Kakubin	18		
In Bloom	24	<u>SINGLE MALT SCOTCH</u> Balvenie 12yr	22		
Forty Spotted Gin, Japanese Cucumber, St Germain, Honey, Citrus		Lark Firetrail	22		
		<u>BOURBON</u> Maker's Mark	18		

WINES					
<u>CHAMPAGNE</u>	GLASS	BOTTLE	<u>RED</u>	GLASS	BOTTLE
Laurent Perrier La Cuvée Brut NV		180	Rivera Primitivo Salento IGT	16	80
FRANCE / CHAMPAGNE			ITALY / PUGLIA		
Ruinart Blanc De Blancs		280	Domaine De La Solitude Côtes du Rhône Rouge		98
FRANCE / CHAMPAGNE			FRANCE / RHONE		
Perrier-Jouët Grand Brut		220	Susana Balbo Crios Malbec		108
Perrier-Jouët Belle Époque		588	ARGENTINA / MENDOZA, UCO VALLEY		
DOM Pérignon		588	Lamole Chianti Classico "Duelame" DOCG		118
			ITALY / TUSCANY		
<u>WHITE</u>			Viberti La Gemella Barbera D'Alba DOC		128
Andrea Capri Pinot Grigio	16	80	ITALY / PIEDMONT, BAROLO		
ITALY / FRIULI-VENEZIA GIULIA			Misha's Vineyard "The High Note" Pinot Noir		158
Urban Riesling QBA		90	NZ / CENTRAL OTAGO		
GERMANY / MOSEL			Farina Amarone Della Val. Classico DOCG		188
Susana Balbo Crios Torrontés		98	ITALY / VENETO		
ARGENTINA / MENDOZA, UCO VALLEY & SALTA			Fattoi Brunello Di Montalcino		208
Lawson's Dry Hills Sauvignon Blanc		108	ITALY / MONTALCINO, TUSCANY		
NZ / MALBOROUGH			<u>SPARKLING & ROSÉ</u>		
Submission California Chardonnay		118	Soligo Spumante Brut Prosecco DOC	16	80
USA / CALIFORNIA			CHATEAU DES FERRAGES		
Clarendelle Blanc By Ch Haut Brion		120	Château des Ferrages Mon Plaisir		90
FRANCE / BORDEAUX					
Domaine De Perdreycourt		138			
FRANCE / CHABLIS					
Louis Latour Pouilly Fuissé		168			
FRANCE / BURGUNDY					

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