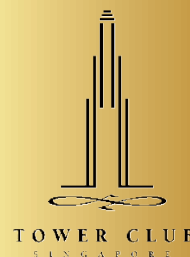


Toast to 60 Years of Singapore: Celebrate in Style with Exquisite Dining and Dazzling Fireworks



JUL/AUG/SEPT 2025

ISSUE 73



Redefine Your Journey. Elevate Your Success.

Step into a world of exclusivity at the Tower Club, where the city's brightest minds converge. The Tower Club is more than a private club—it's a sanctuary where business leaders, innovators, and visionaries connect, collaborate, and celebrate success against the backdrop of breathtaking city views. Indulge in exclusive amenities, savor sky-level dining, and immerse yourself in a curated calendar of events designed to inspire, entertain, and enrich both your professional and personal life. At the Tower Club, success isn't just a goal—it's a lifestyle.



TOWER CLUB
SINGAPORE

CONTACT US NOW TO SCHEDULE A TOUR OR APPLY FOR MEMBERSHIP AT 6725 7138/ 6725 7168
OR EMAIL MEMBERSHIP@TOWERCLUB.COM.SG.



WARM WELCOME

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 Mr Adam Tan Choo Li
 Mr Akihiro Ozasa
 Mr Albert Chang
 Mr Asad Haque
 Mr Daniel Lee
 Ms Darya Rybakova
 Mr David Colin Ross
 Mr Dong Ming
 Mrs Dilek Gulec Salzburg
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 Mr Hiroto Murai
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 Mr Vincence Chan
 Mr Wong Kai Yun
 Mr Yin Chen
 Mr Yosuke Yamashita

GM'S MESSAGE ANDREW MAH

Dear Esteemed Members

We are delighted to present an exciting lineup of events and promotions for the coming months, offering something for every preference - whether you seek entertainment, gourmet dining, or comforting flavors. A highlight of the season is Singapore's SG60 celebrations, which we will honor with special preview evenings throughout July, culminating in a grand National Day event on 9 August. Members can enjoy specially crafted menus while taking in breathtaking views of the aerial display, Red Lions, and fireworks - an ideal setting for this historic occasion.



For culinary enthusiasts, we are proud to welcome back Guest Chef Félicien Cueff on 29 July for an exclusive French Night. With experience in Michelin-starred kitchens, Chef Félicien will collaborate with Chef Elson to deliver an unforgettable dining experience. Whisky lovers won't want to miss our Highland Park Whisky Dinner (17 July) and Glenfiddich Whisky Dinner (26 September), featuring exquisite pairings and rare drams - perfect for gifting, social gatherings, or client entertainment.

In the coming months, we will host three bottle fairs to enrich your collections: July showcases premium whiskies, August highlights artisanal sakes, and September's Wine Fair is ideal for holiday planning. Complementing these events, our chefs have sourced exceptional ingredients from around the world, including L'grow Wagyu, Spanish Iberian Pork, 'Live' Marble Goby, and Western Rock Lobster. Seasonal specials like St. Louis Pork Ribs, Crispy Pork Knuckle (a must for Oktoberfest), and Macanese Seafood Fried Rice promise a gourmet journey. Atlantic will feature a mushroom-centric menu, while Ba Xian explores Kampung Chicken preparations in September. For local flavors, Straits Bar offers favorites like Mala Popcorn Chicken and Blue Pea Nasi Lemak.

As we approach the Mid-Autumn Festival, we will offer our signature mooncakes presented in collectible blue and gold framed packaging - perfect for home or office display. Early orders are encouraged. Please note that Atlantic will be under renovation from 5 to 15 September; updates will follow in our weekly communications.

See you at the Club!

JULY CALENDAR

ATLANTIC

Prostate: Understanding the Early Signs of Aging in Older Men -

Health Talk by Dr. Jimmy Beng | 24

Discover French Delights with Chef Felicien Cueff | 29

Experience L'grow Wagyu Beef—Where Korean Tradition

Meets Australian Excellence | Whole month

SG60 Preview Nights | Every Saturday in July

Wines of the Month | Whole month

BA XIAN

Elevate Your Palate with Pristine Marble Goby | Whole month

SG60 Preview Nights | Every Saturday in July

Wines of the Month | Whole month

Juice of the Month | Whole month

STRAITS BAR

A Highland Park Whisky Pairing Experience | 17

SG60 Preview Nights | 26 July and 2 August

Chicken Popcorn Perfection | Whole month

Macanese Seafood Fried Rice | Whole month

The Gardener Gin | Whole month

Whiskies of the Month | Whole month

Beer of the Month | Whole month

Cocktail of the Month | Whole month

Mocktail of the Month | Whole month

PACIFIC LOUNGE

Sip, Savor, Stock: A Whisky Affair Awaits | 12





ATLANTIC | TUESDAY, 29 JULY | 7:00 P.M.

A Culinary Overture: **DISCOVER FRENCH DELIGHTS WITH CHEF FELICIEN CUEFF**

Indulge in French gastronomy as we welcome Guest Chef Félicien Cueff for an exclusive dining experience. With a career spanning four decades, Chef Félicien has mastered his craft in Michelin-starred kitchens under legendary chefs, including Patrick Jeffroy, Jacques Maximin, Bernard Loiseau, and Michel Rostang. His culinary journey has taken him across continents, creating dishes for world leaders and discerning gourmands alike.

At his Le Petit Paris bistro in Opera Estate, Chef Félicien celebrates French cuisine—transforming ingredients into extraordinary dishes with passion and precision. For this special evening, he will curate alternating courses with our Chef Elson, offering a blend of tradition and creativity.

We are thrilled to announce that PK Chua, of Fine Wines Singapore, will join us, sharing his expertise about the region and wines. This promises to be a fun and informative night! Prepare for an experience where each dish tells a story, and every flavor reflects the heart of France.

Pre-dinner Cocktail Canapes

Freshly Shucked Oyster with Condiments
Smoked Duck with Cherry
Cream Cheese with Rainbow Trout Terrine and Caviar
(by Chef Elson)

André Clouet Grande Reserve Brut NV

MENU

Pan-seared Foie Gras

with Homemade Butter Brioche, Apple Gel and Beetroot Gel
(by Chef Felicien)

Jean Dauvissat Chablis Héritage 2021

Mixture of Succulent Seafood Stew

(King Prawn, Scallop, White Snapper and Mussels)
in Fish Broth with Saffron and Chopped Tomatoes
(by Chef Elson)

Philippe Colin Bourgogne Chardonnay Burgundy 2022

Australian 18 Braised Beef Short Ribs

with Roasted Butternut Squash, Broccolini, Fresh Basil Oil,
Pistachio Lemon Crumble and Red Wine Sauce
(by Chef Felicien)

La Fleur de Boüard 2019

Moulin de la Grangère 2019

Banana Cremeux

with Yuzu Gel, Crispy Hazelnut Bits, Gluten Free Dark Chocolate
Crumble and Cookie Tuille
(by Chef Felicien)

Freshly Brewed Coffee or Premium Tea Selection

\$188 per person



Price is subject to prevailing GST.

SG60 PREVIEW NIGHTS : Dine in Style and Celebrate Our Nation's Legacy

ATLANTIC AND BA XIAN | EVERY SATURDAY IN JULY | 7:00 P.M.

As Singapore prepares to celebrate its 60th anniversary, gather your friends and family to reflect on the memories and milestones you've shared over the years and to look forward to the nation's promising future. During the SG60 NDP Previews, join us at the Club for an enchanting evening of reminiscence.

If you favor Western cuisine, join us at the Atlantic, where Chef Elson and his team have crafted a delightful menu. Alternatively, if you prefer something closer to home, we invite you to Ba Xian, where Chef Yang and his team present a meticulously curated six-course meal.

Enjoy the unfolding festivities from your perfect vantage point, watching the Red Lions descend, the thrilling aerial display, and the vibrant fireworks. These evenings promise to be a wonderful celebration of our nation.

ATLANTIC

3 courses . \$98 per person | 4 courses . \$118 per person

Add \$60 per person for free flow of House Wines and House Champagne

MENU

Cured King Salmon Mosaic

with Peppery Pink Tuna, Confit Raisins, Ikura Roe, Yuzu Cream, Dashi Beurre Blanc and Fresh Herb Curry Butter

Cream of Roasted Roma Tomato Soup

with Chili Crab Meat and Baked Puff Pastry

Pan-roasted Yellow Sea Bass Fillet

with Thai Fresh Herb Salad, Broccolini, Seafood Curry Croquette, Herb Oil, Turmeric Ginger and Coconut Velouté

or

Baked Whole Chicken Thigh Papillote

with Asian Spiced Salad, Seasonal Asparagus, Heirloom Mushrooms, Roasted Pumpkin and Creamy Pepper Sauce

SG60 Symphony Platter

Mini Rose Syrup Roll with Raspberry Jam
Pandan Cheesecake with Gula Melaka and Coconut
Brownie Cookies with Hae Bee Hiam

Freshly Brewed Coffee or Premium Tea Selection



BA XIAN
\$130 per person

MENU

Ba Xian Signature Platter

Crispy Wasabi Prawn
Crackling Pork Belly
Baked Eel Fillet with Butter

Double-boiled Pork Ribs Consommé
with Fish Maw, Cordyceps Flower
and Mini Abalone

Wok-fried King Prawn
with Broccoli and Lemon Cream Sauce

Stir-fried Sliced Kurobuta Pork Loin
with Asparagus and Capsicums
in Black Truffles Sauce

Stewed Angel Hair
with Sliced Abalone, Scallop
and Choy Sum

Chilled Lemongrass Jello
with Fresh Fruits and Lime Sherbet



STRAITS BAR

26 July and 2 August

Baked Oysters with Otah and Caviar . \$32 per serving (Includes a Glass of House Champagne)

SG60 Trio Platter . \$58 per serving

If you are seeking an engaging weekend activity, consider inviting your friends for an evening at the Straits Bar. Here, you can enjoy the view during the parade's final practice sessions. The bar offers a selection of exquisite beverages, and for those desiring a more substantial meal, there are two specials available: Baked Oysters with Otah and Caviar, and a platter of trio local favorites, including peppery Bak Kut Teh Pork Ribs, Roasted Tandoori Lamb Lollipops seasoned with spices, and Slow-cooked Beef Cheek Rendang served with Banana Leaf Rice and Nonya Achar.



PROSTATE: Understanding the Early Signs of Aging in Older Men - Health Talk by Dr. Jimmy Beng

Atlantic
Thursday, 24 July
8:30 to 10:00 a.m.
\$35 per person (Includes light breakfast)

Join us for a morning talk with Dr. Jimmy Beng Kian Siew, where he will delve into prostate health and urinary issues in older men. You will gain insights into symptoms such as frequent urination, difficulty starting urination, and weak flow. Dr. Beng will explore treatments, including medications, procedures, and surgeries, and discuss the impact of urinary problems on men's mental health.

Dr. Beng graduated from King Edward College of Medicine in 1970 and furthered his studies at St Andrews and St Mary's. He has taught at the National University of Singapore and worked at the Royal Melbourne Hospital. In 1978, he began his practice and introduced Asia-Pacific's first Dornier Lithotripter by 1985. He established the world's first Office Lithotripter Centre and spoke at the 1997 World Congress. He co-founded the Singapore Urological Association, led the World Congress on Endourology in 1992, and contributed to the development of the Farrer Park Hospital Complex from 2007. In 2019, he introduced the Prolieve System for BPH treatment. His illustrious career earned him a Lifetime Achievement Award in 2020, making him the first Singaporean to receive this honor. Don't miss this opportunity to learn from a pioneer in urology.

EXPERIENCE L'GROW WAGYU BEEF—Where Korean Tradition Meets Australian Excellence

Atlantic
July
Available for lunch and dinner

Enjoy a special dining experience with L'grow Wagyu, where Korean farming meets Australian beef. LOTTE International and Sandalwood Feedlot produce Wagyu using Korean feeding methods and the Hanwoo "Biyuk" system, blending Korean traditions with Australia's beef standards.

This July, we serve L'grow Wagyu, known for its marbling, texture, and rich flavor. Our menu features striploin, cube roll, oyster blade, flank, and tenderloin, served with mashed potatoes, Yorkshire pudding, and asparagus.

Choice of palatable sauces - black pepper, rosemary, truffle, or béarnaise - or mustards: wholegrain, Dijon, English, or horseradish. Experience this unique fusion of Korean precision and Australian quality at Tower Club.





ELEVATE YOUR PALATE WITH PRISTINE MARBLE GOBY

Ba Xian
July
Available for lunch and dinner

Experience an exceptional dining adventure with our “Live” Marble Goby—a rare culinary treasure that enchants with every bite. This fresh water fish is available in four styles, each highlighting its tender texture and subtle taste. Enjoy it whole, deep-fried to golden crisp and topped with truffle sauce for a decadent twist. For a comforting classic, savor it braised with eggplant, beancurd, and mushrooms in supreme oyster sauce. Looking for something light? Try the fillet stir-fried with kai lan for a balanced meal. Alternatively, discover a new favorite with deep-fried fillet over pearl rice, topped with sliced almonds and XO sauce. Each preparation showcases elegance, taste, and culinary craftsmanship.

AUSTRALIAN WINES OF THE MONTH – Aphelion

Atlantic & Ba Xian
July
\$98 per bottle

In Ancient Greek, “Aphelion” means “from the sun,” and Aphelion Winery captures sunshine in every bottle it produces. Using minimal intervention, Aphelion wines reveal the true essence of the grapes. Situated in McLaren Vale, Australia, this small, first-generation winery is gaining recognition for its award-winning wines.

The **Aphelion “Pir” Chenin Blanc 2022** is a remarkable expression of Chenin Blanc, showing vibrant acidity and rich texture through fermentation in oak and tank. With ripe stone fruit flavors, this wine glides across the palate, offering freshness and depth in harmony. The **Aphelion “Affinity” Grenache Mataro Shiraz 2020** is a flagship blend, combining Grenache, Mataro, and Shiraz from three McLaren Vale sub-regions. The result is a wine of vibrancy, complexity, and layered richness—where each variety enhances the others, creating a whole greater than its parts.





SIP, SAVOR, STOCK: A Whisky Affair Awaits

Pacific Lounge | Saturday, 12 July | 1:00 to 6:00 p.m. | Complimentary

Are you thinking about restocking your bar? We offer an extensive selection of whiskies at unbeatable prices. Whether you prefer single malts or blends, you'll find a wide variety of options to suit your taste. If you enjoy whiskies that are lingering, subtle, creamy, rich, nutty, oaky, smoky, or spicy, we likely have the perfect choice for you.

Join us on 12 July where our business partners will showcase these whiskies at exceptional prices. We kindly ask all attendees to make a reservation. We look forward to seeing you there!



JUICE OF THE MONTH – Green Apple with Sour Plum Flakes

Ba Xian | July to September | \$9 per glass

Discover our special combination of green apple with sour plum flakes, delivering a crisp and tangy sensation. The fusion of sweet green apple with sour plum results in a delightful taste that enlivens your senses. This beverage is ideal for those in search of a flavorful and nutritious choice.

WHISKIES OF THE MONTH – Highland Park

Straits Bar | July

12 Years . \$195 per bottle

15 Years . \$265 per bottle

18 Years . \$375 per bottle

12 & 15 Years . \$405 per set

12 & 18 Years . \$510 per set

Ten miles off Scotland's northern coast lies the Orkney Islands, home to the Highland Park distillery. This single malt Scotch maker has operated since 1798, smoking its barley over hand-cut 4,000-year-old peat to create its signature smoky sweetness. The **12 Years expression** features heather honey, peat, and orchard fruit notes, with a long smoky finish. The **15 Years expression**, with more European oak content, offers honeyed sweetness with spices and dark chocolate, and milder smoke. The **18 Years expression**, aged in Spanish and American oak sherry casks, delivers rich fruit cakes, dark chocolate, heather honey, and aromatic peat smoke, with a long, rich finish. These whiskies are renowned for their balanced flavor and complexity, ideal for those enjoying smoky, peaty whiskies with sweetness.

STRAITS BAR | THURSDAY, 17 JULY

A HIGHLAND PARK WHISKY PAIRING EXPERIENCE

\$78 per person

7:00 to 10:00 p.m. (Pre-dinner cocktail starts at 6:30 p.m.)

More than 200 years of distilling tradition, the distinctive local heathered peat flavor, and iconic single malts from Orkney Islands—experience Highland Park Whisky as never before. Nestled in the north of Scotland, as far from mainland as they are from the mainstream, and inspired by the Orkney Islands' creativity and resourcefulness, Highland Park continues reimagining craft traditions while maintaining their unique smoky flavor. You will enjoy four Highland Park expressions expertly paired with a four-course menu prepared by Chef John and team. Be prepared to be wowed!

PRE-DINNER APERITIF

Straits Bar Whisky Highball
Highland Park 12 Years

MENU

King Prawn in Tomato Basil Jelly,
marinated Prawn and Tomato Salsa Timbale
with Lobster Foam
Highland Park 15 Years

Saffron Riso Pasta
with Smoked Chorizo and Chives
Highland Park 12 Years

Grilled Beef Tenderloin,
BBQ Beef Cheek
and Polenta Sandwiches
with Shallot Cream Purée,
Green Pea Purée, Grilled Baby Corn,
Thai Asparagus and Demi Glaze
Highland Park 18 Years

Chocolate Orange Tart
with Vanilla Ice Cream
Highland Park No. 4 Cask Strength

Freshly Brewed Coffee or
Premium Tea Selection

Price is subject to prevailing GST.





MACANESE SEAFOOD FRIED RICE: A Tasty Fusion of Portuguese and Chinese Culinary Traditions

Straits Bar | July | \$30 per portion

We assure you a filling and scrumptious meal with our Macanese seafood fried rice that delivers flavor straight from Macao and combines it with the Singaporean staple you know and love. This dish brings a lot to the table with its unique blend of ingredients including savory chorizo and rich crabmeat added to salty olives and fresh bell peppers all tied together perfectly with good old fashioned fried egg.



CHICKEN POPCORN PERFECTION: Zest in Every Bite

Straits Bar | July | \$22 per serving

Craving for something spicy and tasty? Try our popcorn chicken with mala or salted egg seasoning. The mala version is hot and full of spices, giving a strong, fiery taste. If you like something rich, the salted egg seasoning coats each piece in a creamy layer with a buttery and slightly sweet flavor. Both options bring the popular tastes of Singaporean street food and will satisfy any craving with their bold flavors.



THE GARDENER GIN

Straits Bar | July & August | \$168 per bottle

Gardener's Gin is summer in a bottle—fresh, vibrant, and bursting with garden-grown flavour. Distilled with a blend of botanicals like rosemary, basil, and citrus, it brings a green, aromatic twist to the classic gin profile. Each sip feels like a stroll through a sunlit herb garden, making it perfect for warm evenings and relaxed gatherings. Whether you mix it into a crisp G&T or shake up a seasonal cocktail, Gardener's adds a playful, elegant edge to your summer sipping. Raise a glass and let the good times be-gin!



MOCKTAIL OF THE MONTH – Lemongrass Iced Tea

Straits Bar
July
\$12 per glass

Perfect for warm days and laid-back evenings, refresh with our Mocktail of the Month—Lemongrass Iced Tea. Made with fresh lemongrass, which gives it an herbal taste, our tea is slightly sweetened and garnished with a slice of lime, adding a hint of fresh citrusy flavor. Served chilled over ice, this drink was created with Singapore's sweltering heat in mind. Happy sippin'!



BEER OF THE MONTH – Asahi Dry & Kuronama

Straits Bar
July
\$15 per pint
\$40 for three pints

Step into the world of Japanese beer where every sip feels like a celebration of craftsmanship. Asahi Super Dry brings the light, crisp taste of a lager. Refreshing and clean, it's known for its golden color and dry taste. It makes for easy drinking in the tropics. Lesser known is Asahi's Kuronama, a "black" beer that is often compared to a Munich-style dark beer. Full of fresh, vibrant flavors, it is robust and complex. Cheers to great beer, great deals, and even greater moments!



COCKTAIL OF THE MONTH – High Pimm's

Straits Bar
July
\$16 per glass

There's no drink more quintessentially British than a Pimm's Cup. We've elevated this classic with our High Pimm's Cocktail, a sophisticated pour that is refreshing and irresistible. Our High Pimm's remains true to tradition while adding a modern twist. Pimm's No. 1, the gin-based liqueur with its secret blend of herbs and fruits, forms the heart of the drink. We pair it with premium gin for an extra botanical kick, then add crisp English-style lemonade and sparkling soda for effervescence.

AUGUST CALENDAR

ATLANTIC

Toast to 60 Years of Singapore | 9
The Wondrous World of Mushrooms | Whole month
Italian Wines of the Month | Whole month
Sake Sensation | Whole month

BA XIAN

Toast to 60 Years of Singapore | 9
Unleash the Flavors of the Western Rock Lobster | Whole month
Italian Wines of the Month | Whole month
Sake Sensation | Whole month
Juice of the Month | Whole month

STRAITS BAR

Otah and Shrimp Sambal Pizza | Whole month
The Gardener Gin | Whole month
Blue Pea Flower Nasi Lemak | Whole month
Sake Sensation | Whole month
Beer of the Month | Whole month
Cocktail of the Month | Whole month
Smoothie of the Month | Whole month

PACIFIC LOUNGE

Savor the Spirit of Japan at the Sake Fair | 16





SG 60

SATURDAY, 9 AUGUST | 6:00 P.M.

Toast to 60 Years of Singapore: Celebrate in Style with Exquisite Dining and Dazzling Fireworks

Celebrate SG60 with the Tower Club! Join us as we commemorate Singapore's 60th year of independence. Marvel at the aerial display, enjoy National Day songs, and witness the fireworks. From the Club, reflect on how Singapore and all of us have grown. Whether dining at the Atlantic or Ba Xian, our chefs have crafted dishes capturing SG60's spirit. At the Atlantic, we offer dishes showcasing Singapore's multicultural landscape, including Pork Wonton with Avocado Cream and Char Siew Ibérico Pork Ribs. At Ba Xian, indulge in local cuisine—from Braised Abalone to Ee Fu Noodles, savor dishes that affirm our "food paradise" status. Majulah Singapura!

ATLANTIC

\$148 per person (Inclusive of a glass of House Champagne)

Add \$60 per person for free-flow of House Wine and Champagne

Atlantic Menu

Trio of Deluxe Platters

Smoked Yellow Fin Tuna with Kumquat Jelly
Crispy Asian Spiced Pork Wonton with Avocado Cream
Marinated Red Crab Summer Roll with Laksa Sabayon

Cream of Roasted Carrot and Ginger

with Hokkaido Scallop, Crispy Dough and Coconut Foam

Pan-fried Atlantic Cod Fish Fillet

with Seafood Otah Roll, Sautéed Romanesco Cauliflower,
Curry Butternut Pumpkin Purée and Shellfish Velouté

or

Grilled Smoky Char Siew Ibérico Pork Ribs

with Potato Terrine, Caramelized Pineapple, Sautéed Spinach
and Grain Mustard Cream Sauce

SG60 Symphony Platter

Mini Rose Syrup Roll with Raspberry Jam
Pandan Cheesecake with Gula Melaka and Coconut
Brownie Cookies with Hae Bee Hiam

Freshly Brewed Coffee or Premium Tea Selection

BA XIAN

\$168 per person

Ba Xian Menu

National Day Trio Platter

Crispy Wasabi Sea Perch Cubes
Crackling Roasted Pork Belly
Sliced Peking Duck with Organic Green

Braised Superior Bird Nest Soup

with Crabmeat and Egg white

Braised Sliced Abalone

with Sea Cucumber in Supreme Oyster Sauce

Pan-Seared Diced Scallop

with Bean curd, Salmon Roe and Broccoli

Braised Ee Fu Noodles

with Live Boston Lobster, Choy Sum and Pork Lard

Chilled Fresh Corn Purée

with Tragacanth Gum and Walnut Ice Cream

A \$450 surcharge is applicable to all private room reservations at Atlantic and Ba Xian, which includes a television set and a bottle of House Champagne.



THE WONDROUS WORLD OF MUSHROOMS

Atlantic | August | Available for lunch and dinner

Step into the enchanting realm of mushrooms with a menu that elevates simple ingredients into culinary masterpieces. Each dish highlights a different variety—from East Asian Lion's Mane and European Pioppino to Mediterranean Royal Trumpet—demonstrating the versatility and flavor of these fungi. Savor dishes like risotto with rich, nutty Scaly-capped Chestnut mushrooms, enhanced by delicate cheese sauce, or enjoy Roasted Spring Chicken with mild Snow-white Oyster Mushrooms. Through culinary expertise, Chef Elson's team has transformed simplicity into sophistication, revealing the hidden complexities mushrooms offer.



SAVOR THE SPIRIT OF JAPAN AT THE SAKE FAIR

Pacific Lounge | Saturday, 16 August | 1:00 to 6:00 p.m. | Complimentary

Join us for the Sake Fair, a celebration of Japanese rice wine! This event brings together producers, connoisseurs, and newcomers eager to explore this exquisite beverage. Attendees will have the opportunity to sample sake from various regions of Japan, experiencing a range of flavours from dry to sweet.

Don't miss this extraordinary experience! We kindly ask all attendees to make a reservation. We look forward to seeing you there!

SAKE SENSATION: Explore Premium Selections

Atlantic, Ba Xian and Straits Bar

August

\$88 per bottle

\$148 per set (one bottle of Hirai Junmai Daiginjo and Tokyo Zakari Junmai Ginjo)

This August, explore the refined world of sake with two exceptional selections: **Hirai Junmai Daiginjo** and **Tokyo Zakari Junmai Ginjo**. The Hirai Junmai Daiginjo presents sweet aromas of pear, peach, and rice cakes, with a smooth palate and fruity finish. Crafted from Niigata rice and polished to 48%, this sake showcases meticulous craftsmanship. The Tokyo Zakari Junmai Ginjo, made from Yamada Nishiki rice, boasts rich umami, smooth taste, and floral notes. Our special bundle offers both bottles at \$148. Available for tasting at Atlantic, Ba Xian, and Straits Bar, this promotion welcomes both connoisseurs and newcomers to experience premium sake.





UNLEASH THE FLAVORS OF THE WESTERN ROCK LOBSTER

Ba Xian
August
Available for lunch and dinner

This August, Ba Xian will offer four specialty dishes featuring the Western Rock Lobster, a prized delicacy cherished by seafood enthusiasts. Found almost exclusively in the pristine, blue waters off the coast of Western Australia, these lobsters are particularly special due to their rarity. Sweet, delicate, and rich, they epitomize premium seafood. Whether poached with claypot rice, added to egg noodles, wok-fried, or steamed, this crustacean is sure to enhance any dining experience, making every bite a delight.

ITALIAN WINES OF THE MONTH – Avignonesi

Atlantic & Ba Xian
August
\$98 per bottle

We present two exceptional wines from the renowned Avignonesi estate in Tuscany. The **Vino Nobile Di Montepulciano D.O.C.G. 2018** shows a deep garnet hue and an aromatic bouquet of red berries, cherry, and pomegranate, with distinctive violet notes of Sangiovese. Hints of vanilla and Mediterranean herbs add complexity, while the palate offers ripe cherry and plum, supported by robust tannins and a warm finish.

For those who appreciate a fine white, the **Il Marzocco Toscana I.G.T. Chardonnay 2022** delivers elegance and depth. Its nose of acacia flowers, ripe pineapple, and vanilla leads to a rich, creamy palate with notes of elderflower, apricot, and honey, ending with vibrant minerality.



FOLLOW US TO ISHIKAWA



Uncover the refined essence of Japan in Ishikawa, where dramatic mountains embrace serene coastlines, and historic geisha districts unfold beside exquisite landscape gardens. Immerse yourself in a sophisticated blend of traditional music, contemporary art, and rich cultural heritage, while savouring Ishikawa's renowned seafood, seasonal delicacies, and elegant traditional cuisine.

Travel on a tailor-made journey with Follow Me Japan curated to your preferences and tastes. Enjoy exclusive stays in ryokan suites, private hot springs, and refined cuisine, seamlessly combined to craft unforgettable experiences.

Discover your best Ishikawa experience when you leave it to us, the experts who know Japan best.

Follow Me JAPAN

6 Eu Tong Sen Street #07-06 The Central Singapore 059817
Tel: +65-6507 3900 | Email: enquiry@followmejapan.com.sg





Higashi Chaya (Teahouse) District / Kanazawa



TASTE THE FUSION: Otah and Shrimp Sambal Pizza

Straits Bar
August
\$32 per serving

A bold twist on tradition—Chef John and his team meld the classic flavors of Italy with fiery, local flavors. Our pizza crust is topped with a bold shrimp sambal sauce that delivers an irresistible umami flavor with a punch of heat. Topping that is Otah, a traditional Southeast Asian dish of cooked fish paste. This deepens the flavor palette, adding a smoky layer to each bite. This dish is a celebration of local heritage, perfect as we ring in the nation's Diamond Jubilee.

JUICE OF THE MONTH – Calamansi with Sour Plum

Ba Xian
August
\$9 per glass

Try our Calamansi with Sour Plum juice. This drink combines calamansi, a citrus fruit, with sour plum for a refreshing sweet and sour flavor. Made from fresh calamansi and quality sour plum, it contains no artificial ingredients. This drink keeps you hydrated and is full of vitamins and antioxidants. The citrus and tart flavors create a special taste many will enjoy. You can drink it alone or mix it in cocktails for a refreshing experience.





COLORFUL INDULGENCE: Blue Pea Flower Nasi Lemak

Straits Bar
August
\$35 per serving

As we celebrate SG60, the Tower Club presents a dish honoring our heritage. Indulge in the aromatic and spicy Nasi Lemak. Blue pea flower transforms the coconut-milk-infused rice into a stunning blue hue, contrasting with the red sambal and classic accompaniments: roasted peanuts, fried anchovies, cucumber slices, and a fried egg. This combination of ingredients creates a harmonious blend of flavors and textures. Enjoy this beloved Southeast Asian staple at the Straits Bar.

WHISKIES OF THE MONTH - Glenlivet

Straits Bar
August
12 Years . \$168 per bottle
15 Years . \$248 per bottle
18 Years . \$308 per bottle
12 & 15 Years . \$356 per set
12 & 18 Years . \$396 per set
12, 15 & 18 Years . \$604 per set

Straight from the Scottish highlands comes The Glenlivet. Drawing on over 200 years of distilling history, this distillery is known for its exceptional single malt drams. The **12 Year Old** is smooth, well-balanced, and bright gold in color. The **15 Year Old** is richer in color and flavor with buttery notes and a nutty flavor. And the **18 Year Old** is rich and sophisticated with a beautifully balanced palate, perfect for special occasions. Straits Bar has curated special bundle offers, enabling you to delight in a variety of expressions at enviable prices.





COCKTAIL OF THE MONTH – Singapore Sling

Straits Bar
August
\$14 per glass

Although the origin and recipe of the Singapore Sling are debated, this cocktail perfectly represents our little red dot. With its fruity, tropical flavors and hint of tanginess, it is a drink that goes down smoothly. In celebration of our 60th anniversary this year, we are featuring this beverage at the Bar this August. Happy Birthday, Singapore!



SMOOTHIE OF THE MONTH – Chipsmore

Straits Bar
August
\$12 per glass

Indulge your sweet tooth with our smoothie, Chipsmore. This delight will transport you to cherished memories, featuring chocolate chip cookies! Blended with vanilla ice cream and caramel, each sip offers a harmony of crunch and cream. We've transformed this classic into a flawless blend. Enjoy Chipsmore throughout August!



BEER OF THE MONTH – Tiger Draft

Straits Bar
August
\$13 per pint
\$36 for three pints

Raise an ice-cold glass of the nation's premier brew to celebrate Singapore's birthday. With its amber hues reflecting a tropical origin, Tiger beer is refreshingly crisp yet bold. Well-traveled yet proudly local, celebrated yet unpretentious, Tiger is the choice for both statesmen and salarymen alike.

SEPTEMBER CALENDAR

ATLANTIC

Experience the Bold Flavors of Spanish Iberian Pork | Whole month

French Wines of the Month | Whole month

BA XIAN

Mid-Autumn Magic | 1 September to 6 October

Kampung Chicken Delights: A Culinary Journey Through Tradition | Whole month

Juice of the Month | Whole month

STRAITS BAR

Uncork New Discoveries at Our Wine Fair | 13

A Night with Glenfiddich: Savor the Legacy of Single Malts | 26

Oktoberfest Feast: A Celebration of Crispy Pork Knuckle | Whole month

St. Louis BBQ Bliss: Elevated Erdinger Marinated Ribs | Whole month

Whiskies of the Month | Whole month

Beer of the Month | Whole month

Cocktail of the Month | Whole month

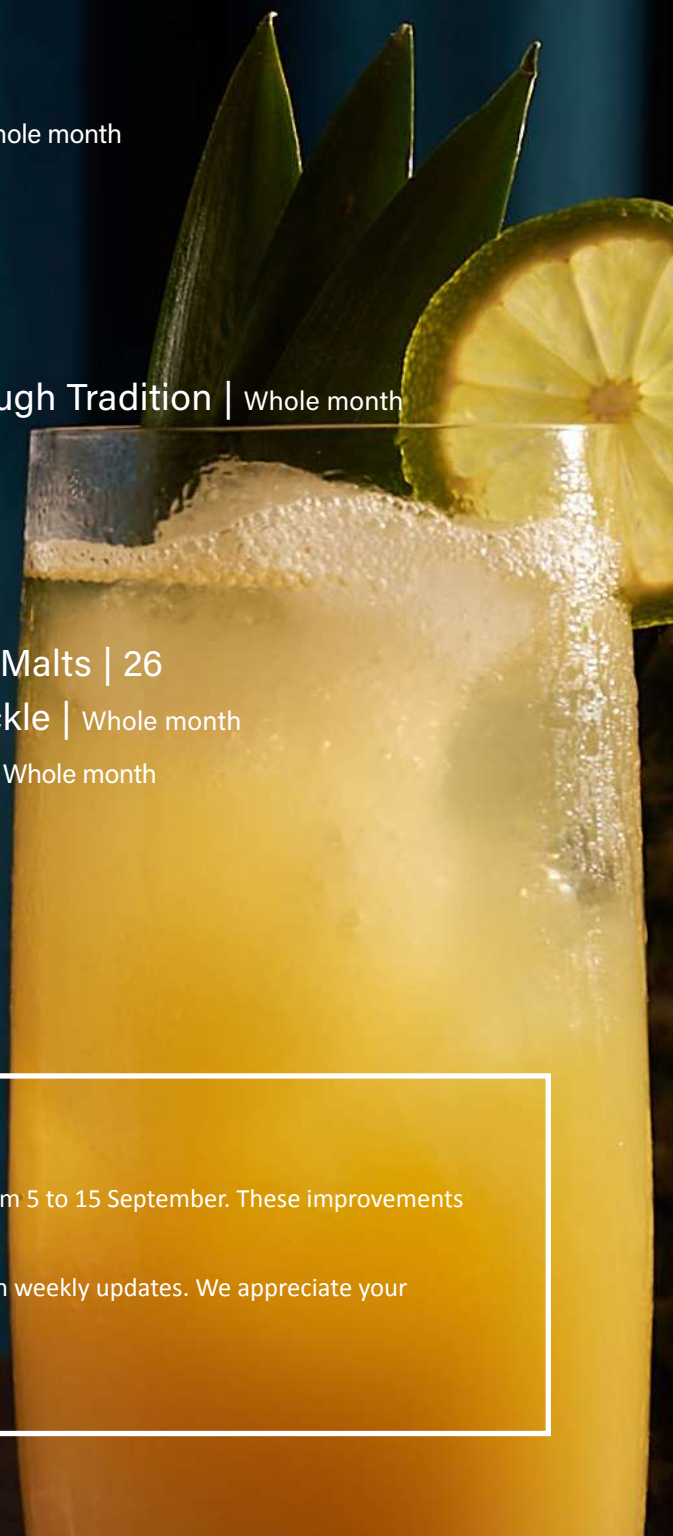
Mocktail of the Month | Whole month

RENOVATION ANNOUNCEMENT

We are pleased to announce that Atlantic will undergo minor upgrades from 5 to 15 September. These improvements are designed to enhance your experience at the Club.

Throughout this period, we will keep you informed of our progress through weekly updates. We appreciate your understanding and patience as we work to improve our facilities.

Thank you for your continued support!





EXPERIENCE THE BOLD FLAVORS OF SPANISH IBERIAN PORK

Atlantic
September
Available for lunch and dinner

A testament to Spain's rich culinary heritage, enjoy Iberian Pork that is steeped in generations of local tradition. Since 1982, Calderon and Ramos have taken pride in crafting high quality meats, from hams to artisanal cured cuts—each infused with exceptional depths of flavor and devotion to excellence. Known for its deep red color and marbled fat, Iberian Pork has a unique nutty flavor, which stems from Iberian pigs' diet of acorns. Indulge in a la carte dishes that include Spinach Ravioli with Sautéed Pancetta Ham and a Grilled Iberian Pork Collar. These dishes embody a deep cultural history.



UNCORK NEW DISCOVERIES AT OUR WINE FAIR

Straits Bar
Saturday, 13 September
1:00 p.m. to 6:00 p.m.

Join us for a memorable afternoon of discovery! Enjoy a special selection of wines from top distributors, featuring rich red wines and fresh white wines, each showcasing its own unique taste and the skill of its makers. As you taste the wines, indulge in light snacks that pair perfectly with the drinks. Whether you're a wine lover or simply looking for a fun afternoon with friends, this event promises exploration, enjoyment, and flavour. Plus, you'll find great deals on high-quality wines, perfect for yourself or as gifts.

We kindly ask all attendees to make a reservation to ensure their spot. We look forward to seeing you there!

MID-AUTUMN MAGIC: EXQUISITE MOONCAKES IN ELEGANT PACKAGING

1 SEPTEMBER TO 6 OCTOBER



Our mooncakes are better than ever, perfect for tasting and gifting. Choose from traditional white lotus paste mooncakes with one golden yolk, or two for added richness. We also offer classic assorted nut paste mooncake, a festive favorite. For a unique twist, try our green tea snowskin mooncake with creamy custard filling that melts in your mouth. Our mooncakes come in exquisite packaging with golden and navy marbling that embodies the Mid-Autumn Festival spirit.

Make your celebrations unforgettable by offering something special to family, friends, and colleagues. We welcome corporate and personal orders. **Enjoy a 20% early bird discount from 1 to 31 August, with pick-up starting 1 September. For bulk purchases, receive a 30% discount on orders of 50 boxes or more.** Create lasting memories this Mid-Autumn Festival.

Types of mooncake	MEMBER PRICE		RECIPROCAL PRICE	
	per piece	per box	per piece	per box
TRADITIONAL WHITE LOTUS PASTE				
Plain	20	80	23	92
Single Yolk	23	92	25.25	101
Double Yolk	24.5	98	27	108
TRADITIONAL ASSORTED NUTS PASTE	24.5	98	28	118
SNOWSKIN GREEN TEA & CUSTARD PASTE	24	96	26.5	106

To order, simply contact Sean Shean (6725 7025) or Shirley Chan (6725 7029). Alternatively, you may email them at sean.shean@tower-club.com.sg or shirly.chan@tower-club.com.sg.

DELIVERY AND COLLECTION DETAILS

Please ensure your orders are placed **at least three working days** before the collection date. **The final day to place an order is 2 October, with 6 October being the last day for collection.** We offer complimentary delivery to one Central Business District (CBD) location for orders of ten or more mooncake boxes. Please note that delivery is not available on weekends. A delivery fee of \$35 applies to other locations, and \$45 for Sentosa and Jurong, with no minimum order required.



KAMPUNG CHICKEN DELIGHTS: A Culinary Journey Through Tradition

Ba Xian | September | Available for lunch and dinner

Kampung Chicken, a cherished culinary treasure in Southeast Asia, is celebrated for its distinctive flavor and tender texture. These chickens are raised in Kampung, where they roam freely and enjoy a varied diet of seeds and plants compared to other chickens. This results in a unique taste profile with a richer, more natural flavor. This month, Chef Yang has crafted four different dishes, from boiled to deep-fried, for you to savor.



JUICE OF THE MONTH – Carrot, Apple & Celery

Ba Xian | September | \$9 per glass

Our juice mix has carrots, apples, and celery. It combines the sweetness of carrots and apples with the fresh taste of celery. Carrots have a lot of beta-carotene and vitamin A. Apples give fiber and antioxidants. Celery adds minerals and a savory flavor. We make this juice fresh to keep its vitamins high, making it easy to get your daily fruits and vegetables.

SPANISH WINES OF THE MONTH – Finca Tobella

Atlantic and Ba Xian | September | \$98 per bottle

We are highlighting three wines from Spain's Finca Tobella estate. Situated in the renowned Priorat region, Finca Tobella has been crafting wines since 2003. Their **Bocins Blanc Seleccio Especial 2021** is a dense and rich white wine with a fresh, balanced finish. It presents a yellow hue with green undertones and offers aromas of peach, citrus, and tropical fruit.

For those inclined towards red wine, we offer two selections. The **Ancients 2020** boasts a deep ruby color with dark cherry notes on the palate. Its natural freshness, attributed to its minerality, leads to a long, lingering finish. The **Negre 2021** features complex aromas of red fruits, accented by hints of black pepper and vanilla. Initially round and jammy on the palate, it evolves into smooth tannins with a prolonged aftertaste.



ATLANTIC | FRIDAY, 26 SEPTEMBER

A Night with Glenfiddich: SAVOR THE LEGACY OF SINGLE MALTS

7:00 to 10:00 p.m.

Famous for its triangular bottle, Glenfiddich has produced outstanding single malts since William Grant founded the distillery in 1887. The name “Valley of the Deer” represents Glenfiddich’s award-winning whiskies, which you’ll experience through four varieties paired with a gourmet meal by Chef Elson’s team. Join us for an evening of exceptional whisky and flavors.

Min Xiang, your host and whisky educator, has advocated for Glenfiddich and The Balvenie for a decade. He has established cocktail bars including The Belljar and Bar Nikai, and leads tastings at private clubs and events. Min guides both professionals and enthusiasts in whisky appreciation while expanding his expertise.

Raise a glass with us as we toast to Glenfiddich’s enduring heritage.

PRE-DINNER COCKTAIL CANAPES

Seafood Roll with Radiah Achar

Vegetarian Mini Tartlet

Glenfiddich 12 Years Sherry

MENU

Trio of Deluxe Platter

Pan-fried Hokkaido Scallop with XO Sauce

Crispy Suckling Pig with Caviar and Hoisin Sauce

Butternut Pumpkin Crystal Dumpling

Glenfiddich Grand Series 21

Fried Udon Noodle

with Seafood, Mushrooms, Vegetables

and Sarawak Black Pepper Sauce

Glenfiddich Grand Series 22

Intermezzo

with Lobster Wonton Dumpling,

Young Ginger, Coriander, Black Fungus Salad,

Chili and Scallion Soy Sauce

Glenfiddich Grand Series 23

Chilled Ginseng Sprout Jelly

with Wolfberries, Peach Gum, Mango Pearl,

Dried Persimmon in Red Dates Soup

Wildmoor 23

Freshly Brewed Coffee or

Premium Tea Selection

\$98 per person



Price is subject to prevailing GST.



OKTOBERFEST FEAST: A Celebration of Crispy Pork Knuckle

Straits Bar | September | \$38 per serving

Enjoy the Oktoberfest vibe with a traditional crispy pork knuckle. This dish has many flavors and textures - crispy and golden outside, soft and juicy inside, with salty and savory tastes. It is slow-roasted to bring out the flavors. It comes with tangy sauerkraut and crispy potato wedges. Each bite gives you a taste of Germany. Whether you love it or are trying it first, our pork knuckle will impress you. It is a must-have for Oktoberfest. Raise your glass and enjoy this festive favorite.



ST. LOUIS BBQ BLISS: Elevated Erdinger Marinated Ribs

Straits Bar | September | \$38 per serving

How do you make a favorite dish even better? Start in St. Louis, famous for its tasty barbecue. Add an Erdinger beer marinade to make the pork ribs softer and more flavorful. Finish with a malt glaze and serve with pickled vegetables to match the flavors. The result is delicious ribs you'll enjoy until the last bite.

WHISKIES OF THE MONTH – Glenfiddich

**Straits Bar | September
September**

**21 Years . \$485 per bottle | 22 Years . \$495 per bottle | 23 Years . \$588 per bottle | Wildmoor 23 Years . \$408 per bottle
21 & 22 Years . \$878 per bottle | 22 & 23 Years . \$958 per bottle**

Straits Bar's Whiskies of the Month for September features Glenfiddich's aged whiskies, showcasing selections from this renowned distillery. The lineup includes Glenfiddich 21, 22, and 23 Years, and Wildmoor 23 Years, priced between \$408 and \$583 per bottle. Founded in 1887 by William Grant, Glenfiddich has been a leading Speyside distillery for over 130 years, using various oak casks to develop complex flavors that feature a blend of fruit, oak, and spice. For every purchase of Glenfiddich 23 Years or Wildmoor 23 Years, you'll receive a complimentary seat for the Glenfiddich Dinner on 26 September, limited to 20 seats, so be sure to act fast!



MOCKTAIL OF THE MONTH – Pineapple Ginger Beer

Straits Bar
September
\$12 per glass

Our Pineapple Ginger Beer is a vibrant creation made to refresh. Sweet notes of pineapple take centre stage, delivering initial tropical notes that gradually give way to the kick of ginger beer. More than just a tangy mocktail, you'll enjoy health benefits like digestion support and a dose of antioxidants. Elevated with a splash of lime juice and garnished with a sprig of mint, delight in our Pineapple Ginger Beer, a taste of the tropics!



BEER OF THE MONTH – Erdinger Weissbier & Dunkel

Straits Bar
September
\$15 per bottle
\$40 for three bottles

There are many reasons why Germany is known the world over for its beers; come in and taste two of them this September as we celebrate Oktoberfest at the bar. Choose from Erdinger Weissbier or Dunkel, which exemplify Bavaria's rich brewing tradition. Each bottle, served icy cold, is only \$15. Prost!



COCKTAIL OF THE MONTH – Champagne Julep

Straits Bar
September
\$16 per glass

Our Champagne Julep is a light and refreshing take on the Southern classic, the Mint Julep. Made with cognac, simple syrup, crushed mint, and Champagne, the flavors in this little beauty dance on your tongue with every sip. Cheers!

AFTERNOON TEA WITH A VIEW

28 | SEPTEMBER F&B PROMOTIONS

Straits Bar | \$78 per set (serves two persons)

Tea for two is a delightful affair, and we're elevating your high-tea experience with Bacha Coffee, a luxurious addition to our curated tea service. Our afternoon tea celebrates tradition and indulgence, served on an elegant three-tier stand showcasing the finest treats.

Begin with warm, crumbly English scones, paired with clotted cream and homemade strawberry jam. Next, savor delicate finger sandwiches with fresh ingredients and classic flavors. The top tier offers exquisite pastries and desserts, each a masterpiece of flavor and artistry. Complement this spread with our aromatic fine teas or the exceptional Bacha Coffee.

Every sip and bite transports you to a world of refined elegance.

Join us for this unforgettable afternoon tea experience, available Monday to Saturday from 3:00 to 5:00 p.m. Whether celebrating a special occasion or treating yourself, our high tea promises indulgence.



STRAITS BAR DAILY SPECIALS

Beat the Monday Blues: Oysters & House Champagne

\$22 per glass | \$128 per bottle | \$4 per oyster

Take Off with Tuesday Flight Night

Macallan Double Cask

(30ml each 12, 15 & 18 years) . \$75 per flight

The Glenfiddich Grand Cru Series

(30ml each of 21, 22 & 23 years) . \$68 per flight

The Balvenie

(30ml each 12 Years DoubleWood, 14 Years Caribbean Cask & 14 Years Week of Peat) . \$45 per flight

Add \$16 for a platter of Seafood Tapas

Slurp & Sip: Oysters with Piccini Prosecco for a Perfect Midweek Treat

\$4 per oyster | \$15 per glass | \$80 per bottle

Cheers to Thursday: Enjoy White Spirits

\$10 per glass (Beefeater Gin, Smirnoff Red Vodka or Bacardi White Rum)

Add \$16 for 2 pieces of Half Scallop baked with Four Cheeses and Tobiko Roe

Celebrate the Weekend: Oysters & House Champagne

\$4 per oyster | \$22 per glass | \$128 per bottle



TASTE OF OPULENCE

Straits Bar

Choose between the exquisite Champagne Collet or the refined Champagne Devaux, perfectly paired with a half dozen of our complimentary freshly shucked oysters—all for just \$138.

But why stop there? Elevate your indulgence with three tins (10g each) of our premium caviar for only an additional \$99. Treat yourself to this lavish pairing that promises to tantalize your taste buds and impress your guests.



WEEKDAY BREAKFAST

Atlantic | Monday to Friday | 7:30 to 10:00 a.m.

Chef Elson has designed two breakfast options—American and Continental—to cater to all tastes. Whether you're in the mood for a substantial meal or something lighter, these selections will meet your needs. For a personalized touch, the à la carte menu includes freshly baked homemade muffins, high-quality cereals, and organic eggs from the farm, cooked to your preference. Each dish is presented with the sophistication and meticulousness that Atlantic is famous for, making it perfect for an early business meeting, a post-workout indulgence, or a serene breakfast.

CHEF ELSON'S DEGUSTATION MENU

Atlantic | Monday to Saturday | 7:00 p.m.

\$138 per person . Four-course menu | \$158 per person . Five-course menu

At Atlantic, Chef Elson's Degustation Menu presents an exceptional culinary experience, engaging the senses and honoring gourmet dining. Chef Elson meticulously prepares lavish, multi-course meals with the freshest seasonal ingredients to emphasize flavors, textures, and aromas. The menu frequently changes, showcasing the seasonal harvest and Chef Elson's imaginative flair, ensuring each visit is distinct. Each dish is thoughtfully paired with exquisite wines to enhance the flavors. Perfect for special celebrations or creating memorable evenings, Chef Elson's Degustation Menu represents the pinnacle of luxury dining. Due to its exclusive nature, booking in advance is crucial. Don't miss out on this gastronomic journey—reserve early to avoid disappointment.

ATLANTIC | FRIDAY 24 OCTOBER | 7:00 P.M.

18TH WINE AWARDS GALA DINNER

Featuring Guest Chef Simon Phillips



Our Wine & Whisky Awards are making a comeback with an evening filled with entertainment and dining to reveal the winners of the competition. The judges have chosen the best wines and spirits, which will be highlighted on our pairing menu, accompanying a five-course meal by guest chef Simon Phillips. The event will be hosted by Wine Consultant Ch'ng Poh Tiong, with musical performances. Seating is limited, with priority given to award participants.

Chef Phillips, who was born in Hong Kong and has Malaysian-British roots, is the chef patron of d'Alti Gusti, which means "elevated taste" in Italian. He studied at the Florence Culinary Arts School and King's College, Cambridge, and is fluent in Cantonese, Mandarin, and Italian. He returned to Hong Kong in 1996 to join his family's hospitality business, and his culinary style is influenced by European traditions, especially Graeco-Roman, which he showcases at d'Alti Gusti.

MENU

APERITIVO

Tre Crostoli

Aged Jamón Ibérico de Bellota on three crisped Crostoli finished with Persimmon Chutney, Balsamic Pearls and Crisped Ginger, Apricot Conserve, Ricotta, Caramelized Fig, Pomegranate and Marsala Wine Coulis

Gitton Pere & Fils Pouilly-Fume Sauvignon Blanc 2021

ANTIPASTO FREDDO

The AG Augustus Caesar

Panna Cotta di Parmigiano Reggiano, Anchovy Emulsion, Crostino, Crisped Pecorino and Salami, Romaine Lettuce

Elephant Hill Reserve Chardonnay 2018

ANTIPASTO CALDO

Morel Farce di Tartufo

Rillettes of Duck and Mushroom Farce-stuffed Morel Mushrooms, Parsnip Purée, Shaved Autumnal Truffle and Truffle Jus

Neudorf Tom's Block Pinot Noir 2020

PRIMO

Rigatoni alla Zozzona

Fresh Rigatoni in a "filthy" mixture of two iconic Roman Pastas; the Matriciana and the Carbonara, finished with Crisped Guanciale and Shaved Pecorino Romano

Woodlands 'Margaret' 2020 Margaret River

SECONDI

Braised Ibérico Belly

with Crisped Skin, Juniper and Fennel

or

Pan-seared Black Angus Tenderloin Strip

in Charcoal Broiled Foie Gras Butter

San Marzano IL Pumo Primitivo Salento IGP 2018

DOLCE

Raspberry Pistachio Semifreddo

with Forest Berries Compote and Crispy Tuile

Taylor's Fine Tawny Port

Freshly Brewed Coffee or Premium Tea Selection

\$220 per person

Price is subject to prevailing GST.

TASTE & TUNES



TENUTA SANT'ANTONIO DINNER



F i t n e s s N e w s

BENEFITS OF YOGA



We all know there are many benefits to yoga—enhanced well-being, increased strength and mobility, reduced physical pain and stress, improved sleep and energy, and overall enhanced mental health.

Joanne Sng discovered yoga's benefits while working in the corporate world. Yoga asanas (poses) and pranayama (breathing practice) helped release physical tension, while meditation eased mental stress. She pursued a Yoga Instructor Certification with Swami Vivekananda Anusandhana Samsthana (S-VYASA) Yoga University and traveled to India to study with senior teachers. After gaining deeper insights, she left her corporate career to focus on teaching yoga. A certified H.E.M meditation practitioner, Joanne incorporates this into her teaching and continually upgrades her skills to help students lead healthier lives. She focuses on traditional yoga sequences

and proper posture. Joanne teaches at yoga studios, community clubs, international schools, and for private students and companies, having participated in International Day of Yoga events for years. She has experience teaching students aged three to over 70 years old and enjoys nature and meeting people. Join her class to experience yoga's benefits. **Sign up for \$170 for two trial sessions or \$500 and \$900 for five and ten sessions, respectively.**

For more information or to make appointment, contact the Fitness Centre at 6725 7028 or via email gerard.martin@tower-club.com.sg.

* All prices are subject to prevailing GST

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CLUB HOURS OF OPERATIONS

Closed on Sundays & Public Holidays

ATLANTIC

Breakfast

Monday to Friday 7:30 a.m. to 10:00 a.m.

Lunch

Monday to Friday 12:00 p.m. to 2:30 p.m.

Dinner

Monday to Saturday 7:00 p.m. to 11:00 p.m.

BA XIAN

Lunch

Monday to Friday 12:00 p.m. to 2:30 p.m.

Saturday 11:30 a.m. to 2:00 p.m.

Dinner

Monday to Saturday 7:00 p.m. to 11:00 p.m.

STRAITS BAR

Lunch

Monday to Saturday 11:30 a.m. to 2:00 p.m.

Afternoon Tea

Monday to Saturday 3:00 p.m. to 5:00 p.m.

Beverages and Snacks

Monday to Saturday 2:00 p.m. to 11:00 p.m.

CATERING SERVICES

Straits Bar, Atlantic and Ba Xian are available as venues for banquet functions.

Please call 6725 7032 / 6725 7033 for assistance.

FITNESS CENTRE

Monday to Friday 7:00 a.m. to 9:30 p.m.

Saturday 9:00 a.m. to 6:00 p.m.

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Reciprocal Members are subject to 10% surcharge and 10% service charge. Both Members and Reciprocal Members are subject to prevailing GST. Cancellation policy applies three working days before the event. A cancellation on the day itself will result in full payment for the said event.

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Tower Club has been certified under the BCA Green Mark for Restaurants Scheme, for our effort in reduce waste, enviromental awareness, better energy and water efficiency.



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