



# YÀN WELLNESS MENU: SUMMER SOLSTICE EDITION

## 家宴中医养身药膳：夏至版

June – August 2022



### Menu developed by Yàn with guidance from Zhongjing TCM.

Well-balanced menu. Well-functioning body. The tradition of Yao Shan 药膳 integrates herbal medicine with food for a menu with nutritional therapy benefits. Packed with antioxidants and natural healing herbs, giving the strength to nourish the body.

Summer Solstice is when the Yang energy is at its peak and the summer heat feeds on body fluids and harms the Yin energy. Replenish your Yin-flow and strengthen the body's Qi – invigorate the spleen, hydrate the body, and nourish the stomach and heart.





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## WELLNESS MENU A

### INDIVIDUAL COURSES

#### IMPROVES HEART HEALTH

Drunken Chicken with Chinese Shao Xing Wine, Roasted Pork Belly  
and Chilled Jelly Fish with White Sesame  
花刁醉鸡卷，炭烧三层肉伴芝麻海蜇头

#### LOWERS BLOOD CHOLESTEROL

Wok-fried King Prawns in Hawthorn Sauce  
山楂汁焗大虾皇

#### GOOD SOURCE OF ESSENTIAL VITAMINS AND MINERALS

Braised Whole Three-headed Abalone  
with served in Abalone Sauce  
鲍汁萵笋扣三头鲜鲍

#### ENERGY BOOSTING

Wok-fried Spare Rib with Ginseng Sauce  
补气人参骨

#### IMPROVES APPETITE

Mee Sua Soup with Grouper Fillet,  
Sliced Bittergourd and Wolfberries  
凉瓜枸杞龙趸球面线汤

#### INCREASES CELL METABOLISM

Chilled Snow Lotus Seeds with Red Dates  
冰镇天山雪莲子



**\$158\*\* PER PERSON**  
每位\$158\*\*

Minimum 2 persons  
2位用

Subject to 10% service charge and prevailing GST

# WELLNESS MENU B

## SHARING-STYLE DISHES

### NOURISHES SPLEEN AND LUNGS

Crispy Skin Roasted Duck marinated with Dried Mandarin Peel, accompanied by Chinese Pancake, Cucumber and Spring Onions  
片皮陈皮烤鸭伴青瓜么么皮

### ZHONGJING TCM RECOMMENDATION SOUP

Double-boiled Chicken Soup with Immunity-boosting Herbs  
Milkvetch Root, Siler, Atractylodes Macrocephala, Lotus Seed, Wolfberry Fruit, Red Dates, Candied Dates  
仲景推介: 增强免疫力鸡汤  
药材: 黄芪, 白术, 湘莲子, 枸杞子, 红枣, 蜜枣, 防风

### REDUCE RISK OF HEART DISEASES

Braised Sliced Abalone with Eggplant in Oyster Sauce  
鲍脯扒茄子条

### TONIFY KIDNEYS AND LIVER

Steamed Chilean Cod Fillet with Cordyceps Flower  
虫草花蒸雪鱼

### IMPROVES BLOOD CIRCULATION

Wok-fried King Prawns in Hawthorn Sauce  
山楂汁焗大虾皇

### PROMOTES LUNG HEALTH

Sautéed Australian Scallops with Fresh Lily Bulbs, Wolfberries, Wood Fungus, Seasonal Greens  
枸杞鲜百合云耳炒带子

### LOADED WITH ANTIOXIDANTS

Stewed Ee-fu Noodles with King Oyster Mushrooms, Enoki Mushrooms and Shimeji Mushrooms  
三鲜菌焖伊面

### FIGHTS FREE RADICALS

Chilled Mao Shan Wang Durian Pudding  
猫山王榴莲冻布丁



**\$108\*\* PER PERSON**  
每位\$108\*\*

Minimum 5 persons  
5位用

Subject to 10% service charge and prevailing GST