



FOR IMMEDIATE RELEASE

Capella Singapore Launches Healthy Afternoon Tea Concept

Guilt-free tea time amid resort's peaceful setting for the health conscious

Singapore, 22 March 2018 – Known for its classic afternoon tea, Capella Singapore's designer kitchen, Chef's Table is adding a healthier option to its Capella Tea Experience – Wellness Tea Time – every Friday.

The menu is conceptualised by Sandra Lim of *Live Fruitfully*, a certified Raw Food Chef from The Matthew Kenney Culinary Institute, and Chef David Senia, the Culinary Director of Capella Singapore. Hours of training were implemented for the team of chefs to produce the unique dishes using distinctive wholesome ingredients.

"We wanted to create a holistic tea experience that is delicious, pampering and gentle to our waistlines. It is our pleasure to be able to work with Sandra who has great insight and true passion for providing healthier food options. Capella Singapore's Wellness Tea Time menu adds a wholesome spin to the regular afternoon tea menu, and we are excited to be able to share this with our guests," said Chef David Senia, Culinary Director of Capella Singapore.

Wellness Tea Time



Wellness Tea Time at Chef's Table by Capella Singapore

Diners looking for a midday delight without the unnecessary calories can visit the Chef's Table by Capella Singapore every Friday from 3:00pm to 5:00pm. Featuring a five-course menu, the Wellness Tea Time offers a symphony of gluten-free and dairy-free savoury and sweet creations.

Individuals with a vegan diet can enjoy the delicious *Root Vegetables and Hummus Tart* made from gluten-free flour, as well as the use of vitamin-rich sweet potato as the tart filling. Other savouries include the *Tempeh Portobello Slider with Green Goddess Cream*, *Cauliflower Crust Pizza with Shiitake 'Bacon'* and *Sprouted Whole Grain Bread with Tomato Tapenade*.

The special house scones will also take on a different twist with the use of raspberry chia-seed jam and whipped coconut cream as the topping. Known to have multiple health benefits such as improving the digestive system and building stronger bones and muscles, the superfood chia seeds are rich in fibre, omega-3 fats, vitamins and minerals.



*Quinoa and Zucchini Chocolate Tea Cake; Chocolate Hazelnut Dome;
Cultivated 'Cheesecake' with Blueberry and Beetroot Glaze*

For those with a sweet tooth and would still like to keep their diet in check can delight its sweet delicacies made with unrefined sugar choices such as maple syrup and vegan chocolate chips. The colourful medley includes a *Quinoa and Zucchini Chocolate Tea Cake*; *the Chocolate Hazelnut Dome*; *Cultivated 'Cheesecake' with Blueberry and Beetroot Glaze* and *Cacao Avocado Mousse*. The tea time experience concludes with a refreshing *Tomato Consomme Jelly with Basil Granita*.

To further complete the afternoon tea indulgence, diners can take a pick from the three fine Ronnefeldt Ayurvedic teas – a cocoa-rich taste with light floral notes *Stay in Balance*; an invigorating herbal *Light My Flame* or the smooth green tea blend *Let It Go*.

Wellness Tea Time

Every Friday

Chef's Table at Capella Singapore

3:00pm to 5:00pm

S\$59.00++ per person

For reservation or more information, please call +65 6591 5089 or email

chefstable.singapore@capellahotels.com

Unwind in totality



De-stress Back, Face and Scalp Treatment

Auriga spa at Capella Singapore also invites guests to relax their afternoon away with a special spa package every Friday. Priced at S\$265++ per person, the session includes a 90-minute De-stress Back, Face & Scalp Treatment, and a Wellness Tea Time at Chef's Table.

For reservation or more information, please call +65 6591 5023 or email

spa.singapore@capellahotels.com



About Capella Singapore:

Located on Singapore's premier resort destination, Sentosa Island, Capella Singapore offers an inspiring natural setting while providing easy access to Singapore's financial and shopping districts. The flagship property for Capella Hotels and Resorts in Asia promises the ultimate in personalised service and represents a new standard of luxury in Asia, combining the best of old and new Singapore. Capella Singapore offers the most spacious accommodations in Singapore. The 112 guestrooms include two Colonial Manors, villas that feature private plunge pools and outdoor bathtubs, suites and premier rooms. In addition, Capella Singapore offers the opportunity for extended stays with full access to the hotel's facilities via The Club Residences at Capella Singapore. These long stay offerings include 72 sea-facing suites and duplexes and 9 manors with private pools. For more information or to plan an event at Capella Singapore, please visit www.capellasingapore.com.

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