



Gorgeous sea views

Taste adventure

Healthy cuisine doesn't have to taste blah, as new concept store Red White & Pure shows.

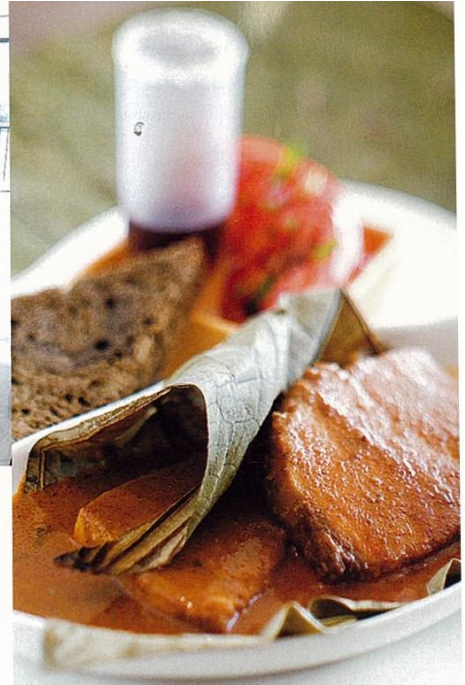
THE CONCEPT: Housed within the 10,300 sq ft wellness store that offers skincare, yoga and spa treatments is a 68-seater restaurant, **Taste** (#02-141 VivoCity, 1 Harbourfront Walk, tel: 6827-0118). The cuisine is healthy but tasty, nothing like the bitter tonics that your granny forced you to down when you were young.

THE MENU: A nutritionist has been roped in to give consultant chef Raphael Gamon's modern European menu some credence – each dish description comes with symbols to indicate if it's vegetarian, gluten-free or good for weight loss. Still, the food is what you would find at a regular diner – from chicken curry, risotto, lamb cutlets to even desserts like panacotta.

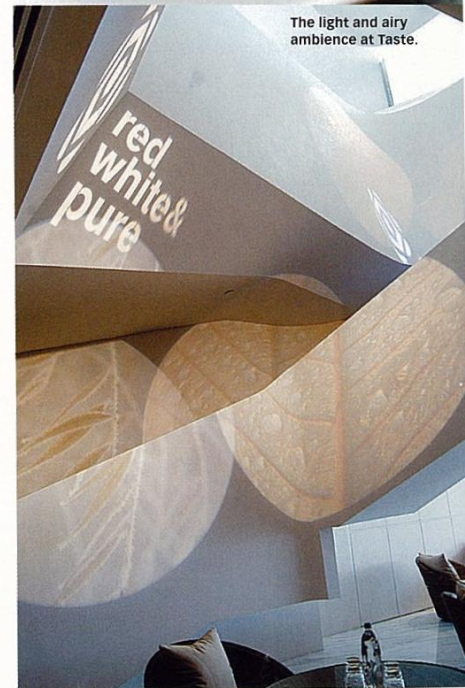
THE TREATS: The chicken breast in the Cordon Bleu chicken (\$20.50) is tender; stuffed with red dates and wolfberries, you can barely detect any herbaceous flavour. Make a beeline for the spicy swordfish curry (\$23), which has Chinese yams in the curry sauce for a richer texture.

CHI-CHI TOUCHES: Taste serves designer water that costs more than its own margaritas (\$9). There's Fine Artesian Water (\$13 for 720ml), from Fuji; and Tynant Spring Water (\$11 for 750ml), from Wales. Even desserts are fancy like the bird's nest ice cream on Swiss meringue (\$10.50).

VERDICT: It's an innovative culinary concept that marries Chinese medicinal ingredients (so subtle you'll hardly notice) with Western cooking techniques. And it should sit well with Singaporeans once they get past their initial scepticism. The restaurant has a gorgeous harbour view – perfect for lunch!



Swordfish curry



The light and airy ambience at Taste.



Salmon paupiette



Pissaladiere, a Provencal open tart



Chef Raphael Gamon



Ian's Punch



Lamb cutlet