S-M-A-L-L P-L-A-T-E-S

Pomodori Stracciatella ★

24

Chilled Tomato Trio -
(Fresh & Pickled Roma
Pickled Cherry
Tomatoes)
Stracciatella -
Balsamic Crema -
Basil Oil -
Black Sesame Crumbs -
Shiso Leaves -

OMEGA-9 / POLYPHENOLS & ANTIOXIDANTS

GLUTEN / DAIRY / SULPHITES

Foura Fries

16

Salt Vinegar Nori -
or Regular Salted
Nori Aioli -

GLUTEN / DAIRY / EGG



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 -

OMEGA-6, OMEGA-9, DIETARY FIBRE, POLYPHENOLS & ANTIOXIDANTS

Burratina & Roasted Pumpkin ★

28

Roasted Pumpkin Purée -
Burratina -
Balsamic Crema -
Korean Chilli Oil -
Basil Oil -
Pickled Red Onion -
Rustic Sourdough -

POLYPHENOLS & ANTIOXIDANTS / DIETARY FIBRE / OMEGA-9

DAIRY / SEEDS

Wagyu Grass-Fed Beef Meatballs ★

26

Miso-White Bean Purée -
Roasted Strawberry -
Korean Chili Oil -
Chives -

HIGH QUALITY PROTEIN / POLYPHENOLS & ANTIOXIDANTS / OMEGA-9

SOY

Salmon, Tuna & Hamachi Crudo

30

King Salmon -
Maguro Tuna -
Hamachi -
Soy-Citrus Dressing -
Dill Oil -
Lime Zest -
Shredded Daikon -
Pickled Cherry Tomato -

HIGH QUALITY PROTEIN / OMEGA-3 / OMEGA-9

FISH / GLUTEN / SULPHITES

Smoked Paprika Chicken Tenders

18

Free-Range Chicken Fillet -
Smoked Paprika -
Sriracha Aioli -

HIGH QUALITY PROTEIN

GLUTEN / DAIRY / EGG

★ *CHEF'S RECOMMENDATION* *ALLERGENS*

IMAGES ARE FOR ILLUSTRATION PURPOSES ONLY

M-A-I-N-S



Herb Confit Chicken Leg

29

Free-Range Chicken Leg -
Artichoke Purée -
Pickled Cherry Tomato -
Crushed Pistachio -
Jus Gras -
Baby Potatoes -

HIGH QUALITY PROTEIN / DIETRY FIBRE / OMEGA-9

GLUTEN / DAIRY



Patagonian Toothfish ★

46

Roasted Cauliflower Purée -
Clam-Kelp Broth -
Charred Sweet Corn Salsa -
High Polyphenol EVOO -

HIGH QUALITY PROTEIN / OMEGA-3 / OMEGA-9

GLUTEN / FISH / MOLLUSCS

Grilled Pork Chop ★

BORROWDALE, AUSTRALIA, 300G

36

Shio Koji Free-Range Pork -
Miso-White Bean Purée -
Crushed Pistachio -
Spicy Ssamjang Sauce -

HIGH QUALITY PROTEIN / DIETARY FIBRE / OMEGA-9

GLUTEN / SOY / FISH / SEEDS

The Foura Burger & Fries

28

Grass-Fed Wagyu Beef Patty -
Mild Cheddar -
Red Onions -
Tomato -
Lettuce -
Pickles -
Potato Bun -
Fries -

HIGH QUALITY PROTEIN

DAIRY, GLUTEN, EGG, MUSTARD

Grass-Fed Ribeye

SILVER FERN FARMS, NEW ZEALAND, 200G

42

Charred Broccolini -
Veal Jus -
Roasted Whole Garlic -

+ Add on fries $4

HIGH QUALITY PROTEIN / DIETARY FIBRE / POLYPHENOLS & ANTIOXIDANTS

★ *CHEF'S RECOMMENDATION* *ALLERGENS*

IMAGES ARE FOR ILLUSTRATION PURPOSES ONLY

P-A-S-T-A & R-I-C-E

Shio Koji Rainbow Trout ★

OKINAWA

36

Balsamic Crema Glaze -
Free-Range Onsen Egg -
Anchovy & Yellow Bean Broth -
Seasonal Vegetables -
Shari Rice -

HIGH QUALITY PROTEIN / DIETARY FIBRE / OMEGA-3

DAIRY / GLUTEN / EGG / FISH / SOY

Carbonara Bucatini

32

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

HIGH QUALITY PROTEIN

GLUTEN / DAIRY / EGG

Wild Mushroom Linguine

28

Wild Mushrooms -
Truffle -
Confit Garlic -
Thyme -

POLYPHENOLS & ANTIOXIDANTS / DIETARY FIBRE

GLUTEN

Three-Fish Chirashi Don

OKINAWA

32

King Salmon -
Maguro Tuna -
Hamachi -
Shiso Leaves -
Avocado -
Mango -
Soy-Citrus Dressing -
Dill Oil -
Shari Rice -

HIGH QUALITY PROTEIN / OMEGA-3 / OMEGA-9

DAIRY / GLUTEN / FISH / SOY



Tiger Prawn Spaghetti ★

SARDINIA

32

Spaghetti -
Tiger Prawns -
Baby Spinach -
Confit Garlic -
Basil Oil -
Korean Chilli -
Chives -

POLYPHENOLS & ANTIOXIDANTS HIGH QUALITY PROTEIN / OMEGA-9

GLUTEN / SHELLFISH / FISH

Thai Holy Basil Pork Rice

28

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

HIGH QUALITY PROTEIN / POLYPHENOLS & ANTIOXIDANTS / DIETARY FIBRE

GLUTEN / EGG / FISH

★ *CHEF'S RECOMMENDATION* *ALLERGENS*

IMAGES ARE FOR ILLUSTRATION PURPOSES ONLY

BLUE ZONE

FEATURETTE

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 -
Seasonal Vegetables -
Shari Rice -

HIGH QUALITY PROTEIN / OMEGA-3 / DIETARY FIBRE

DAIRY / GLUTEN / FISH / SOY



Pulled Pork & Legumes

SARDINIA

28

Free-Range Pork -
Free-Range Sous Vide Egg -
Sauerkraut -
Baby Spinach -
Tahini Yogurt -
Korean Chili Oil -
Basil Oil -
High Polyphenol Evoo -
Rustic Sourdough -

HIGH QUALITY PROTEIN / DIETARY FIBRE / OMEGA-9

GLUTEN / LEGUMES

Three-Fish Chirashi Don

OKINAWA

32

King Salmon -
Maguro Tuna -
Hamachi -
Shiso Leaves -
Avocado -
Mango -
Soy-Citrus Dressing -
Dill Oil -
Shari Rice -

HIGH QUALITY PROTEIN / OMEGA-3 / OMEGA-9

DAIRY / GLUTEN / EGG / FISH / SOY

Pomodori Stracciatella ★

Small Plate

SARDINIA

24

Chilled Tomato Trio -
(Fresh & Pickled Roma
Pickled Cherry Tomatoes)
Stracciatella -
Balsamic Crema -
Basil Oil -
Black Sesame Crumbs -
Shiso Leaves -

POLYPHENOLS & ANTIOXIDANTS / OMEGA-9

GLUTEN / DAIRY / SULPHITES

★ *CHEF'S RECOMMENDATION* *ALLERGENS*

IMAGES ARE FOR ILLUSTRATION PURPOSES ONLY

D-E-S-S-E-R-T-S



Valrhona Cloud Mousse ★

22

Valrhona Dark Chocolate -
Sea Salt -
High Polyphenol EVOO -
Almond Granola -

OMEGA-9 / OMEGA-6 / POLYPHENOLS & ANTIOXIDANTS

EGG / DAIRY / TREE NUT / GLUTEN



Soy Milk Panna Cotta ★

16

Silky Soy Milk -
Black Sesame Crumble -
Date Syrup -

POLYPHENOLS & ANTIOXIDANTS / HIGH QUALITY PROTEIN / OMEGA-6

FISH / SOY / EGG / DAIRY / SESAME

Salt & Silk

14

Vanilla Bean Ice Cream -
Sea Salt -
High Polyphenol EVOO -
Almond Granola -

POLYPHENOLS & ANTIOXIDANTS / OMEGA-9

FISH / SOY / EGG / DAIRY / SESAME

Gelato / Sorbet

8

Please check with staff for options

★ *CHEF'S RECOMMENDATION* *ALLERGENS*

IMAGES ARE FOR ILLUSTRATION PURPOSES ONLY

D-R-I-N-K-S





SPECIALTY COFFEE

Cold

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

FILTER COFFEE

Please check with Staff for the filter coffee selection

COFFEE

Double Espresso	Brazil / Ethopia	5
Piccolo		6
Black	Hot / Cold	6 / 7
White	Hot / Cold	7 / 8
Mocha	Hot / Cold	8 / 9

SPECIALTY MATCHA

Ube Matcha ★	Hot / Cold	10 / 11
Strawberry Matcha ★	Hot / Cold	10 / 11
Black Sesame Cloud Matcha		11
Yuzu Coconut Matcha		12

MATCHA

Ceremonial Grade

Matcha Tea	Hot / Cold	8 / 9
Matcha Latte	Hot / Cold	9 / 10
Dirty Matcha	Hot / Cold	10 / 11

BREWS

Cold

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

NON COFFEE

Chocolate	Hot / Cold	8 / 9

★ *BARISTA'S RECOMMENDATION*

IMAGES ARE FOR ILLUSTRATION PURPOSES ONLY

D-R-I-N-K-S

TEA

Lychee Fiesta		8
Earl Grey		8
Choco Mint Truffle Tea		8
Weekend In Venice		8
Royal Black Tea		8
Chamomile		8

COLD-PRESS JUICE

Navel Orange		10
Watermelon		10
Fresh Coconut		10

KOMBUCHA

Cold

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

SMOOTHIES

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

SOFT DRINKS

Coke		7
Coke Zero		7

WATER

Aqua Panna	750ml	8
San Pellegrino	750ml	8

IMAGES ARE FOR ILLUSTRATION PURPOSES ONLY

T-I-P-P-L-E-S

COCKTAILS

Midnight Espresso Martini	- Fresh Espresso - Beluga Vodka - Dictador 12yr Rum - Coffee Liqueur - Dates - Chocolate Bitters	25
The Palmera	- Banana Infused Dictador 12yr Rum - Angostura Bitters	24
Seville Garden	- Earl Grey Infused Forty Spotted Gin - Cold Press Navel Orange Juice - Citrus	24
Crimson Vale	- Hawthorn Infused Beluga Vodka - Pedro Ximenez Sherry Wine - Citrus	25
In Bloom	- Forty Spotted Gin - Japanese Cucumber - St Germain - Honey - Citrus	24

BEERS

Asahi	16
Brewlander Joy Session IPA	17
Guinness	18

RED WINE

		Gls	Btl
Rivera Primitivo Salento IGT	Italy, Puglia	16	80
Domaine De La Solitude Côtes du Rhône Rouge	France, Rhone		98
Susana Balbo Crios Malbec	Argentina, Mendoza		108
Lamole Chianti Classico "Duelame" DOCG	Italy, Tuscany		118
Viberti La Gemella Barbera D'Alba DOC	Italy, Piedmont		128
Misha's Vineyard "The High Note" Pinot Noir	New Zeland, Central Otago		158
Farina Amarone Della Val. Classico DOCG	Italy, Veneto		188
Fattoi Brunello Di Montalcino	Italy, Montalcino		208

WHITE WINE

		Gls	Btl
Andrea Capri Pinot Grigio	Italy, Friuli-Venezia Giulia	16	80
Urban Riesling QBA	Germany, Mosel		90
Susana Balbo Crios Torrontés	Argentina, Mendoza		98
Lawson's Dry Hills Sauvignon Blanc	New Zeland, Malborough		108
Submission California Chardonnay	Usa, California		118
Clarendelle Blanc By Ch Haut Brion	France, Bordeaux		120
Domaine De Perdrycourt	France, Chablis		138
Louis Latour Pouilly Fuissé	France, Burgundy		168

CHAMPAGNE

		Btl
Laurent Perrier La Cuvee Brut NV	France, Champagne	180
Ruinart Blanc De Blancs	France, Champagne	280
Perrier-Jouët Grand Brut		220
Perrier-Jouët Belle Époque		588
DOM Pérignon		588

SPARKLING & ROSÉ

		Gls	Btl
Soligo Spumante Brut Prosecco DOC	Italy, Treviso	16	80
Château des Ferrages Mon Plaisir			90

SPIRITS

		Gls
Beluga	Vodka	18
Grey Goose	Vodka	18
Forty Spotted Classic	Gin	18
Peddler's Shanghai	Gin	18
Dictador 12yr	Rum	18
Codigo Blanco	Tequila	18
Cincoro Reposado	Tequila	24
Kakubin	Blended Whisky	18
Balvenie 12yr	Single Malt Scotch	22
Lark Firetrail	Single Malt Scotch	22
Maker's Mark	Bourbon	18