

folium

An unforgettable, plant-forward dining experience

STARTERS

Turkish Lentil Soup

10

Red Lentils | Tomatoes | Multigrain Bread

Calories: 327kcal • Protein: 14.44g • Carbohydrates: 36.74g
Total Fat: 11.02g • Fibre: 11.48g

Umami Toast

22

Kale Salad | Wholegrain Bread | Butterbean Hummus

Calories: 469kcal • Protein: 23.31g • Carbohydrates: 49.15g
Total Fat: 13.39g • Fibre: 23.76g

Fresh Garden Rolls

18

Fresh greens | Tempeh | Konjac Noodles | Tahini Sauce

Calories: 204kcal • Protein: 13.02g • Carbohydrates: 14.63g
Total Fat: 9.41g • Fibre: 7.92g

Coastal Snapper Tacos (2pcs)

20

Kohlrabi | Purple Cabbage | Lime Crema | Chapati

Calories: 599kcal • Protein: 33.46g • Carbohydrates: 48.23g
Total Fat: 26.87g • Fibre: 14.61g

MAINS

Miso Salmon

28

Miso | Brown Rice | Zucchini | Beetroot | Button Mushroom

Calories: 783kcal • Protein: 36.25g • Carbohydrates: 46.87g
Total Fat: 46.31g • Fibre: 9.61g

King Prawns

32

Spiced Tomato Glaze | Tabbouleh | Sweet Potato Purée

Calories: 609kcal • Protein: 45.83g • Carbohydrates: 57.01g
Total Fat: 16.33g • Fibre: 21.16g

Pacific Poke Bowl

30

Yellowfin Tuna | Hamachi | Millet | Avocado

Calories: 481kcal • Protein: 35.47g • Carbohydrates: 30.4g
Total Fat: 21.92g • Fibre: 10.13g

Jerk-Spiced Chicken

36

Jerk-Spiced Chicken | Brown Rice | Black Beans | Kimchi

Calories: 964kcal • Protein: 81.64g • Carbohydrates: 82g
Total Fat: 27.6g • Fibre: 27.55g

French Poulet

36

Sweet Potato Purée | Succotash | Broccolini

Calories: 522kcal • Protein: 43.35g • Carbohydrates: 38.32g
Total Fat: 18g • Fibre: 17.07g

Mediterranean Duck Skillet

30

Boneless Duck Leg | Tomato | Buckwheat | Broccolini

Calories: 501kcal • Protein: 43.93g • Carbohydrates: 38.82g
Total Fat: 16.22g • Fibre: 14.08g

MEATLESS MAINS

Lentil Omelette Pita

22

Lentils | Eggs | Wholemeal Pita | Spiced Yogurt

Calories: 470kcal • Protein: 23.22g • Carbohydrates: 60.2g
Total Fat: 11.78g • Fibre: 14.29g

Oven Baked Cannelloni

22

Cannelloni | Kidney Beans | Baby Spinach | Cheese

Calories: 393kcal • Protein: 21.97g • Carbohydrates: 40g
Total Fat: 11.35g • Fibre: 17.75g

Soul Bibimbap

26

Brown Rice | Housemade Chili Paste | Poached Egg

Calories: 490kcal • Protein: 28.87g • Carbohydrates: 52.33g
Total Fat: 13.7g • Fibre: 22.03g

Cauliflower Steak

25

Cauliflower | Quinoa | Baby Spinach

Calories: 304kcal • Protein: 18.27g • Carbohydrates: 24.13g
Total Fat: 11.48g • Fibre: 13.78g

Jackfruit Curry

25

Lion's Mane Mushroom | Millet Briyani | Cucumber Raita

Calories: 517kcal • Protein: 25.46g • Carbohydrates: 59.02g
Total Fat: 14g • Fibre: 28.6g

All prices are subjected to 10% service charge and prevailing GST.

Kindly inform us of any allergies. Our kitchen handles nuts, shellfish, gluten, and other allergens; cross-contamination may occur.

 Spicy  Vegan

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SIDES

Grilled Broccolini 12

Broccolini | Green Goddess Dressing | Sunflower Seeds

Calories: 55kcal • Protein: 3.05g • Carbohydrates: 2.09g
Total Fat: 3.44g • Fibre: 2.14g

Mixed Green Salad 8

Romaine | Kale | Macadamia

Calories: 60kcal • Protein: 1.9g • Carbohydrates: 4.1g
Total Fat: 4.5g • Fibre: 1.7g

Kale Salad 8

Crispy Kale | Puffed Brown Rice | Cherry Tomatoes

Calories: 328kcal • Protein: 14.64g • Carbohydrates: 38.97g
Total Fat: 8.53g • Fibre: 16.29g

Brown Rice 3

Calories: 166kcal • Protein: 4.1g • Carbohydrates: 33.5g
Total Fat: 1.1g • Fibre: 1.7g

Poached Egg 2

Calories: 56kcal • Protein: 5.54g • Carbohydrates: 0.13g
Total Fat: 3.74g • Fibre: 0g

Multi Grain Toast 5

Calories: 220kcal • Protein: 9.44g • Carbohydrates: 26.8g
Total Fat: 6.88g • Fibre: 5.6g

DESSERTS

Honey Basque Cheesecake 16

Cream Cheese | Honey | Eggs | Cream | Vanilla | Salt

Calories: 440kcal • 100g

Black Bean Cacao Cake 12

100% Dark Chocolate | Black Bean | Eggs |

Cocoa Powder | Vanilla

Calories: 60kcal • 40g

Chocolate H2O Rock 14

100% Dark Chocolate | Water

Calories: 200kcal • 80g

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