

食拿酒棧



BEVERAGE MENU

Welcome to Synthesis 2.0: A Wellness Journey

At Synthesis, we celebrate the profound connection between food, health, and harmony, inspired by the timeless wisdom of Huangdi Neijing (黄帝内经). Our culinary philosophy revolves around the principles of balance and natural healing, weaving together ancient traditions with modern sensibilities.

Through the art of food therapy, our menu is thoughtfully crafted to harmonize with the Five Elements—Wood, Fire, Earth, Metal, and Water—each offering unique flavors and healing properties. From revitalizing elixirs to nourishing entrees, every dish is designed to nurture the body, soothe the soul, and restore equilibrium. In addition to our delectable offerings, indulge in our specially crafted cocktails, each inspired by the Five Elements and infused with wellness-enhancing ingredients.

Thank you for joining us on this wellness journey at Synthesis. May your experience be a celebration of nourishment, vitality, and holistic harmony.



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The Five Elements and Their Influence on Well-being

In Traditional Chinese Medicine (TCM), the Five Elements—Wood, Fire, Earth, Metal, and Water—serve as a foundational framework for understanding the interconnectedness of the natural world and our bodies.

Each element embodies specific qualities and energies that not only influence our physical, emotional, and spiritual well-being but also guide us in making mindful choices regarding our diet and nutrition.

By aligning our diet with the principles of the Five Elements, we can nourish our bodies in harmony with nature's rhythms, promoting optimal health and vitality. Whether it's choosing foods that resonate with the seasonal energies of each element or incorporating ingredients known for their specific healing properties, such as herbs, spices, fruits, vegetables, and whole grains, our dietary choices can play a profound role in supporting holistic wellness.

黄帝内经 · 中医五行



- Beverage Menu -

水
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酒

- Signature Cocktails -

五行鸡尾酒

木

WOOD

LIVER | GALLBLADDER

The Wood element in TCM corresponds to the liver and gallbladder organs, representing the spring season and the color green. It governs growth, flexibility, and the smooth flow of Qi (energy) in the body.



What does being influenced by the *Wood Element* say about you?

When you're in balance, you're a kind-hearted soul who excels at creating clear visions, goals and plans, and can pride yourself on your decision-making skills.

Much like a tree, your tendency is to focus upwards and outwards. You're always striving for growth and expansion, and looking for new challenges to overcome.

You thrive under pressure and may have what's sometimes called a 'type A personality', meaning that you're hard-driven and hard-working. You may even have a tendency to overdo things on that front, so guard against making yourself unwell due to overwork. A balance of work, rest, play and adventure is essential for you to be at your best.

When you're out of balance, you may find yourself getting stressed easily, perhaps accompanied by tightness in the neck and shoulders and/or a tendency to clench your jaw or grind your teeth. You might also become irritable, prone to a bad temper, notice that you're not as decisive as usual or are more likely to overindulge in food or drink.



WOOD
LIVER | GALLBLADDER

酏
酒

18

Tincture #18

\$18

Turmeric Infused Rum, House Sage Syrup, Apple Flower Water, Apple Liqueur, Citrus, Green Juice



Benefits:

Turmeric aids bile production, supporting liver detoxification and function, while its antioxidant properties from Curcumin prevent fat build-up. Sage offers digestive support and liver health.

木

WOOD
LIVER | GALLBLADDER



冬
去
春
来

Unusual Remedy
\$18

Whisky, Coffee Liqueur,
Grapefruit Coffee, House
Ginger Honey Foam

Benefits:

Grapefruit's antioxidants protect the liver, while Ginger aids digestion and detoxification, cleansing the liver and promoting overall wellness.

火

FIRE

HEART | SMALL INTESTINE

The Fire element in TCM is associated with the heart and small intestine organs. It governs functions related to enthusiasm, joy, warmth, and transformation.



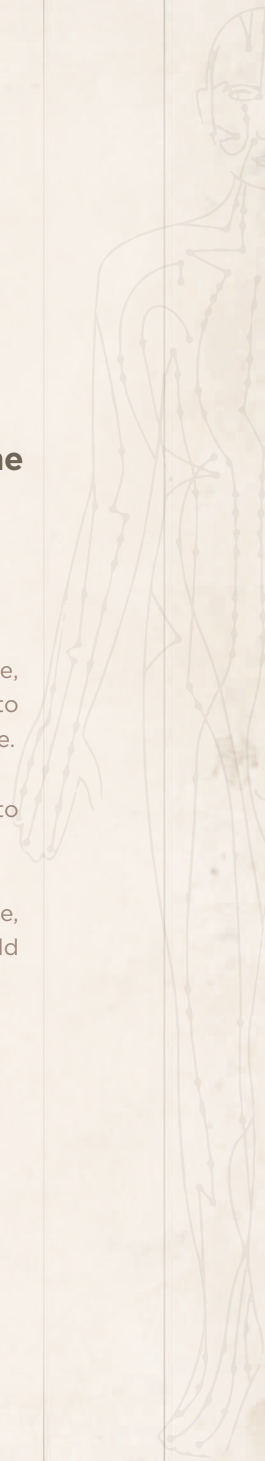
What does being influenced by the *Fire Element* say about you?

You're energetic, passionate and strong-willed.

You inspire others with your charisma, courage, creativity, wisdom and intuition, helping them to believe that it's possible for dreams to come true.

Your natural tendency is to be joyful, and to delight in the company of others.

On the other hand, when you're out of balance, you may become over-excited, experience mild anxiety symptoms or have difficulty sleeping.





FIRE

HEART | SMALL INTESTINE

心动

Pulse
\$20

Rum, House Pineapple
Shrubs, Watermelon Blend,
Artichoke Liqueur, Lime



Benefits:

Watermelon is rich in an amino acid called citrulline that aids blood flow and Pineapple's potassium supports heart health, promoting vitality and circulation.



FIRE
HEART | SMALL INTESTINE



心有灵C

Formula C

\$22

Vodka, House Tomatoes
Blend, Malibu, Coconut
Water, Lemon, Tabasco

Benefits:

Lycopene in tomatoes lowers LDL cholesterol and blood pressure, promoting heart health, while Coconut Water replenishes electrolytes and supports hydration.

土

EARTH

SPLEEN | STOMACH

The Earth element in TCM is associated with the spleen and stomach organs. It governs functions related to transformation and transportation of food and nutrients, as well as nurturing and grounding qualities.

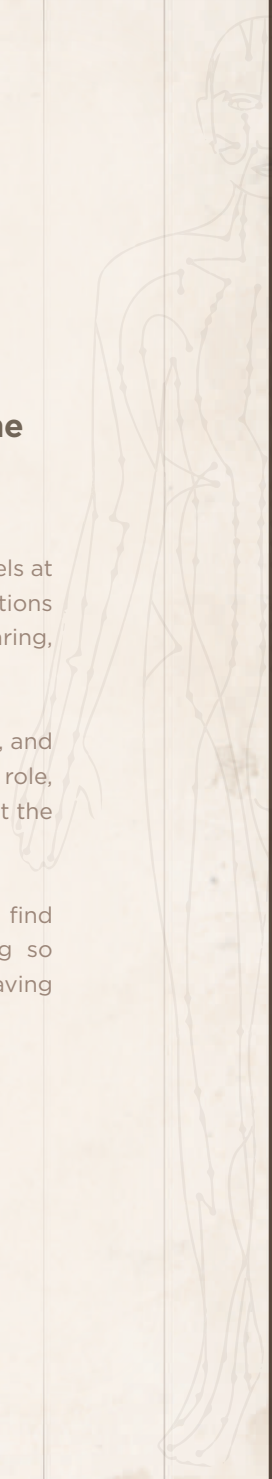


What does being influenced by the *Earth Element* say about you?

You're solid, dependable and a loyal friend who excels at forming long-term relationships and deep connections with others. No wonder people regard you as so caring, compassionate and giving.

You value peace, harmony and stability in all things, and you're often found in a mediation or peace-making role, helping others resolve their differences and arrive at the middle ground.

However, when you're out of balance, you might find yourself prone to confusion, over-thinking, giving so much to others that you wear yourself out, craving sweets, or experiencing digestive problems.



EARTH

SPLEEN | STOMACH

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Soft Tonic
\$22

Licorice Infused Gin,
Dried Chinese Apricot
Puree, House Red Date
Syrup, Soya Blend



Benefits:

Licorice supports spleen and stomach function, clearing heat, detoxifying, reducing phlegm and alleviating pain. It supports a healthy flow of blood throughout the body, making sure the spleen is not overtaxed with damaged blood cells.

土

EARTH
SPLEEN | STOMACH



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Adzuki Orange
\$20

Vodka, Frangelico,
Butterscotch,
House Red Bean Blend

Benefits:

Red beans support digestive health by aiding digestion, regulating gut function, and preventing digestive issues like bloating. Rich in fibre and antioxidants, red beans promote a healthy gut microbiome and protect the stomach lining from inflammation.

金

METAL

LUNGS | LARGE INTESTINE

The Metal element in TCM is associated with the lungs and large intestine organs. It governs functions related to respiration, elimination, and the exchange of Qi (energy) between the body and the external environment.



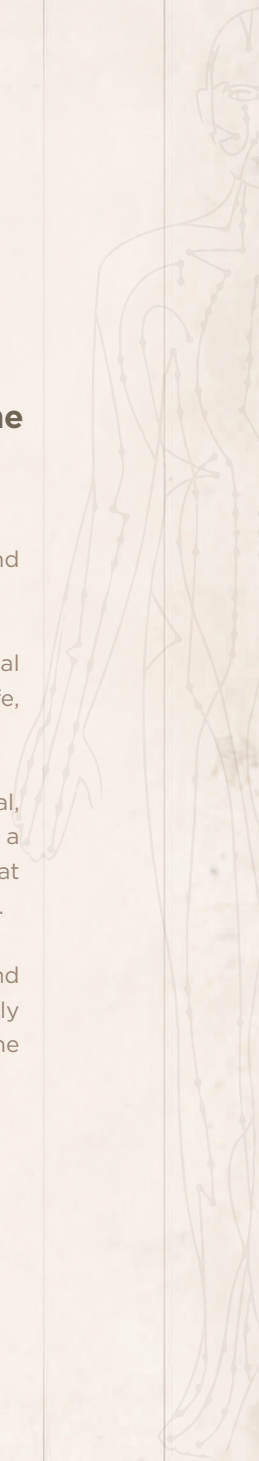
What does being influenced by the *Metal Element* say about you?

Like many metals, you're equipped with profound inner strength.

You're known for your high level of personal integrity, your disciplined, rational approach to life, and your appreciation of beauty.

You're at your best when things feel rational, organised and structured, and when you take a healthy approach to processing the events that have happened in your life and letting them go.

Disorder and chaos are not to your liking at all, and you may become overly critical at times, especially when you perceive that others are breaking the rules or not doing things the 'right' way.



金

METAL
LUNGS | LARGE INTESTINE

梨
白

Whiteout

\$20

Nashi Pear Infused
Gin, Youth
Formula, Yuzu



Benefits:

Winter melon detoxifies and clears mucus, while White fungus offers antioxidant benefits, supporting lung and intestinal health.

金

METAL
LUNGS | LARGE INTESTINE



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见

Nori-sh

\$22

Pisco, Bianco Vermouth,
House Barley Shrubs,
Sesame Oil, Lemon,
Egg White

Benefits:

Barley's fiber supports lung function and reduces the risks of lung-related diseases, while Sesame oil offers nourishment and protection.

水

WATER

KIDNEYS | BLADDER

The Water element in TCM is associated with the kidneys and urinary bladder organs. It governs functions related to water metabolism, storage of essence (Jing), and the regulation of fluids in the body.



What does being influenced by the *Water Element* say about you?

You have strong willpower, a determined nature, and a tendency to be self-sufficient and independent.

You're a seeker of knowledge and understanding, not only of the world around you, but also about yourself and what makes you tick.

As a result, you bring sharp, critical thinking to the issues you're faced with, ask insightful questions, and express yourself skilfully.

On the other hand, you can sometimes be so introspective and focused on your inner world that you become withdrawn from others or speak before you think, without realising that what you're about to say may ruffle a few feathers! You may also be prone to becoming fearful.

水

WATER
KIDNEYS | BLADDER

十里红妆

Red Hue - Clarified

\$24

Roselle Infused
Tequila Blanco, Milk,
Passionfruit Cube,
House Goji Puree, Lime



Benefits:

Goji berries strengthen kidneys and relieve fatigue, while Roselle aids digestion.

水

WATER
KIDNEYS | BLADDER



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Fit For A King
\$24

Cognac, Calvados,
House Herbal Vermouth
- The 4 Heavenly King,
Spiced Bitters

Benefits:

Eucommia bark, the main ingredient in herbal vermouth, tonifies the Liver and Kidneys, strengthening bones and sinews.

- *Not Another Tea* -

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Not Another Tea

Indulge in our selection of refreshing mocktails crafted from Gryphon Tea Company's exclusive Botany selection, featuring blends rich in natural caffeine or naturally caffeine-free options

Caffeine-free

Ease Weary Tension \$10

定心茶

Calming Spirit, Lime, House Salt Syrup, Tonic

Tea Ingredients: Chamomile Flowers, Juniper Berries, Rose Hips, Lemon Peels, Spearmint Leaves, Sweet Fennel, Lemon Balm, Lavender Flowers

Lucid Complexion \$10

养颜茶

Ethereal Beauty, Rose Water, House Kumquat Blend

Tea Ingredients: Apple Flowers, Pink Rose Petals, Rose Hips, Forget-Me-Not Flowers, Lemon Peels, Dried Apple Bits, Orange Blossoms, Chamomile Flowers, Lavender Blossoms, Marigold Flowers, Safflower

Natural Caffeine

Wellness Protector \$10

养生记

Miracle Day, Mixed Berries, Mint, Soda

Tea Ingredients: Moringa Leaves, GABA Green Tea, Cassis Fruit, Orange Peels, Rose Hips, Spearmint Leaves, Lavender Flowers, Blackcurrant Leaves, Mulberry Leaves, Sweet Fennel, Blue Cornflowers

Travel Fatigue \$10

漫游篇

Wanderlust, Passionfruit Cubes, Vanilla, Citrus

Tea Ingredients: Roasted Yerba Mate, Bitter Orange Peels, Freeze-Dried Passionfruit, American Ginseng, Raspberry Leaves, Licorice Root, Sweet Fennel, Stevia Leaves

- *Descendants Of The Dragon & Shots* -

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Descendants Of The Dragon

Tailored for gatherings of 6 to 8, our 1.2L punchbowl is elegantly served in a Celestial Dragon decanter

The Vermilion Dragon \$198

Embodies Zhulong 朱龙 spirits, kings that bestow blessings on lakes.

Ingredients: Vodka, Peach Oolong Blend, Cranberry, Strawberry Liqueur

The Yellow Dragon \$198

Embodies Huanglong 黄龙 spirits, kings that favorably hear all petitions.

Ingredients: Gin, Chrysanthemum Blend, Yuzu, Lychee Liqueur

The Black Dragon \$198

Embodies Xuanlong 玄龙 spirits, kings dwelling in the depths of the mystic waters.

Ingredients: Rum, Blue Pea Blend, Citrus Seltzer, Blue Curacao

Shots 150ml / 300ml

To be served in a decanter accompanied by shot glasses, ideal for sharing amongst friends

Blue Plum \$28 / \$50

蓝梅酒

Ingredients: Sour Plum Infused Vodka, Blue Pea Blend

Royal \$28 / \$50

富贵酒

Ingredients: Chrysanthemum Infused Gin, Osmanthus Blend

Blossom \$32 / \$58

桃花酒

Ingredients: Roselle Infused Tequila, Peach Oolong Blend

- All Time Favorite Cocktails -

鸡
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酒

All Time Favorite Cocktails

Giam Sng Tee \$20

儿时回忆

Ingredients: Sour Plum Infused Vodka,
Pink Guava, Lime, Soda

Tiger's Eye Pu Erh \$20

虎眼波霸

Ingredients: Gin, Pu Erh Tea Blend,
Gula Melaka, Pandan Cream

Golden Petal \$24

落叶归菊

Ingredients: Chrysanthemum Infused Gin,
House Chrysanthemum Blend, Salers Gentiane
Liqueur, Orange Blossom Water

Date With Jia Jia \$24

佳佳有约

Ingredients: Cognac, House Red Date Syrup,
Jia Jia Herbal Tea, All-Spiced Liqueur

Spice Girl's Whisky \$22

烟熏姜士

Ingredients: Whisky, House Spiced Ginger
Syrup, Lemon, Smoked Cinnamon

- Non-Alcoholic Selection & Beers -

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Non-Alcoholic Selection

Soft Drinks \$5
Coke, Coke Zero, Sprite,
Jia Jia Herbal Tea,
Green Tea, Soda, Tonic

Juices \$6
Pink Guava, Apple, Pineapple,
Cranberry, Orange

Coffee \$6
Flat White, Latte,
Cappuccino, Americano

Tea \$5
Synthesis House Blend,
Peach Oolong, Earl Grey

Beers

Guinness Draught \$16
(500ml)

Suntory Premium Malt \$15
(500ml)

- Wine, Sparkling & Champagne -

葡萄酒

起泡酒

香槟

Red

Glass / Bottle

Dee Vine Estate Shiraz
(Australia)

\$14 / \$70

Terrazas Cabernet
Sauvignon (Argentina)

\$16 / \$80

Bodegas Valduero 2018
Una Cepa (Spain)

- / \$160

Bodegas Valduero 2015
Rva Anos (Spain)

- / \$280

Concha Y Toro The Master Edition
Cabernet Sauvignon (Chile)

- / \$190

Fontanafredda Barbaresco
(Italy)

- / \$220

White

Glass / Bottle

Dee Vine Estate Sauvignon
Blanc (Australia) \$14 / \$70

Terrazas Chardonnay
(Argentina) \$16 / \$80

Quinta Da Raza 2019/2020
Avesso Alvarinho (Portugal) - / \$110

Quinta Da Raza 2019/2020
Family Collection (Portugal) - / \$170

Fontanafredda Le Righe
Gavi Di Gavi (Italy) - / \$120

Rosé

Glass / Bottle

Chateau D'esclans
Whispering Angel (France) - / \$110

Chateau D'esclans
Rock Angel (France) - / \$130

Sparkling

Glass / Bottle

Scavi & Ray Prosecco

\$16 / \$70

Champagne

Glass / Bottle

Moet Chandon
Brut Imperial

\$30 / \$180

Moet Chandon
Brut Imperial (3 Bottles)

- / \$480

Dom Perignon
2013 Vintage

- / \$680

Dom Perignon
2013 Vintage (3 Bottles)

- / \$1880

Ace of Spades Brut Gold

- / \$980

Ace of Spades Brut Gold
(3 Bottles)

- / \$2780

- Spirit Selection -

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*Vodka**Glass / Bottle*

Belvedere	\$20 / \$200
Belvedere (3 Bottles)	- / \$540
Belvedere 10 years	- / \$500
Haku Vodka	\$18 / \$180
Grey Goose	\$20 / \$200

*Gin**Glass / Bottle*

Roku Gin	\$18 / \$180
Hendrick's	\$22 / \$220
Monkey 47	\$24 / \$220
Monkey 47 Sloe	\$20 / \$200
Botanist	\$24 / \$240
Tanqueray	\$18 / \$180
Tanqueray 10	\$22 / \$220

Rum

Glass / Bottle

Black Tears Super Dry	\$18 / \$180
Black Tears Spiced Rum	\$18 / \$180
Sailor Jerry	\$18 / \$180
Diplomatico Reserva	\$24 / \$240
Ron Zacapa 23	\$26 / \$260

Tequila/Mezcal

Glass / Bottle

Altos Bianco	\$18 / \$180
Altos Reposado	\$20 / \$200
Patron Dark Cacao	\$24 / \$240
Volcan X.A	- / \$560
Machetazo Espadin Mezcal	\$22 / \$220

*Bourbon/Rye**Glass / Bottle*

Bulleit Bourbon	\$18 / \$180
Bulleit Rye	\$22 / \$220
Maker's Mark	\$20 / \$200

*Blended Whisky**Glass / Bottle*

Johnnie Walker Black Label	\$18 / \$180
Johnnie Walker Gold Label	\$24 / \$240
Johnnie Walker Gold Label (3 Bottles)	- / \$660
Johnnie Walker Blue Label	- / \$500
Johnnie Walker XR 21	- / \$380
Monkey Shoulder	\$22 / \$220
Smokey Monkey	\$22 / \$220

*Single Malt**Glass / Bottle*

Glenmorangie Lasanta	- / \$240
Glenmorangie 14 years	- / \$260
Auchentoshan 3 Wood	\$24 / \$240
Auchentosan 18 years	- / \$320
Glenfiddich 12 years	\$22 / \$220
Glenfiddich 15 years	\$28 / \$280
Balvenie 14 years Carribean Cask	\$36 / \$360
Macallan 12 Double Cask	\$32 / \$320
Macallan 12 Sherry Oak	\$36 / \$360
Macallan 15 Double Cask	- / \$500
Macallan 18 Double Cask	- / \$1080
Macallan 18 Sherry Oak	- / \$1680
Laphroaig 10 years	\$24 / \$240
Lagavulin 16 years	\$36 / \$360

*Japanese Whisky**Glass / Bottle*

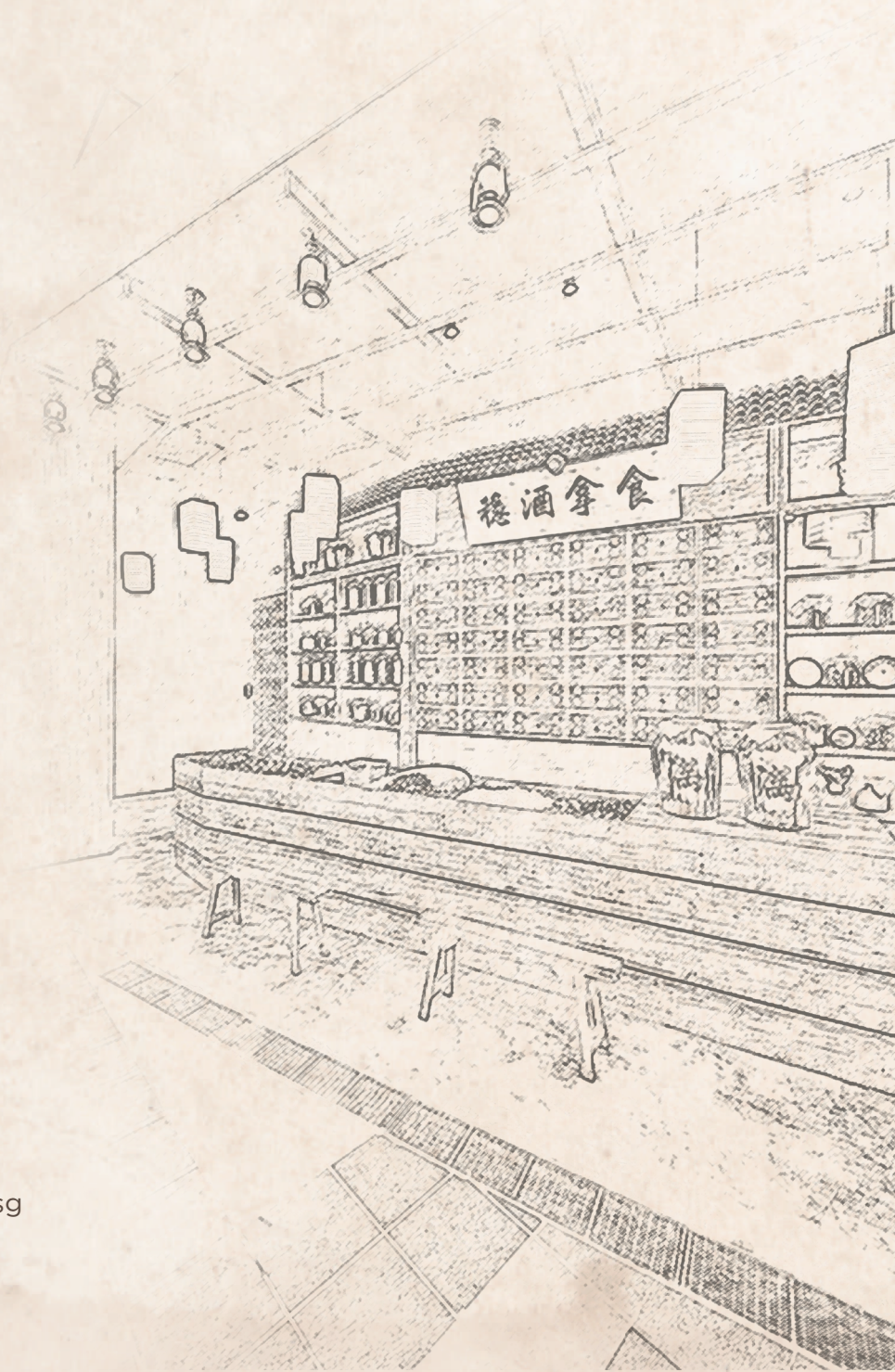
Chita Whisky	\$22 / \$220
Hakushu DIstiller Reserve	- / \$420
Hakushu 12 years	- / \$740
Hibiki Harmony	- / \$420
Hibiki 12 years	- / \$1260
Hibiki 17 years	- / \$2680
Yamazaki 12 years	- / \$740
Nikka Taketsuru 17 years	- / \$1180
Nikka Taketsuru 21 years	- / \$1880

Cognac

Glass / Bottle

Hennessy VSOP	\$26 / \$260
Hennessy VSOP (3 Bottles)	- / \$700
Hennessy XO	- / \$680
Hennessy XO (3 Bottles)	- / \$1900
Hennessy Paradis	- / \$2800
Martell Noblige	\$24 / \$240
Martell Cordon Bleu	- / \$600
Martell XO	- / \$1080
Courvoisier VSOP	\$22 / \$220
Courvoisier XO	- / \$420
Remy Martin 1738	\$22 / \$220
Remy Martin XO	- / \$600

食拿酒棧



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