

# the heart of good living

At Heart Bistro, we serve only what we know is good for you.

Food created with love and care that nourishes the heart.

A global menu with pan asian accents. Every dish a symphony of flavours, a discovery of senses, yet nutritionally balanced.

Light, healthier cooking techniques differentiate us.

No deep frying, no oily batter. No doubts; we're fat on the lean.

Juice for health and immunity with originals from our Juice + Tea Bar.

Or if you prefer, a glass of wine from our Wine Bar.

Heart Bistro cares about the way you eat. Because we know you do.

Welcome to Heart Bistro. Welcome to Wellness!

## starters

- \*ginko nut + enoki egg white chawanmushi \$9
- trilogy of tofu made fresh daily \$12
- trilogy of dips made fresh daily \$12
- assortment of 6 yakitori sticks \$12
- marinated sashimi poké ("po-keh") \$14  
*(hawaiian-inspired sashimi)*
- \*pistachio + pepper crusted scallops on baby green pea puree with shiso cress \$18

## salads

- grilled eggplant with shrimp floss \$12(S) \$14(M)
  - \*pickled tea leaves with ripened tomatoes + mung beans \$12(S) \$14(M)
  - warm salad of wild mushrooms + fennel \$14(S) \$16(M)
  - \*green mango with crispy snapper \$14(S) \$16(M)
  - watercress + rocket with chargrilled chicken \$16(S) \$18(M)
  - caesar salad with grilled king prawn \$18(S) \$24(M)
  - mesclun with spiced seafood \$18(S) \$24(M)
- (S)Starter (M)Main

## soups

- clear smoked tomatoes consomme with shimeji mushrooms + edamame \$8
- wild mushrooms + thyme emulsion \$9
- clear chicken + prawn consomme \$10
- slow roasted carrot + saffron soup with manuka honey + aromatics \$10

## sandwiches + burgers

- (ciabatta/ foccacia/ flaxseed/carrot)
- tuna melt sandwich \$16
- hearty mushroom burger \$17
- \*crabmeat + shrimp sandwich \$18
- grilled baby snapper burger with wasabi mayo \$18
- grilled kalua chicken with avocado burger \$18
- handmade 100% beef hamburger \$18
- hearty chicken sandwich with basil pesto + light cheddar \$18

## pasta

- wholemeal linguine aglio olio with roasted vegetables \$18
- \*white truffle ricotta ravioli with a sage + pine nut sauce \$22
- seafood penne with tomato + coriander pesto sauce \$24

## mains

- hearty quiche made fresh daily \$18
- grilled spring chicken with basil + thai spices \$20
- \*oven baked spatchcock with jewelled pilaff \$22
- crab tofu cakes \$24
- poached seafood in a light spicy lemongrass broth with buckwheat soba \$24
- \*walnut + coriander crusted salmon \$26
- braised cod with wild mushrooms, aged balsamic + apple grape coulis \$28
- roasted black cod with baby spinach + edamame in a ginger broth \$28
- sesame crusted chilean sea bass with crab bisque \$28
- steamed chicken with chinese wine, shiitake, white fungus + essence of chicken \$28
- braised beef cheek \$34
- pan roasted ribeye of beef \$36

\* These dishes contain nuts

**dessert + nice cakes + nice cookies**

- \*100% fruit sorbet with fresh fruit \$8
- \*soya beancurd with honey \$9
- \*sticky date pudding with a scoop of ice-cream \$12
- \*warm chocolate yoghurt brownie with a scoop of ice cream \$12
- \*white chocolate macadamia nut terrine with mandarin coulis \$12
- slow poached white pear in a ginger custard with persian floss on a fig + manuka ice-cream \$14

**coffee + chocolate bar**

- cappuccino \$6 espresso (single) \$5
- espresso (double) \$6
- long black \$5
- latte \$6
- macchiato \$6
- hot chocolate \$6

**beverage bar**

- fiji still mineral water (500ml) \$5 (1 ltr) \$8
- diet coke \$5
- san benedetto sparkling mineral water (500ml) \$6 (1 ltr) \$9
- diabolo with soda water \$7
- tiger beer \$10
- heineken \$10.5

**the little ones\***

- burger buddies with chips \$9
- 1 + 1 = 2 combo of grilled chicken nuggets & fish nuggets \$9
- creamy mushroom soup + toast \$9
- grilled chicken strips with buttered corn \$9
- macaroni + cheese \$9
- spaghetti with meatballs \$9

\*available for little ones 10 years + below  
adult portions are available at \$18

\* These dishes contain nuts



All prices are subject to 10% Service Charge, GST  
& all prevailing Government Taxes. Menus & prices are subject to change without notice

### set lunch

2 courses @ 28++

3 courses @ 32++

with regular coffee or tea


### starters

clear chicken + prawn consomme

\*ginko nut + enoki egg white chawanmushi

\*green mango salad with crispy snapper

marinated sashimi poké (“*po-keh*”)  
(*hawaiian- inspired sashimi*)

 \*pickled tea leaves salad with ripened tomatoes + mung beans  
wild mushrooms + thyme emulsion

### mains

braised beef cheek

grilled kalua chicken with avocado burger

hearty quiche made fresh daily

poached seafood in a light spicy lemongrass broth with buckwheat soba

roasted snapper with baby spinach + edamame in a ginger broth

seafood penne with tomato + coriander pesto sauce

\*walnut + coriander crusted salmon

wholemeal linguine aglio olio with roasted vegetables

### dessert

\*100% fruit sorbet with fresh fruit

nice cake

\*soya bean curd with honey

\*sticky date pudding

\*warm chocolate yoghurt brownie with a scoop of ice cream

\* *These dishes contain nuts*



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### set dinner

3 courses @ \$48++ with regular coffee or tea

### starters

clear smoked tomatoes consommé with shimeji mushrooms + edamame  
grilled eggplant salad with shrimp floss  
marinated sashimi poké (*"po-keh"*)  
*(hawaiian- inspired sashimi)*  
slow roasted carrot + saffron soup with manuka honey + aromatics  
trilogy of tofu made fresh daily  
warm salad of wild mushrooms + fennel

### mains

braised cod with wild mushrooms, aged balsamic + apple grape coulis  
crab tofu cakes  
\*oven baked spatchcock with jewelled pilaff  
pan roasted ribeye of beef  
sesame crusted chilean sea bass with crab bisque  
steamed chicken with chinese wine, shiitake, white fungus + essence of chicken  
\*white truffle ricotta ravioli with a sage + pine nut sauce

### dessert

\*100% fruit sorbet with fresh fruits  
nice cake  
\*sticky date pudding  
\*white chocolate + macadamia nut terrine with mandarin coulis

\* *These dishes contain nuts*



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