

fresh and green

Healthy types will delight in the fresh, wholesome fare at the Green Room Café at Bishan Park.

During the day, you'll probably want to retreat into the coolness of the café itself, where you'll still have a lovely view of the greenery outdoors. But from late afternoon you'll be tempted to sit at one of the outdoor tables in the landscaped alfresco dining area where the tea-lights flicker and the geckos bark.

Aussie chef Julian has created an original menu of yummy food that just happens to be vegetarian, too.

We had to try the fluffy curry puffs (\$6.80), but they literally paled in comparison with their opposition: golden bites of healthy falafel – crispy on the outside and light-as-air on the inside – served with hummus dip, olives and Mediterranean bread (\$9.50).

We really enjoyed:

- the baby spinach salad with rice crackers, *tempeh* and *miso* ginger dressing (\$8.50)
- the Portobello 'burger', a field mushroom marinated in rich, aged balsamic vinegar, served with tomato relish and fresh green salad on a bun (\$12.80)
- cold Japanese soba buckwheat salad with mixed sprouts and minty dressing – my favourite.



This is light food, ideal for those who love calorie-sparse, delicious dishes; but it might not suit your brawny, hungry husband, unless he's on a diet. Do try one of the freshly made juices, but be warned that some of them are substantial enough to constitute a meal, or at least a course. The icy-cold Mango Blast (\$6.80) was one of the best juices I've had anywhere; Roy tried the Detox, made from apple, celery and carrot. The smoothies sound divine – Creamy Avocado, anyone?

We tried a variety of desserts in tiny portions, including orange and almond flourless cake, vegan carrot cake topped with fresh raspberries, a non-alcoholic white wine jelly and a creamy panna cotta – all were exceptionally good washed down with a latte (\$4) for Roy and a big pot of brown rice green tea (\$5.50) for me.

If you want a real drink – and we did – don't be alarmed if you can't see a wine list. Right next door in this leafy complex is The Canopy, which rustled up a couple of glasses of Chilean sauvignon blanc (\$8 for a glass, \$49 for a bottle).

The Green Room Café is situated on the edge of huge Bishan Park in Ang Mo Kio Avenue 1, part of a pretty enclave that includes Aramsa Spa and The Canopy. It's another part of clean, green Singapore just waiting to be discovered.

by Verne Maree

To book or find out more, call 6456 6556.

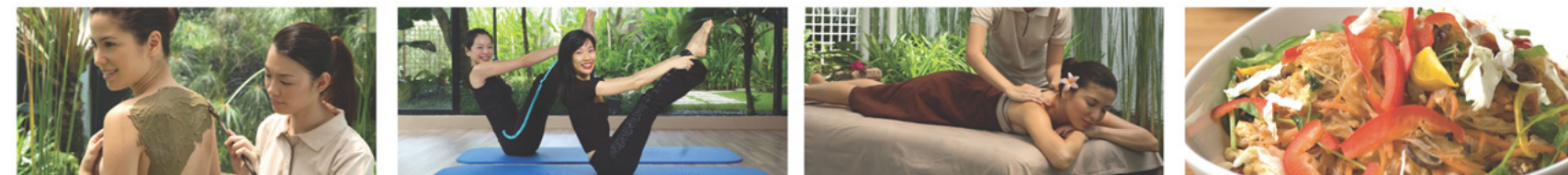


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