

七彩軒



7 SENSATIONS  
Creative Holistic Vegetarian



## Welcome to 7 Sensations

*Good Living through Good Eating*

We are a fully Holistic and Vegetarian restaurant, created with the passion and managed from the heart by good friends who want to share **Good Living through Good Eating**.

7 Sensations reflects the passion, hearts and minds of the founders. It is the way in which we care for the 6 senses in a Holistic manner.

We strive to heighten the one's sight, sound, taste, touch, smell and mind through a Holistic approach to Life.

We aim to bring your awareness to a higher level as you experience the culinary and sensory journey here.

We also consciously inculcate 7 Culinary Elements into the menu.



For meat lovers, you absolutely won't feel that you are foregoing your favourites with the dishes we have. They are full flavored and delectably sumptuous yet healthy.

Enjoy yourself and experience our delicious dishes at 7 Sensations.



Exclusive Partner:



## Beverages

### 饮料类

Begin your meal with a cool healthy beverage

001

### 鲜柑桔汁 | Fresh Calamansi Juice

006

### 可口可乐零度 | Coke Zero

# organic juices

## 有机果汁

The following juices are squeezed from Organic Fruits using low speed masticating juicer that preserves fruit nutrients.

有机水果以新科技低速搅拌机鲜榨以保留水果的营养

004

### ABC

Apple, Beetroot and Carrot

苹果, 甜菜根, 胡萝卜

005

### Green Bay

Broccoli and Apple

芥兰花, 苹果

002

### Grass Wonder

Wheatgrass, Apple and Lemon

小麦草, 苹果

003

### Carotene Boost

Carrot and Apple

亚式果汁  
胡萝卜, 苹果

# non-diary milk 非乳品奶

## milk

007

有机豆奶

Organic Soy Milk

008

燕麦奶  
杏仁、原味、  
巧克力

Oat Milk

Choice of cocoa,  
original and almond  
flavours

# fruit enzyme beverages 水果酵素饮料类

## beverages

精选新鲜水果经天然发酵后能提供丰富  
酵素帮助消化促进新陈代谢生活力

They are prepared from carefully selected fresh fruits that are naturally fermented without yeast. These refreshing beverages offer a rich source of enzymes that are effective natural therapies for digestion of nutrients into our body system. Various Fruit Enzymes have the following effects:

Anti-Oxidant	分解体内毒素
Anti-Ageing	抗菌抗炎抗老化
Regulates Blood Pressure	净化血液
Aids Digestion	帮助消化
Helps Combat Insomnia	帮助睡眠
Improves Complexion	恢复亮丽皮肤

017/8

杂果酵素

Mixed Fruits

009/10

苹果

Apple

013/4

龙珠果

Red Dragon Fruit

015/6

葡萄

Grapes

Western Dishes

西餐

all items are individually portioned

# salads 沙拉



028/9

酪梨芒果沙拉  
沙拉菜加蜂蜜芥末调味汁，芒果，酪梨

## Avocado and Mango Salad

Diced Avocado and Mango with Organic Mesclun Salad tossed in Honey Mustard dressing

030

南瓜沙拉  
梅子酱，葡萄干，枸杞子，苹果醋，金瓜，沙拉菜，苜蓿芽等

## Pumpkin Salad

Roasted Pumpkin, Boxhorn Fruits, Raisin, Plum Sauce, Apple Cider Vinaigrette, Alfalfa Sprouts and Organic Mesclun Salad

031/2

日本冷面沙拉  
日本冷面，芒果，苹果，沙拉菜及芝麻

## Cold Soba Salad

Cold Soba mixed in Sesame dressing with Vegetables, Mango and Apple

# appetisers 开胃菜

041

马铃薯派  
马铃薯，素食乳酪，白酱等

## Potato Au Gratin

Grated thin slices of Potatoes in Rich Creamy Sauce topped with Mozzarella Cheese

042

烤香菇  
烘烤香菇与西红柿，素食乳酪配沙拉菜

## Portobello Mushroom

Baked Mushroom with Sun Dried Tomatoes and Cheese topped with Mesclun Salad

043

咖喱茄子派  
咖喱，茄子，胡萝卜，小青豆，面粉，素奶油等

## 7 SENSATIONS Moussaka

Braised Lentils layered between sheets of Eggplant, topped with Homemade White Sauce and Fresh Breadcrumbs

# soups 汤类

054/5

蘑菇浓汤

香菇浓汤加豆豉等

## Forest Mushroom Soup

Crushed assortment of Mushrooms cooked in a Soy Milk broth

058/9

芋头汤

芋头块, 豆腐, 蕃茄及  
海藻清汤等

## Bonsoy Yam Soup

Clear Soup with Yam Chunks, Tofu, Tomato and Seaweed

056/7

金瓜浓汤

金瓜浓汤, 豆浆等

## Pumpkin Soup

Puree of Pumpkin in Soy Milk Broth

060/61

每日特色浓汤

## Soup of the Day

Please enquire with our servers regarding the choice of the soup

# pasta 意大利面类

068

香菇意大利面

香菇, 白酱汁, 芦笋等

## Spaghetti with Shitake Mushroom and Cream Sauce

Al Dente with rich Shitake Mushroom Cream Sauce and hints of Basil Pesto

069

橄榄叶蕃茄干意大利面

橄榄, 蕃茄干, 普炒意大利面

## Black Olive and Tomato Pasta

Spaghetti sautéed with Black Olives and Sun Dried Tomatoes

071

亚洲香菇意大利面

意大利面, 多种香料, 灯笼椒与辣椒等

## Asian Style Mushroom Pasta

Spaghetti sautéed with Assorted Asian Mushrooms, Bell Peppers and 7 Sensations Chilli Sauce

070

橄榄油意大利面

九层塔, 普加蘑菇等

## Aglio Olio

Spaghetti sautéed with Basil Pesto and Shitake Mushroom

072

番茄汁、香菇及乳酪等

**Angel Hair Pasta**

Al Dante with Tomato Puree and Shitake Mushroom with sprinkling of Parmesan Cheese

073

面条片加蔬菜与素食乳酪等

**Vegetable Lasagna**

Mille Feuille of Pasta sheets layered with Vegetables and Mozzarella Cheese



## sandwich 三文治类



097

酪梨三文治  
酪梨, 全麦面包, 素黄油  
加沙拉等**Green Avocado Sandwich**

Slices of Fresh Avocado in Homemade Wholemeal Focaccia

098

汀拿三文治  
杏仁, 香菇末, 全麦面  
包加沙拉菜等**Tuna Almond Sandwich**

Tuna and Almond Flakes in Homemade Wholemeal Focaccia

## pizza 比萨

082/3

豆腐比萨  
全麦饼上带大豆蛋白, 灯笼椒和自制豆腐乳酪等**Vegan Pizza**

Wholemeal Pizza topped with Soy Protein, Bell Peppers and homemade Tofu Cheese

084/5

素乳酪比萨  
全麦饼上带大豆蛋白, 灯笼椒和素乳酪等**Cheese Pizza**

Wholemeal Pizza topped with Soy Protein, Bell Peppers and Mozzarella Cheese

086/7

七彩轩比萨  
全麦饼上带蕃茄酱, 灯笼椒, 素鱼, 素乳酪等**7 SENSATIONS Pizza**

Wholemeal Pizza topped with Vegetarian Tuna, Bell Peppers, and Mozzarella Cheese



Asian Dishes

中餐

We recommend these to be shared in a communal style

starters 开胃菜

108/9

亚式沙拉 Gado Gado

蔬菜条, 豆腐, 生菜加腰豆酱等

Traditional Indonesian Salad served with Special Cashew Nut Sauce

110

园蔬豆腐 Garden Tofu

自制豆腐卷, 沙拉菜加自制酱汁等

Served with Sunflower Seeds and Soy Lime Dressing

112

手卷 Avocado Hand Roll

紫菜皮, 芒果, 酪梨果, 蔬菜丝加自制酱汁

Avocado and Mango Strips with Brown Rice hand rolled in Seaweed

113

彩虹寿司卷 Rainbow Maki

紫菜皮, 黄瓜丝, 胡萝卜丝, 甜菜根丝, 蔬菜丝等加自制酱汁

Mixed Garden Vegetables hand rolled in Seaweed

111

越南春卷 Vietnamese Roll

黄瓜丝, 胡萝卜丝, 甜菜根丝等加自制酱汁

Assorted Garden Vegetables Wrapped in Vietnamese Rice Paper, served with homemade Sweet Sour Sauce

DIY popiah 薄饼

114/5

尝试做您自己的薄饼 适合您自己的口味

Make your own popiah to suit your own individual tastes from a variety of ingredients such as beancurd, lettuce and steamed turnips

# nonya 娘惹特色式 specialties

126

金瓜咖喱

金瓜, 佛手瓜, 咖喱, 发酵大豆等

## Pumpkin Curry

Spicy Curry with Pumpkin, Soy Protein Slices and Tomato

127

焗印尼特色果子  
特色果子, 调料等

## Sambal Buah Keluak

Braised Indonesian Buah Keluak (nut) with hints of Sambal Sauce

128

参巴炒臭豆

## Sambal Petai

# oriental 亚式风味 favourites

133

白灵菇炒苋菜  
白灵菇, 苋菜, 红枣, 枸杞子及当归

## Bailin Mushroom with Spinach

Braised with Red Dates, Boxthorn Fruits and Dengui

134

乳香上素菜

香菇, 蔬菜, 及豆腐乳

## Braised Vegetables and Mushrooms with Preserved Bean Curd

135

一品豆腐煲

沙煲豆腐, 白果, 时蔬等

## Yi Pin Tofu

Tofu Ginko Nuts and Vegetables Stewed in a Clay pot

136

白灵菇伴青蔬

清炒白灵菇, 蔬菜及白果等

## Bailin Mushroom with Green Vegetables

Sautéed Bailin Mushrooms served over Blanched Green Vegetables and Ginko Nuts

137

豆豉豆腐

豆腐, 牛柳, 香菇, 红萝卜

## Tofu with Black Bean Sauce

Tofu cooked with Black Bean Sauce garnished with Burdock Roots, Mushroom and Carrots

138

姜丝炒芋丝

姜丝, 芋丝等

## Shredded Ginger with Konnyaku

Japanese Konnyaku (yam) Stir Fried with Young Ginger

139

酿黄瓜

黄瓜, 马蹄, 红萝卜及香菇素肉

## Cucumber Stuffing

Cucumber, Water Chestnut, Mushroom and Carrot

140

麦片豆腐

麦片, 炸豆腐, 香菜  
及辣椒少许

### Oatmeal Tofu

Fried Bean Curd topped with fragrant crispy Oatmeal

141

养身菇

清炒西兰花, 菇类, 百合,  
枸杞子及姜片

### Herbal Mushrooms with Broccoli

A variety of Mushrooms braised with Fresh Broccoli and "Baihe"

142

天妇罗

### Tempura

143

串烧

### Yakitori

144

豆腐卷

### Tofu Roll

145

白玉双花

西兰花及野菜花

### Broccoli and Cauliflower

146

菜炒茶

清炒鲜菜及茶叶等

### Tea Flavored Vegetable

Stir Fried Chye Sim with Tea Flavour

147

姜醋

黑木耳, 素扒卷, 姜, 醋

### Traditional Ginger Vinegar

Braised Black Fungus, Soy Protein Trotters and sliced Ginger in Vinegar

148

三色炒香茄

茄子, 灯笼椒, 甜豆等

### Eggplant Lover

Sautéed Eggplant with Bell Pepper Chillies and Assorted Vegetables

149

泰式青咖喱

茄子, 番茄及大豆蛋白等

### Thai Style Green Curry

Eggplant, Tomato and Soy Protein

150

咖喱余

### Vegetarian Curry Fish

Ladies Finger, Eggplant

151

咖喱羊肉

南瓜, 马铃薯及香菇素肉

### Vegetarian Mutton Curry

Pumpkin, Mushroom, and Potatoes

# rice 糙米饭类

(All Rice Dishes are served with Vegetarian Broth)

152

橄榄叶炒饭  
橄榄油, 大豆蛋白, 灯笼椒炒糙米饭加菜汤等

## Black Olive Brown Rice

Country Organic Brown Rice, Black Olives, Olive Vegetables, sautéed Bell Peppers and Tofu



156

韩国拌饭  
糙米饭, 炒灯笼椒, 香菇片, 蔬菜加芝麻加菜汤等

## Korean Brown Rice

Country Organic Brown Rice with Bell Peppers, shredded Mushroom Stems and sautéed Greens garnished with Sesame Seeds



154

黄梨炒饭  
黄梨块, 灯笼椒炒糙米饭加菜汤等

## Pineapple Brown Rice

Asian stir-fried Brown Rice with Pineapple Chunks, Bell Peppers and Indonesian Tempeh (Soy Beans)

155

臭豆炒饭  
印尼臭豆炒糙米饭加菜汤等

## Petai Fried Rice

Fried Country Organic Brown Rice with Indonesian "Bitter" Petai Beans

157

冬炎炒饭  
炒灯笼椒, 豆干, 香菇及大豆蛋白等

## Tom Yam Fried Rice

Bell Pepper, Soy Protein, Button Mushrooms with Tom Yam Paste

158

烤饭  
灯笼椒, 素芝士, 九层塔及蘑菇等有鱼

## Basil Pesto Baked Rice

A Delicious Rice Dish topped with Mozzarella Cheese



159

## White Rice

160

## Brown Rice

# noodles 面条类

167

## Bonsoy Yam Bee Hoon Soup

Brown Rice Vermicelli in Organic Soy Milk Broth with Yam Slices

豆汤芋头米粉汤  
芋头块, 糙米米粉, 紫菜, 蕃茄, 有机豆浆等

168

## Fried Tom Yam Bee Hoon

Brown Rice Vermicelli with Thai Tom Yam, mashed Tofu and assorted Vegetables

冬炎米粉  
糙米米粉, 冬炎酱, 碎豆腐, 蔬菜等

169

## Chao La Mian

Organic La Mian sautéed with Red Cabbage, Bell Pepper and Mushrooms

炒拉面  
有机拉面, 灯笼椒, 紫包菜及香菇

170

## Hong Shao La Mian

Organic Handmade Noodles in Spicy Soup with Mushrooms, Carrot and Raddish

红烧拉面  
拉面, 香菇, 白萝卜, 佛手瓜, 胡萝卜等, 素肉

171

## Shanghai Noodles

Shanghai Noodles with Tofu, Mushroom and Black Fungus

上海面  
上海面, 香菇, 萝卜干, 胡萝卜等

172

## Asian Style Fried Udon

Stir fry Udon with assorted Bell Pepper, Young Corn and Snow Peas

亚式乌冬面  
炒与混和灯笼椒, 蘑菇等

173/4

## Soba / Udon (Choice of Hot or Cold)

Choice of organic Soba or Udon in Miso Soup with Mushrooms, Tofu and Wakame

日本(热或冷)乌冬/Soba  
日本乌冬或Soba, 蘑菇, 豆腐及海带芽

## Sweet Endings

### 甜点类

End your meal with lingering sweetness on your palate.

181

芋泥甜品

### “Orni Orni”

Yam Paste with Pumpkin and Ginkgo Nuts

182

酪梨慕思  
酪梨泥加椰糖

### Avocado Mousse

Avocado puree with Plum Sugar Syrup

183

无蛋素食蛋糕  
自制无蛋糕点

### Eggless Cake

Homemade cake without Eggs

186

每天特式蛋糕

### Daily Cake Specials

Please check with our service staff to enquire about the choice of the Daily Cake Specials

185

优酪  
绿茶、芝麻或柠檬姜味

### Soy Yogurt

Choice of Green Tea, Sesame or Lemon Ginger topped with Fruit

(Please check with the server on the availability of the deserts)

## coffee 咖啡类

197/8

浓缩咖啡

### Espresso

199

现磨咖啡

### Freshly Brewed Coffee

200

卡布其诺

### Cappuccino

201

那堤

### Latte

217/8

日本绿茶

### Japanese Green Tea

211/2

糙米绿茶

### Brown Rice Green Tea

## tea 茶类

213/4

柠檬姜茶

### Lemon Ginger Tea

215/8

香茅薄荷茶

### Lemongrass and Mint Tea



7 SENSATIONS  
Creative Holistic Vegetarian

16

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*Feel Free to Enquire with Us Regarding Catering  
Services, Event Planning, Celebrations,  
Banquets, Retail & Supply of Eggless Cake, Healthy  
Cooking Classes and Talks*