



INTEGRATED WELLNESS

HEALTHY CUISINE

"In this food I clearly see the presence of the entire universe supporting my existence."

-THICH NHAT HANH

JUICES

Using a slow speed vegetable extractor, our juices maintain its nutrients and fibers, with no added sugar, water or ice.

Electrolyte Surge

Young coconut water + celery 17

Free Radical Fighter

Cucumber + Celery + Carrot + Orange 17

Liquid Life

Apple + Celery + Carrot + Pineapple 17

Pure Clean

Carrot + Ginger + Pineapple 17

Sweet Surrender

Beet + Carrot 17

Temple of Health

Apple + Beet + Carrot + Ginger 17

SMOOTHIES

Smoothies are very nutritious. They are full of fiber and easy to digest. Make it a meal replacement!

Banana Boat

Kale + Banana + Mango + Pineapple + Coconut water 17

Body Cleanser

Greens + Cucumber + Mixed berries + Ginger + Pineapple + Lime 17

Power Green

Raspberries + Strawberries + Banana + Kale + Coconut water 17

Solar Power

Cacao + Strawberries + Banana + Greens + Agave 17

Spinach Bisque

Spinach + Mango + Sea salt + Agave 17

Vitamin Boost

Strawberries + Spinach + Lime + Avocado + Banana + Ginger 17

ELIXIR SHOTS

Each elixir shots of Five Energies is created with passion and love, made to accompany you on your wellness journey.

Anti-aging

Kale + Carrot + Camu Camu 17

Detox

Garlic + Ginger + Lemon + Olive oil 17

Relaxation

Apple + Pineapple + Ginger 17

Vitality

Mixed berries + Acai + Pomegranate 17

Love

Maca + Beet + Apple 17

ORGANIC TEAS

Organic Sencha (Green) Tea

A great source of antioxidants to combat free radicals. 13

Organic Mugicha (Roasted Barley) Tea

A caffeine-free barley tea that increases blood fluidity and cuts fat in the liver and heart. 13

Organic Genmaicha (Brown Rice) Tea

Rich in vitamin B to improve cell metabolism and enhance immune and nervous system function. 13

Organic Kukicha Tea

High in calcium, iron, complex carbohydrates, vitamin A and C. Excellent in digesting grains, vegetables, beans and sea vegetables. 13

Organic Orange-Spice White Tea

A smooth and delicate white tea made with organic Pai Mu Tan tea blended with all organic cinnamon, cloves, orange peel, hibiscus, schizandra berries and all spice and ginger for added spice. 13

MACROBIOTIC CLEANSSES

Our bodies function best when our interior environment (our blood and issues), are in an alkaline state. A lot of the things that we eat are acidic, or acid forming, and bacteria, yeast, uric acid crystals, fungus, and mold thrive in such environments. It is the build up of these toxins that lead eventually to the development of disease. These macrobiotic cleanses are designed to give your body a break, so that it can focus on flushing out the toxins, and on digesting nutrients and promotes alkalinity in the body.

Please order in advance to allow for a 30 minute brewing time.

Liver Cleanse

Organic mugicha + wild pine donko + organic daikon ganbuzu
Suitable for people with fatty liver, stress, chronic fatigue, insomnia, sluggish complexion, and ideal for drinkers and smokers. It filters toxins from the blood, controls blood sugar level, makes and transports bile. 20

Colon Cleanse

Organic vinegar + pure red nori seaweed
Suitable for people with constipation, indigestion, fatigue and bloatedness. It eliminates waste and excessive nutrients, absorbs vitamins and minerals. 20

Kidney Cleanse

Organic sprouted adzuki bean + kombu seaweed + sea salt
Suitable for people with low energy levels, stress, nerve disorders, and insomnia. It filters impurities from the blood, regulates the amount of salt, and water through the bloodstream and discharges excess fluid from the body through the urine. 20

Lung Cleanse

Pure kohren + organic red miso + organic daikon ganbuzu
Suitable for people with phlegm, cough, sinus-related problems, cold hands and feet and for smokers. It filters out blood clots formed in veins, transports oxygen into the bloodstream. 20

our curation includes:

- Our entire menu is GLUTEN-FREE and VEGAN.
- We offer the freshest possible organic and local ingredients (free of pesticides, synthetic fertilizers, insecticides)
 - Our herbs and micro-greens are harvested from our very own herb garden
 - We celebrate and honor sustainability, fair trade, local farms
 - Our dishes are prepared with love and consciousness



INTEGRATED WELLNESS

HEALTHY CUISINE

entrée

grilled teppanyaki tofu, bean sprouts and garlic soy	29
steamed asparagus, fava beans, tomato, rocket salad	29
silken tofu with spring onions, shallot pepper sauce	25
clear dashi vermicelli noodles, assorted vegetable tempura	24
rice paper roll of a trio of seaweed with special plum dressing	24
chilled gazpancho, labneh, grilled rye	24
smoked eggplant and aka miso	24
watermelon, young feta, pumpkin seeds, micro cress salad	23
green tea noodles, sliced pear, tofu skin, sesame dressing	19

main

grilled salmon, pomelo herb quinoa, avocado soymilk sauce	68
char-grilled tenderloin steak, sautéed english spinach, polenta chips	65
poached chicken breast, brussel sprouts, walnuts, tomato concasse	65
steamed sea bass with ginger scented celeriac puree	65
harissa marinated tofu, herbed cous cous, roasted peppers dressing	49
pumpkin ravioli, rocket leaves, currants, tomato, olive emulsion	49
rice noodle broth, chicken, chinese broccoli, bean sprouts	39

dessert

selection of freshly cut seasonal tropical fruits ^R	27
chocolate tart, cinnamon & yacon sauce ^R	26
yoghurt pannacotta, honey roasted walnuts, lemon syrup, granola	22
cashew orange tart, orange spice white tea sorbet, agave ^R	22
watermelon and papaya millefeuille, coconut snow ^R	21

^R raw desserts

No white sugar, white flour, dairy products, trans-fats, saturated fats, and processed foods so you can stay vegetarian, vegan, gluten-free, or just plain health-conscious and still enjoy delicious deserts. Natural and low glycemic index sweeteners such as agave and yacon are used.

3 course tasting menu RM90.00 per person.

prices subject to 10% service charge and prevailing government taxes.