# 食拿酒稳



BEVERAGE MENU

# 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.





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# 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

## - Beverage Menu -



- Signature Cocktails -

五行鸡尾酒



# 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.



## What does being influenced by the Wood Element say about you?

When you're in balance, you're a kind-hearted soul who excels at creating clear visions, goals and plans, and can pride yourself on your decision-making skills.

Much like a tree, your tendency is to focus upwards and outwards. You're always striving for growth and expansion, and looking for new challenges to overcome.

You thrive under pressure and may have what's sometimes called a 'type A personality', meaning that you're hard-driven and hard-working. You may even have a tendency to overdo things on that front, so guard against making yourself unwell due to overwork. A balance of work, rest, play and adventure is essential for you to be at your best.

When you're out of balance, you may find yourself getting stressed easily, perhaps accompanied by tightness in the neck and shoulders and/or a tendency to clench your jaw or grind your teeth. You might also become irritable, prone to a bad temper, notice that you're not as decisive as usual or are more likely to overindulge in food or drink.



Tincture #18

\$18

Turmeric Infused Rum, House Sage Syrup, Apple Flower Water, Apple Liqueur, Citrus, Green Juice



#### **Benefits:**

Turmeric aids bile production, supporting liver detoxification and function, while its antioxidant properties from Curcumin prevent fat build-up. Sage offers digestive support and liver health.



冬去春来

Unusual Remedy \$18

Whisky, Coffee Liqueur, Grapefruit Coffee, House Ginger Honey Foam

#### **Benefits:**

Grapefruit's antioxidants protect the liver, while Ginger aids digestion and detoxification, cleansing the liver and promoting overall wellness.



# 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.



## What does being influenced by the Fire Element say about you?

You're energetic, passionate and strong-willed.

You inspire others with your charisma, courage, creativity, wisdom and intuition, helping them to believe that it's possible for dreams to come true.

Your natural tendency is to be joyful, and to delight in the company of others.

On the other hand, when you're out of balance, you may become over-excited, experience mild anxiety symptoms or have difficulty sleeping.

## FIRE HEART | SMALL INTESTINE



心动

Pulse \$20

Rum, House Pineapple Shrubs, Watermelon Blend, Artichoke Liqueur, Lime



#### Benefits:

Watermelon is rich in an amino acid called citrulline that aids blood flow and Pineapple's potassium supports heart health, promoting vitality and circulation.

# FIRE HEART | SMALL INTESTINE



心有 灵 C Formula C \$22

Vodka, House Tomatoes Blend, Malibu, Coconut Water, Lemon, Tabasco

#### **Benefits:**

Lycopene in tomatoes lowers LDL cholesterol and blood pressure, promoting heart health, while Coconut Water replenishes electrolytes and supports hydration.



# 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.



## What does being influenced by the Earth Element say about you?

You're solid, dependable and a loyal friend who excels at forming long-term relationships and deep connections with others. No wonder people regard you as so caring, compassionate and giving.

You value peace, harmony and stability in all things, and you're often found in a mediation or peace-making role, helping others resolve their differences and arrive at the middle ground.

However, when you're out of balance, you might find yourself prone to confusion, over-thinking, giving so much to others that you wear yourself out, craving sweets, or experiencing digestive problems.



Soft Tonic \$22

Licorice Infused Gin, Dried Chinese Apricot Puree, House Red Date Syrup, Soya Blend



#### **Benefits:**

Licorice supports spleen and stomach function, clearing heat, detoxifying, reducing phlegm and alleviating pain. It supports a healthy flow of blood throughout the body, making sure the spleen is not overtaxed with damaged blood cells.

# EARTH SPLEEN | STOMACH



解相思

Adzuki Orange \$20

Vodka, Frangelico, Butterscotch, House Red Bean Blend

#### **Benefits:**

Red beans support digestive health by aiding digestion, regulating gut function, and preventing digestive issues like bloating. Rich in fibre and antioxidants, red beans promote a healthy gut microbiome and protect the stomach lining from inflammation.



# 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.



## What does being influenced by the Metal Element say about you?

Like many metals, you're equipped with profound inner strength.

You're known for your high level of personal integrity, your disciplined, rational approach to life, and your appreciation of beauty.

You're at your best when things feel rational, organised and structured, and when you take a healthy approach to processing the events that have happened in your life and letting them go.

Disorder and chaos are not to your liking at all, and you may become overly critical at times, especially when you perceive that others are breaking the rules or not doing things the 'right' way.

# METAL Lungs | Large Intestine





Whiteout \$20

Nashi Pear Infused Gin, Youth Formula, Yuzu



#### **Benefits:**

Winter melon detoxifies and clears mucus, while White fungus offers antioxidant benefits, supporting lung and intestinal health.

# METAL Lungs | Large Intestine



初见

Nori-sh \$22

Pisco, Bianco Vermouth, House Barley Shrubs, Sesame Oil, Lemon, Egg White

#### **Benefits:**

Barley's fiber supports lung function and reduces the risks of lung-related diseases, while Sesame oil offers nourishment and protection.



# 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.



## What does being influenced by the Water Element say about you?

You have strong willpower, a determined nature, and a tendency to be self-sufficient and independent.

You're a seeker of knowledge and understanding, not only of the world around you, but also about yourself and what makes you tick.

As a result, you bring sharp, critical thinking to the issues you're faced with, ask insightful questions, and express yourself skilfully.

On the other hand, you can sometimes be so introspective and focused on your inner world that you become withdrawn from others or speak before you think, without realising that what you're about to say may ruffle a few feathers! You may also be prone to becoming fearful.

# WATER KIDNEYS | BLADDER

十里红妆

Red Hue - Clarified \$24

Roselle Infused Tequila Blanco, Milk, Passionfruit Cube, House Goji Puree, Lime



#### **Benefits:**

Goji berries strengthen kidneys and relieve fatigue, while Roselle aids digestion.

# WATER KIDNEYS | BLADDER



统天下

Fit For A King \$24

Cognac, Calvados, House Herbal Vermouth - The 4 Heavenly King, Spiced Bitters

#### **Benefits:**

Eucommia bark, the main ingredient in herbal vermouth, tonifies the Liver and Kidneys, strengthening bones and sinews.

## - Not Another Tea -

以茶代酒

#### Not Another Tea

Indulge in our selection of refreshing mocktails crafted from Gryphon Tea Company's exclusive Botany selection, featuring blends rich in natural caffeine or naturally caffeine-free options

#### Caffeine-free

#### Ease Weary Tension

\$10

定心茶

Calming Spirit, Lime, House Salt Syrup, Tonic

Tea Ingredients: Chamomile Flowers, Juniper Berries, Rose Hips, Lemon Peels, Spearmint Leaves, Sweet Fennel, Lemon Balm, Lavender Flowers

#### **Lucid Complexion**

\$10

养颜茶

Ethereal Beauty, Rose Water, House Kumquat Blend

Tea Ingredients: Apple Flowers, Pink Rose Petals, Rose Hips, Forget-Me-Not Flowers, Lemon Peels, Dried Apple Bits, Orange Blossoms, Chamomile Flowers, Lavender Blossoms, Marigold Flowers, Safflower

#### Natural Caffeine

#### Wellness Protector

\$10

养生记

Miracle Day, Mixed Berries, Mint, Soda

Tea Ingredients: Moringa Leaves, GABA Green Tea, Cassis Fruit, Orange Peels, Rose Hips, Spearmint Leaves, Lavender Flowers, Blackcurrant Leaves, Mulberry Leaves, Sweet Fennel, Blue Cornflowers

#### Travel Fatigue

\$10

漫游篇

Wanderlust, Passionfruit Cubes, Vanilla, Citrus

Tea Ingredients: Roasted Yerba Mate, Bitter Orange Peels, Freeze-Dried Passionfruit, American Ginseng, Raspberry Leaves, Liquorice Root, Sweet Fennel, Stevia Leaves

## - Descendants Of The Dragon & Shots -

龍的傳人

## Descendants Of The Dragon

Tailored for gatherings of 6 to 8, our 1.2L punchbowl is elegantly served in a Celestial Dragon decanter

## The Vermilion Dragon \$198 Embodies Zhulong 朱龙 spirits,

kings that bestow blessings on lakes.
Ingredients: Vodka, Peach Oolong Blend,
Cranberry, Strawberry Liqueur

#### The Yellow Dragon \$198

Embodies Huanglong 黃龙 spirits, kings that favorably hear all petitions. Ingredients: Gin, Chrysanthemum Blend, Yuzu, Lychee Liqueur

#### The Black Dragon \$198

Embodies Xuanlong 玄龙 spirits, kings dwelling in the depths of the mystic waters. Ingredients: Rum, Blue Pea Blend, Citrus Seltzer, Blue Curacao

### Shots 150ml / 300ml

To be served in a decanter accompanied by shot glasses, ideal for sharing amongst friends

#### Blue Plum \$28 / \$50

蓝梅酒

Ingredients: Sour Plum Infused Vodka, Blue Pea Blend

#### Royal \$28 / \$50

富贵酒

Ingredients: Chrysanthemum Infused Gin, Osmanthus Blend

#### Blossom \$32 / \$58

桃花酒

Ingredients: Roselle Infused Tequila, Peach Oolong Blend

## - All Time Favorite Cocktails -

鸡尾酒

## All Time Favorite Cocktails

Giam Sng Tee 儿时回忆 Ingredients: Sour Plum Infused Vodka, Pink Guava, Lime, Soda	\$20
Tiger's Eye Pu Erh 虎眼波霸 Ingredients: Gin, Pu Erh Tea Blend, Gula Melaka, Pandan Cream	\$20
Golden Petal 落叶归菊 Ingredients: Chrysanthemum Infused Gin, House Chrysanthemum Blend, Salers Gentiane Liqueur, Orange Blossom Water	\$24
Date With Jia Jia 佳佳有约 Ingredients: Cognac, House Red Date Syrup, Jia Jia Herbal Tea, All-Spiced Liqueur	\$24
Spice Girl's Whisky 烟熏姜士 Ingredients: Whisky, House Spiced Ginger Syrup, Lemon, Smoked Cinnamon	\$22

## - Non-Alcoholic Selection & Beers -

饮 啤 酒

## Non-Alcoholic Selection Soft Drinks \$5 Coke, Coke Zero, Sprite, Jia Jia Herbal Tea, Green Tea, Soda, Tonic Juices \$6 Pink Guava, Apple, Pineapple, Cranberry, Orange Coffee \$6 Flat White, Latte, Cappuccino, Americano \$5 Tea Synthesis House Blend, Peach Oolong, Earl Grey Beers Guinness Draught \$16 (500ml) Suntory Premium Malt \$15 (500ml)

## - Wine, Sparkling & Champagne -

葡萄酒酒

Red	Glass / Bottle
Andrew Peace Masterpeace Cabernet Merlot 2024 (Australia - Cabernet Merlot)	\$14 / \$70
Bodegas Valduero 2018 Una Cepa (Spain - Tempranillo)	- / \$160
Chateau Gravet Renaissance Grande Renaissance St Emilion Grand Cru 2018 (France - Merlot, Cabernet)	- / \$158
Chateau De Hauterive Originel 2020 <i>(France - Malbec)</i>	- / \$98
Concha Y Toro The Master Edition (Chile - Cabernet Sauvignon)	n - / \$190
Domaine de l'Arlot Cote de Nuits, Clos du Chapeau 2021 (France - Pinot Noir)	- / \$188
Domaine Maratray Dubreuil Savigny Les Beaune 1er Cru Les Vergelesses (France – Pinot Noir)	- / \$168
Domaine Ponsot Morey-Saint- Denis Cuvee des Grives 2021 (France - Pinot Noir)	- / \$298

Red	Glass / Bottle
E. Guigal Cotes Du Rhone Rouge 2020 (France - Syrah, Grenache, and Mourvedre)	- / \$88
Faiveley Mercurey Rouge Vieilles Vignes 2021 (France - Pinot Noir)	- / \$138
Ferro 13 Primitivo "Karma" IGT 2020 (Italy - Primitivo)	- / \$108
Fontanafredda Fuoriclasse Barbaresco Coste Rubin (Italy - Nebbiolo)	- / \$220
Fortunate Son - The Dreamer 2018 <i>(USA - Cabernet Sauvignon)</i>	- / \$328
Laurent Ponsot Gevrey- Chambertin,"I" Auline 2018 (France - Pinot Noir)	- / \$248
Marques De Murrieta Reserva 2018 (Spain - Tempranillo, Graciano, Mazuelo and Garnacha)	- / \$118
Summer Dreams Stargazing Pinot Noir 2021 (USA - Pinot Noir)	- / \$218

White	Glass / Bottl
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Toqui Single estate	Sauvignon	\$14	/	\$70
Blanc 2023				

(Chile - Sauvignon Blanc)

Amelia Park Trellis Semillon - / \$88 Sauvignon Blanc 2022

(Australia - Semillon, Sauvignon Blanc)

Billaud Simon Chablis 2021 - / \$118 (France - Chardonnay)

Domaine Vacheron Sancerre - / \$128 Blanc 2023

(France - Sauvignon Blanc)

Fontanafredda Le Righe - / \$120 Gavi Di Gavi 2022 (Italy - Cortese)

White	Glass / Bottle
Ferro 13 Pinot Grigio "The Lady" DOC (Italy - Pinot Grigio)	- / \$108
Laurent Ponsot Bourgogne 'Perce-Neige' 2019 (France - Chardonnay)	e Blanc, - / \$158
Laurent Ponsot Meursault, 'Pandorea' 2020 (France - Chardonnay)	- / \$238
Quinta Da Raza 2020 Avesso Alvarinho (Portugal - Alvarinho, Avesso	- / \$11O
Quinta Da Raza 2019 Fami Collectio (Portugal - Alvarinho, Avesso	

Champagne	Glass / Bottle
Louis Roederer Collection 244 Brut MV (France - Pinot Noir, Chardonnay, Pinot Meunier)	\$30 / \$138
Devaux Coeur des Bar Blanc de Noirs ( <i>France - Pinot No</i>	- / \$188 pir)
Dom Perignon Brut 2013 (France - Pinot Noir, Chardonnay)	- / \$680
Louis Roederer Cristal Brut 2015 (France - Pinot Noir, Chardonnay)	5 - / \$688
Ace of Spades Gold (France - Pinot Noir, Chardonnay, Pinot Meunier)	- / \$980
Ruinart "R" Brut (France - Pinot Noir, Chardonnay, Pinot Meunier)	- / \$218
Ruinart Blanc De Blanc (France - Chardonnay)	- / \$258
Veuve Clicquot La Grande Dame 2012 (France - Pinot Noir, Chardonnay, Pinot Meunier)	- / \$688

Sparkling	Glass / Bottle
Ca'Vescovo Prosecco Brut (Italy - Glera)	\$16 / \$70
Bleasdale Blanc de Blancs NV (Australia - Chardonnay)	- / \$98
Rosé	Glass / Bottle
Chateau D'esclans Whispering Angel 2022 (FranceGrenache, Cinsault, Rolle)	- / \$110
Chateau D'esclans Rock Angel 2021 (France - Grenache, Cinsault, Rolle)	- / \$130

## - Spirit Selection -

烈酒精选

Vodka	Glass / Bottle	
Belvedere	\$20 / \$200	
Belvedere (3 Bottles)	- / \$540	
Belvedere 10 years	- / \$500	
Haku Vodka	\$18 / \$180	
Grey Goose	\$20 / \$200	
Gin	Glass / Bottle	融
Roku Gin	\$18 / \$180	
Hendrick's	\$22 / \$220	
Monkey 47	\$24 / \$220	
Monkey 47 Sloe	\$20 / \$200	
Botanist	\$24 / \$240	
Tanqueray	\$18 / \$180	
Tanqueray 10	\$22 / \$220	
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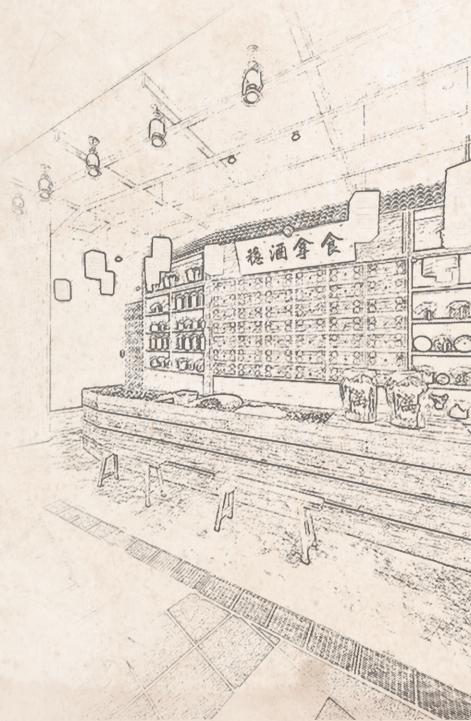
Glass / Bottle
\$18 / \$180
\$18 / \$180
\$18 / \$180
\$24 / \$240
\$26 / \$260
Glass / Bottle
\$18 / \$180
\$20 / \$200
\$24 / \$240
- / \$560
\$22 / \$220

Bourbon/Rye	Glass / Bottle
Buliiet Bourbon	\$18 / \$180
Bulliet Rye	\$22 / \$2200
Maker's Mark	\$20 / \$200
Blended Whisky	Glass / Bottle
Johnnie Walker Black Label	\$18 / \$180
Johnnie Walker Gold Label	\$24 / \$240
Johnnie Walker Gold Label (3 Bottles)	- / \$660
Johnnie Walker Blue Label	- / \$500
Johnnie Walker XR 21	- / \$380
Monkey Shoulder	\$22 / \$220
Smokey Monkey	\$22 / \$220

Single Malt	Glass / Bottle
Glenmorangie Lasanta	- / \$240
Glenmorangie 14 years	- / \$260
Auchentoshan 3 Wood	\$24 / \$240
Auchentosan 18 years	- / \$320
Glenfiddich 12 years	\$22 / \$220
Glenfiddich 15 years	\$28 / \$280
Balvenie 14 years Carribean Cask	\$36 / \$360
Macallan 12 Double Cask	\$32 / \$320
Macallan 12 Sherry Oak	\$36 / \$360
Macallan 15 Double Cask	- / \$500
Macallan 18 Double Cask	- / \$1080
Macallan 18 Sherry Oak	- / \$1680
Laphroaig 10 years	\$24 / \$240
Lagavulin 16 years	\$36 / \$360

Japanese Whisky	Glass / Bottle
Chita Whisky	\$22 / \$220
Hakushu Distiller Reserve	- / \$420
Hakushu 12 years	- / \$740
Hibiki Harmony	- / \$420
Hibiki 12 years	- / \$1260
Hibiki 17 years	- / \$2680
Yamazaki 12 years	- / \$740
Nikka Taketsuru 17 years	- / \$1180
Nikka Taketsuru 21 years	- / \$1880

## 食拿酒稳



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