



*curated by Bedrock Origin*

Purposeful and transformational eating habits beyond healthy and organic for wellness-savvy you. Containing little to no processed refined ingredient, our menu provide the perfect portion allowing you to achieve a balanced diet throughout the day.

## **OASIA DAY RETREAT DAY MENU**

*Choice of Refresh, Rejuvenate or Recharge Set Menu*

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### **Refresh**

Smoked Tomato Soup  
*Basil Mascarpone*

Warm Brussels Sprout Salad  
*Garlic, Bacon, Olive Oil*

Kingfish Collar

### **Rejuvenate**

Sweet Soy Tempeh Salad  
*Brown Rice, Roasted Peanuts*

Oven-Baked Barramundi (120g)  
*Macerated Tomatoes, Shallot Oil*

Nutty Chocolate Cake

### **Recharge**

Roasted Pear Salad  
*Ricotta Cheese, Date, Walnut*

Woodfire Grilled Grassfed Striploin (100g)  
*Steak Butter, Roasted Vine Tomatoes*

Fruit Bowl  
*Berries, Papaya, Kiwi, Watermelon, Dragon Fruit*