

宴
YÀN

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仲景
Zhongjing TCM

秋季时养食谱

12 SEP - 31 OCT 2022

Experience the gentle healing powers from fresh ingredients and natural herbs to nourish and care from within with this mindful menu made in collaboration with experts in their field.

WELLNESS
IN AUTUMN
WITH YÀN

宴
YÀN

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仲景
Zhongjing TCM



WELLNESS IN AUTUMN WORKSHOP with Physician Lim Yanting from Zhongjing TCM Clinic

秋季时养时聊: 仲景中医林彦廷医师

Date: 2 October, Sunday

Time: 12pm - 2.30pm (please arrive 15 mins before)

Venue: Yàn at the National Gallery Singapore, #05-02

A healthy diet is key to boosting your immunity. Experience a guided journey through the menu and learn more about dining well for health from a TCM perspective through this specially curated half-day lunch session at Yàn.

Autumn brings the heat accumulated from Summer, making this period the sultriest time of the year. This is where the “Shi-Re Zheng” or dampness-heat is at its peak, impeding the movement of Qi. Learn how common Chinese herbs can nourish your lungs and spleen and boost your Qi when you use them correctly. Participants can experience a wholesome 5-course menu of dishes beautified and enhanced through the use of herbs.

\$85 NETT
per person

\$75 NETT
Park Rewards members and Gallery Insiders



Every participant will also receive their very own Lung Nourishing Herbal Soup Mix 养肺汤包 to help them recreate the soup and incorporate their newfound knowledge into their meals to boost the wellbeing of their loved ones!

Seating Arrangements: Each table accommodates from 4-6 guests per table. Some guests may be required to share tables. Our food will be individually-served by courses and seats will have safe-distancing in mind.

座位安排: 每张桌子能容纳4-6位。少过4人报名, 餐馆将安排与其他客拼桌但上菜时, 读者会各自获得一份餐点, 无需共享食物。

Get your tickets:





WELLNESS IN AUTUMN MENU BENEFITS

- 1** Contains high-in-fibre black fungus for gut health **2** Filled with radish and cordyceps flower to boost immunity **3** Steamed with mandarin peel and goji berry for vision health **4** Double-boiled with glehnia root and solomon's seal to nourish the yin and promote blood circulation **5** Steamed chinese yam slices helps tonify the kidney & spleen, aiding digestion **6** Liquorice roasted duck with anti-inflammatory properties which aids digestive and respiratory system **7** Chilled osmanthus barley cream with aloe vera to dispel dampness in the body

WELLNESS IN AUTUMN

秋季时养食谱餐

Lunch Menu

Dim Sum Trio

点心三拼

Steamed Scallop Dumpling with Asparagus and Black Fungus
黑木耳芦笋带子饺

Crispy Radish Puff with Cordyceps Flower
虫草花萝卜丝酥饼

Steamed Pork Dumpling with Mandarin Peel and Goji Berry
陈皮枸杞烧卖

Double-boiled Pork Ribs Soup with Glehnia Root and Solomon's Seal

沙参玉竹炖排骨汤

Steamed Cod Fish with Chinese Yam and Preserved Vegetables

山药咸菜蒸鳕鱼

Liquorice Roasted Duck with Stewed Noodles

甘草烧鸭拌焖生面

Chilled Osmanthus Barley Cream with Aloe Vera

冰镇桂花薏米露



\$68 PER PERSON**
每位\$68**

Min 2 persons
2位用

Subject to 10% service charge and prevailing GST