



New Wellness Options at 36,000 Feet

As part of Singapore Airlines' partnership with Golden Door, a team of Golden Door experts is developing a broad range of recommendations to help customers on board SIA's longest flights maximise their sense of well-being when traveling. These include:

New Wellness Menus: A Balance of Health and Flavour

Building on Golden Door Chef Greg Frey Jr.'s philosophy that healthy dining can still be satisfying, the partnership will see a development of a broad range of appetisers, main courses, desserts and snacks for SIA's non-stop flights from the USA to Singapore. These new options will be available in addition to SIA's existing line of dishes from the carrier's International Culinary Panel, *Book the Cook*, and other programmes. Customers are free to mix-and-match individual dishes from any SIA dining programme to further customise their in-flight dining experience.

Staying Hydrated: New, Wellness-focused Beverages

The new programme features specially-designed teas and beverages, designed to enhance hydration and promote a sense of relaxation and rejuvenation when customers are in the aircraft cabin.

Keep Moving: Designing Aircraft-specific Exercises

Golden Door trainers are developing a range of small-scale, in-flight exercises and stretches that customers can do at their seats to increase circulation, enhance flexibility, and enhance alertness prior to arriving at their intended destination.

Sleep Secrets: Achieving a Better Night's Sleep When Flying

Getting quality sleep on board the aircraft ranks as a top priority for many international travellers. Golden Door practitioners are developing a range of experience-based techniques and approaches to help travellers maximise both the amount and quality of their sleep aboard SIA's ultra-long-haul flights.

Wellness Menu Dishes¹

Main Courses

- *Portobello meatballs, risotto heirloom tomato sauce with wilted greens*
- *Lemon-roasted Cornish hen, farm verde, asparagus, roasted eggplant fricassee*
- *Scallops or tofu with cauliflower sauce, wild rice and beurre noisette*
- *Citrus salmon over pumpkin dal, basmati rice and cilantro ghee*

Salads and Soups

- *Citrus grilled shrimp salad with honey glazed mushrooms, blackberries, sourdough croutons, balsamic ginger dressing*
- *Hearty vegetable black bean chili with cornbread croutons, avocado cream and cilantro*
- *Cauliflower chowder with cheddar cheese and chili oil*
- *Orange-braised baby beet salad with endive, cherry tomatoes and pine nuts*

Breakfast

- *Power-packed oatmeal with goji berries, blueberries, quinoa, almonds and honey drizzle*
- *Sourdough French toast with ginger maple syrup and vanilla berries*
- *Smoked salmon with crisp Lavash and lemon crema*
- *Cocoa granola with cinnamon hazelnut milk*

Desserts

- *Vegan coconut ice cream with mango*
- *Avocado chocolate ganache*
- *Persimmon pudding cake*
- *Spiced apple cake*
- *Baked seasonal fruit crumble*

¹ A selection of dishes will be available on flights from the USA to Singapore.