



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

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