

食拿酒棧



FOOD MENU

REVV UP FOR F1 AT SYNTHESIS

1 - 30 SEPTEMBER 2024

Win big and boost your wellness with our exclusive F1 Champion Bundle!

Grand Lucky Winner

Win a bottle of
Ace of Spades Brut Gold
+ \$200 Dining Voucher

Terms & conditions apply.

With each F1 Champion Bundle purchase, you'll enter our lucky draw and receive an exclusive Returning Voucher for your next visit.



Champagne
Ace of Spades Brut Gold
Worth \$980

Terms and conditions:

- Purchase an F1 Champion Bundle and earn a chance to enter lucky draw.
- The grand prize includes a bottle of Champagne Ace of Spades Brut Gold and a \$200 Dining Voucher, with two consolation prizes of \$100 Dining Vouchers.
- Winners will be notified via Instagram story on 4th October 2024.
- Redemption is only available for dine-in from Sunday to Thursday, excluding Fridays, Saturdays, Public Holiday eves, and Public Holidays.
- Prizes must be redeemed by 31st October 2024.
- Synthesis reserves the right to amend or withdraw the promotion and Terms and Conditions without prior notice.
- By participating, you agree to the collection and use of your personal data for administering this promotion.

食拿酒棧
SYNTHESIS



synthesis.sg

金榜題名

F1 CHAMPION BUNDLE SET

\$72++ per person, Minimum 2 pax

STARTERS

“Kou Shui Ji” Spiced Chicken Roulade

Contains Nuts, Spicy
Oriental Chilli Vinaigrette,
Sesame Seed, Seasonal Greens

Crab Meat Tartar Pani Puri

Contains Shellfish, Dairy
Shiso Leaf Infused Mayonnaise,
Yuzu Kosho, Tobiko

Braised Duck Rilette Tartlet

Contains Duck, Dairy, Gluten
Oriental Herbs, Wolfberry, Chives

Truffle Mushroom “Bolo Brioche”

Contains Mushroom, Dairy, Gluten
White Button Mushroom,
Truffle Pate, Choux Crust

SMALL PLATES

Charcoal Grilled Jumbo Asparagus

Vegan
Jumbo Asparagus, Fermented Beancurd Sauce,
Tempeh, Garlic Oil

Homemade “Har Cheong Gai”

Contains Shellfish, Gluten
Locally Farmed Chicken, Shrimp Paste

LARGE PLATES

Char-Grilled Spiced Butter Beef

Contains Beef, Dairy
Wagyu Beef Cubes, Orange Juice,
Spiced Butter Sauce

Nutrient - Rich Sakura Chicken Herbal Poached Rice

Contains Shellfish
Six Combination Herbal Soup,
Sakura Chicken, Egg Floss, Puffed Rice



Welcome to Synthesis 2.0: A Wellness Journey

At Synthesis, we celebrate the profound connection between food, health, and harmony, inspired by the timeless wisdom of Huangdi Neijing (黄帝内经). Our culinary philosophy revolves around the principles of balance and natural healing, weaving together ancient traditions with modern sensibilities.

Through the art of food therapy, our menu is thoughtfully crafted to harmonize with the Five Elements—Wood, Fire, Earth, Metal, and Water—each offering unique flavors and healing properties. From revitalizing elixirs to nourishing entrees, every dish is designed to nurture the body, soothe the soul, and restore equilibrium. In addition to our delectable offerings, indulge in our specially crafted cocktails, each inspired by the Five Elements and infused with wellness-enhancing ingredients.

Thank you for joining us on this wellness journey at Synthesis. May your experience be a celebration of nourishment, vitality, and holistic harmony.



Contents

The Five Elements And Their Influence On Well-being 01

Food Menu

Introduction To Wood Element And Inspired Dishes 03 - 06

Introduction To Fire Element And Inspired Dishes 07 - 10

Introduction To Earth Element And Inspired Dishes 11 - 14

Introduction To Metal Element And Inspired Dishes 15 - 18

Introduction To Water Element And Inspired Dishes 19 - 22

The Five Elements and Their Influence on Well-being

In Traditional Chinese Medicine (TCM), the Five Elements—Wood, Fire, Earth, Metal, and Water—serve as a foundational framework for understanding the interconnectedness of the natural world and our bodies.

Each element embodies specific qualities and energies that not only influence our physical, emotional, and spiritual well-being but also guide us in making mindful choices regarding our diet and nutrition.

By aligning our diet with the principles of the Five Elements, we can nourish our bodies in harmony with nature's rhythms, promoting optimal health and vitality. Whether it's choosing foods that resonate with the seasonal energies of each element or incorporating ingredients known for their specific healing properties, such as herbs, spices, fruits, vegetables, and whole grains, our dietary choices can play a profound role in supporting holistic wellness.

黄帝内经 · 中医五行



- Food Menu -

菜
谱

木

WOOD

LIVER | GALLBLADDER

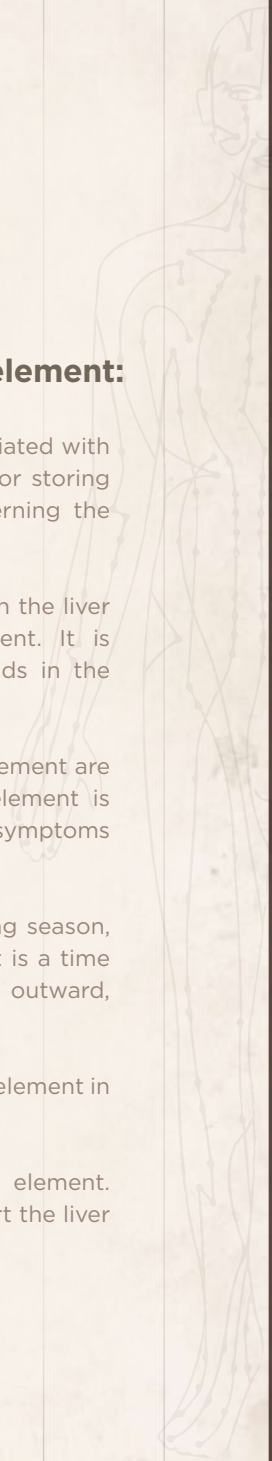
The Wood element in TCM corresponds to the liver and gallbladder organs, representing the spring season and the color green. It governs growth, flexibility, and the smooth flow of Qi (energy) in the body.





Key aspects associated with the *Wood* element:

1. **Liver:** The liver is considered the primary organ associated with the Wood element. In TCM, the liver is responsible for storing blood, regulating the smooth flow of Qi, and governing the tendons and ligaments.
2. **Gallbladder:** The gallbladder, which works closely with the liver in TCM, is also associated with the Wood element. It is responsible for storing and excreting bile, which aids in the digestion of fats.
3. **Emotions:** The emotions associated with the Wood element are primarily anger and frustration. When the Wood element is imbalanced, individuals may experience emotional symptoms such as irritability, resentment, and mood swings.
4. **Season:** The Wood element corresponds to the spring season, which is a time of renewal, growth, and expansion. It is a time when the energy of the body is rising upward and outward, similar to the growth of plants during spring.
5. **Colour:** Green is the colour associated with the Wood element in TCM. It represents growth, vitality, and renewal.
6. **Taste:** The sour taste is associated with the Wood element. Consuming sour foods in moderation can help support the liver and gallbladder functions.



木

WOOD

LIVER | GALLBLADDER



*Nutrient - Rich Sakura Chicken
Herbal Poached Rice*



Truffle Carbonara "Suan Pan Zi"

Wood Element Inspired Dishes

Starters

Sour Plum Spiced Duck Wings \$14

酸梅鸭翅

Spicy, Contains Shellfish

Duck Wing, Pickled Shallot, Spiced Plum Powder

Small Plates

Truffle Carbonara “Suan Pan Zi” \$18

松露算盘子

Vegetarian, Contains Dairy, Gluten Free

Homemade Yam Abacus Seed, Shimeji Mushroom,
Truffle Cream Sauce, Burdock Root

Charcoal Grilled Jumbo Asparagus \$18

炭烤芦笋腐乳酱

Vegan

Jumbo Asparagus, Fermented Beancurd Sauce,
Tempeh, Garlic Oil

Large Plates

Nutrient - Rich Sakura Chicken \$28

Herbal Poached Rice

滋养六味樱花鸡泡饭

Contains Shellfish

Six Combination Herbal Soup, Sakura Chicken,
Egg Floss, Puffed Rice

Desserts

Poached Osmanthus Nashi Pear \$12

桂花雪梨配红枣龙眼雪糕

Contains Dairy, Gluten Free

Nashi Pear, Red Date & Longan Gelato,
White Fungus, Osmanthus Honey

Per Person

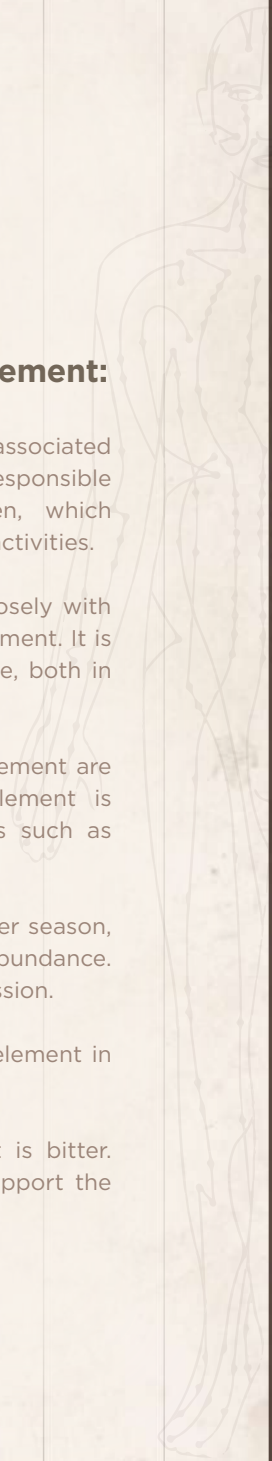
火

FIRE

HEART | SMALL INTESTINE

The Fire element in TCM is associated with the heart and small intestine organs. It governs functions related to enthusiasm, joy, warmth, and transformation.





Key aspects associated with the *Fire* element:

1. **Heart:** The heart is considered the primary organ associated with the Fire element. In TCM, the heart is not only responsible for pumping blood but also houses the Shen, which encompasses consciousness, emotions, and mental activities.
2. **Small Intestine:** The small intestine, which works closely with the heart in TCM, is also associated with the Fire element. It is responsible for separating the pure from the impure, both in terms of physical digestion and mental processing.
3. **Emotions:** The emotions associated with the Fire element are primarily joy and excitement. When the Fire element is imbalanced, individuals may experience symptoms such as excessive joy, restlessness, or insomnia.
4. **Season:** The Fire element corresponds to the summer season, which is characterised by warmth, brightness, and abundance. It is a time of growth, expansion, and outward expression.
5. **Colour:** Red is the colour associated with the Fire element in TCM. It represents warmth, passion, and vitality.
6. **Taste:** The taste associated with the Fire element is bitter. Consuming bitter foods in moderation can help support the heart and small intestine functions.

火

FIRE

HEART | SMALL INTESTINE



*Apple Wood Smoked
Guinness Glazed Iberico Pork*



Five Spice Duck Croquettes

Fire Element Inspired Dishes

Starters

Five Spice Duck Croquettes \$16

五香鸭丝可乐饼

Contains Dairy and Shellfish

Shredded Confit Duck Leg, Herbs, Bechamel,
Burnt Onion Aioli

Small Plates

Mongolian Fried Cauliflower \$14

蒙古脆口花椰菜

Vegetarian

Battered Cauliflower, Mongolian Sauce

Charcoal Grilled Oriental
Lamb Chop (2 Pieces) \$24

中式碳烤羊排

Spicy, Gluten Free

New Zealand Grass Fed Lamb Chop, Szechuan
Peppercorn Spice, Jumbo Asparagus, Pickled Chayote

Large Plates

Apple Wood Smoked Guinness
Glazed Iberico Pork \$34

苹果木烟熏黑啤猪排

Contains Shellfish

New Zealand Iberico Pork Collar, Guinness Stout
Glaze, Pickled Red Radish, Sesame Seeds

Desserts

House-made Chrysanthemum
Ginseng Gui Ling Gao \$12
Per Person

黄菊人参龟苓膏

Gluten Free

Homemade Herbal Jelly, Chrysanthemum
Ginseng Syrup

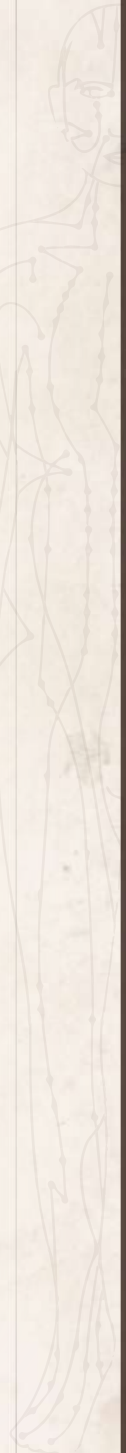
土

EARTH

SPLEEN | STOMACH

The Earth element in TCM is associated with the spleen and stomach organs. It governs functions related to transformation and transportation of food and nutrients, as well as nurturing and grounding qualities.





Key aspects associated with the *Earth* element:

1. **Spleen:** The spleen, along with the stomach, is considered the primary organ associated with the Earth element. In TCM, the spleen is responsible for transforming food into Qi (vital energy) and blood, as well as regulating the distribution of nutrients throughout the body.
2. **Stomach:** The stomach, working in conjunction with the spleen, is responsible for receiving and breaking down food, as well as transporting the resulting nutrients to the spleen for further processing.
3. **Emotions:** The emotions associated with the Earth element are primarily worry and overthinking. When the Earth element is imbalanced, individuals may experience symptoms such as excessive rumination, anxiety, and digestive issues.
4. **Season:** The Earth element corresponds to the late summer season, which is a time of transition between the yang (active) energy of summer and the yin (passive) energy of autumn. It is a time of abundance, harvest, and grounding.
5. **Colour:** Yellow is the colour associated with the Earth element in TCM. It represents nourishment, stability, and ripeness.
6. **Taste:** The sweet taste is associated with the Earth element. Consuming foods with a natural sweet taste, such as grains, legumes, and root vegetables, can support the Earth element and promote digestive health.

土

EARTH

SPLEEN | STOMACH

*18-Hour Spiced Braised
Beef Cheek "Ssam"*



Signature Confit Cabbage

Earth Element Inspired Dishes

Starters

Hokkaido Scallop Ceviche \$24

养身柑橘带子

Pescatarian, Contains Shellfish

Hokkaido Scallop, Shiso Herbal Emulsion,
Flour Crisp, Tomatoes

Small Plates

Trio Of Mushrooms \$14

黄金酥炸三菇

Vegan

Seasonal Mushroom, Nori, 'Jin Sha' Crumble

Signature Confit Cabbage \$20

慢烤包菜

Vegan

Local Cabbage, Red Braised Cordyceps,
Brazilian Mushroom, Soy Broth

Large Plates

18-Hour Spiced Braised
Beef Cheek 'Ssam' \$38

慢炖中式牛颊肉

Contains Nuts and Shellfish

Australian Beef Cheek, Oriental Chimichurri,
Peppercorn Jus, Seasonal Green

Desserts

Purple Sweet Potato Mousse Cake \$10

紫薯香草蛋糕

Contains Dairy and Nuts

Sweet Potato, Tahitian Vanilla Curd,
Spiced Cookie

金

METAL

LUNGS | LARGE INTESTINE

The Metal element in TCM is associated with the lungs and large intestine organs. It governs functions related to respiration, elimination, and the exchange of Qi (energy) between the body and the external environment.



金

Key aspects associated with the *Metal* element:

1. **Lungs:** The lungs are considered the primary organ associated with the Metal element. In TCM, the lungs govern respiration and the intake of Qi from the air. They are also responsible for circulating Wei Qi, which is the body's defensive energy that protects against external pathogens.
2. **Large Intestine:** The large intestine, working in conjunction with the lungs, is also associated with the Metal element. It is responsible for the elimination of waste and the absorption of water from the digestive tract.
3. **Emotions:** The emotions associated with the Metal element are primarily grief and sadness. When the Metal element is imbalanced, individuals may experience symptoms such as excessive sorrow, melancholy, or respiratory issues.
4. **Season:** The Metal element corresponds to the autumn season, which is a time of harvesting, letting go, and introspection. It is a time when the energy of the earth begins to contract and move inward.
5. **Colour:** White and metallic colours are associated with the Metal element in TCM. They represent purity, clarity, and precision.
6. **Taste:** The pungent taste is associated with the Metal element. Consuming pungent foods in moderation can help support the lungs and large intestine functions.

金

METAL

LUNGS | LARGE INTESTINE

Mentaiko Taramasalata Pani Puri



*Chef's Signature
Charcoal "Pi Dan" Tofu*

Metal Element Inspired Dishes

Starters

'Three Cups' Oysters (½ Dozen) \$30

三杯日本兵庫生蠔

Pescatarian, Contains Shellfish

Hyogo Oysters, Sesame Oil, Chinese Wine,

Soy Sauce, Basil Infused Goma Oil

Small Plates

Mentaiko Taramasalata Pani Puri \$24

顶级腊肠巴尼布里

Contains Shellfish

Chinese Chicken Sausage Bolognese,

Mentaiko, Gherkin, Tobiko

Chef's Signature Charcoal \$16

"Pi Dan" Tofu

招牌皮蛋黑炭豆腐

Vegetarian

Soybean Tofu, Century Egg Emulsion,

Preserved Radish, Chilli Oil

Large Plates

Lotus Leaf Tea Infused \$32

Sliced Red Grouper

荷叶清蒸红斑鱼块

Pescatarian, Gluten Free

Red Grouper, Sauerkraut, Cordyceps,

Red Dates, Mushroom Dashi

Desserts

Green Apple Tarragon Tartlet \$12

青苹果龙蒿撻

Contains Dairy and Nuts

Caramelised Green Apple,

Tarragon Creme Brulee, Almond Tart

Per Person

水

WATER

KIDNEYS | BLADDER

The Water element in TCM is associated with the kidneys and urinary bladder organs. It governs functions related to water metabolism, storage of essence (Jing), and the regulation of fluids in the body.



水

Key aspects associated with the *Water* element:

1. **Kidneys:** The kidneys are considered the primary organ associated with the Water element. In TCM, the kidneys are responsible for storing the essence (Jing), which represents the fundamental energy inherited from our parents and determines our constitution and vitality. The kidneys also govern water metabolism, bone health, and reproductive functions.
2. **Urinary Bladder:** The urinary bladder, working in conjunction with the kidneys, is also associated with the Water element. It is responsible for storing and excreting urine, as well as supporting the kidneys in regulating fluid balance in the body.
3. **Emotions:** The emotions associated with the Water element are fear and anxiety. When the Water element is imbalanced, individual may experience symptoms such as excessive fear, insecurity, or issues related to the kidneys and urinary system.
4. **Season:** The Water element corresponds to the winter season, which is a time of conservation, introspection, and rest. It is a time when the energy of the earth retreats inward, and the focus is on preserving vitality and inner strength.
5. **Colour:** Blue and black are associated with the Water element in TCM. They represent depth, stillness, and the unknown.
6. **Taste:** The salty taste is associated with the Water element. Consuming foods with a naturally salty taste, such as sea vegetables, can help support the kidneys and urinary bladder functions.

水

WATER

KIDNEYS | BLADDER



Crispy Skin Atlantic Salmon



Pan Seared Hokkaido Scallops

Water Element Inspired Dishes

Starters

Chilled 'Mala' Pork Belly \$16

麻辣白肉

Spicy, Contains Nuts and Shellfish

Pork Belly, Mala Sauce, Marinated Celtnce,

Sesame Seed

Small Plates

Miso Marinated Chicken Roll \$18

特制味增鸡卷

Contains Nuts

Chicken Thigh Roulade, Sake Yuzu Jelly,

Furikake, Nori, Sesame Seed

Pan Seared Hokkaido Scallops \$20

XO香煎带子

Pescatarian, Contains Dairy and Shellfish, Gluten Free

Hokkaido Scallops, XO Cauliflower Puree,

Sea Asparagus Vinaigrette, Caviar

Charcoal Grilled Whole Squid \$20

碳烤本地苏东

Spicy, Pescatarian, Contains Nuts and Shellfish

Whole Squid, Fermented Green Chilli Sambal, Chives

Large Plates

Crispy Skin Atlantic Salmon \$32

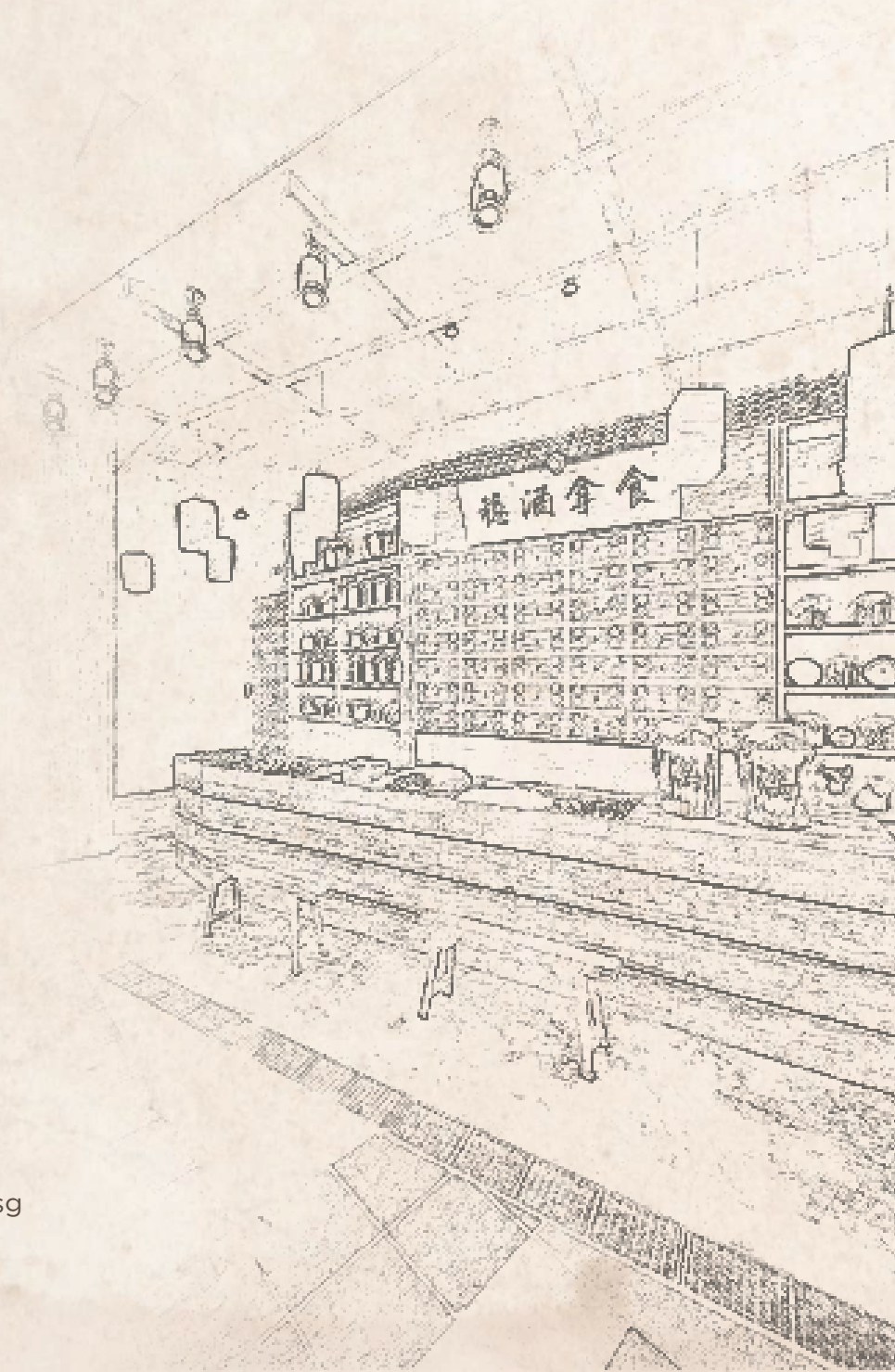
脆皮三文鱼

Pescatarian, Contains Dairy and Nuts

Wild Caught Salmon, Curry Soy Emulsion,

Sunflower Seed Chimichurri, King Oyster Mushroom

食拿酒棧



synthesis.sg

