

WINE AND DINE

In good spirits

Now a full-fledged restaurant, this former wine bar serves up fine French classics

SINGAPORE – In its new incarnation, former wine bar Verre has been re-worked into a modern bistro and wine bar.

This essentially means that while it is still focused on serving French wines — 750 labels from Bordeaux

and Burgundy — the menu offers far more than cheese and cold cuts.

It is one filled with classic French favourites turned out with impressive elegance that's worth settling in for.

Consultant chef Masashi Horiuchi, who already boasts a firm following, follows in the tradition of classical European restaurants at which he has worked, such as L'atelier de Joel Robuchon in London. His dishes are hearty and generously portioned yet presented with understated finesse.



Half-lobster salad. PHOTO: JOHN HENG

Particularly outstanding items were the lamb chops (S\$46) that sat on a circle of Moroccan-style couscous flecked with bell peppers, onions, sun-dried tomatoes, nuts and raisins, and served with mint sauce. The glistening chops were cooked so that they were a dusky pink on the inside, smoky and succulent.

There's also a suckling pig (S\$42), rubbed in Dijon mustard and rock salt, and slow-roasted for over five hours. It is served with a shoulder of pork slow-braised in chicken stock, honey, cloves and a whole bunch of other spices that imbue the meat with incredible flavour.

It is food like this that sets Verre apart from any other wine bar. At the same time, the fact that everything here is driven by the fine collection of wines in its glass cellar ensures that this is an exquisitely well-rounded dining experience. The dishes are often flawlessly matched — the lobster to go with a refreshingly crisp L Giraud Meursault 1er cru Boucheres 2011, for example; or the suckling pig with a heady and rounded Grand Village Bordeaux 2012.

Even if all you want is to sit by the river with a glass at the end of the day (the restaurant is located along Rodyk Street near the Grand Copthorne Waterfront, which is idyllically quiet on weekday evenings), there is a menu of delicious small bites, including a fantastic tarte flambee topped with melted Gruyere, mushrooms and caramelised onions (S\$22) that washes down all too easily with a light and fruity Marcel Deiss Gewurztraminer 2012.

ANNETTE TAN

Verre

Where: 8 Rodyk Street

Telephone: 6509 1917

Opening hours: Mondays to Thursdays, 5pm to midnight; Fridays, 5pm to 1am; Saturdays, 3pm to 1am; Sundays, 3pm to 11pm

airweave
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Sweet slumber

Invest in airweave for maximum rest, improved health and optimal performance

According to a 2014 study by Jawbone, Singaporeans are among the world's most sleep-deprived people, only clocking an average of six hours and 32 minutes of sleep a day.

Not having enough quality sleep can seriously impede your health. Unfortunately, there are many external factors that are beyond your control, such as noise, weather and even your own movements during sleep.

One thing you can control is what you sleep on. Japan's premium top-selling brand airweave has a range of bedding toppers, futons, pillows and cushions that can help deliver the quality sleep you crave.



The range of bedding toppers, futons, pillows and cushions from airweave will help you sleep well. PHOTOS: AIRWEAVE

LOVED BY GLOBAL ATHLETES

According to a study conducted by IMG Academy (an athlete training school) with the Stanford University School of Medicine in the United States, airweave's products can give you better shuteye.

Athletes involved in the study reported improved sleep quality and enhanced sports performances when using airweave.

In fact, airweave products are a hit with top athletes, such as golfer Bubba Watson, tennis star Kei Nishikori and the ballerinas from The Royal Ballet School in London.

airweave is also the official sponsor of six Olympic committees in Japan, United States, France, Austria, Switzerland and Germany.

SLEEPING ON AIR

With its airy core, airweave products have high rebound proper-



airweave products are easy to wash.

ties that disperse body pressure and weight.

This relaxes the muscles and makes turning over easier. The result is deeper, better sleep.

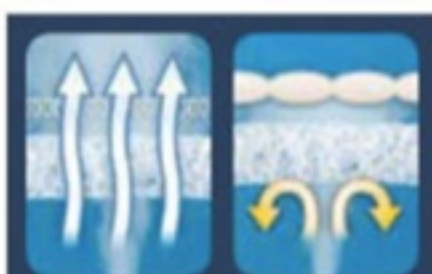
QUALITY SHUTEYE

airweave products are made of three-dimensional entwined resin fibres — the very material used to make resilient fishing line.

These special fibres provide multi-directional support to distribute your weight more evenly.

Furthermore, airweave products mould to your body's contours as you sleep, reducing strain and, in turn, leading to deeper sleep.

And when your sleep is restful,



- airweave's core consists of 90 per cent air.
- Air enables body heat and moisture generated to dissipate.
- This helps to keep you cool in the heat, and warm in the cold.

not only will you rest better, your partner's shuteye quality will also improve as your tossing and turning will not be felt.

Another plus: To keep your airweave product clean, just rinse the core with water. Its bedding covers are machine-washable.

With the long holidays approaching, get an airweave product to get the long overdue sleep you deserve. PRODUCED BY THE TODAY SPECIAL PROJECTS TEAM

airweave counters are at Isetan Scotts, Level 4, and Takashimaya Department Store, Level B1. Visit airweave.sg for more information.



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ADVERTORIAL

When sleep quality matters

airweave's high resilience and body pressure distributing materials will give you the much deserved rest you need



airweave's core materials are three-dimensional, entwined resin fibers that gently support your whole body from every direction and distribute your weight evenly when resting. This helps reduce physical strain and minimize pressure points, you feel more invigorated in the morning.

Research has shown that it is during deep sleep and with lower core body temperatures that the body produces growth hormones. These growth hormones help children grow and adults rejuvenate their body, helping the body recover from the previous day's stress and preparing it for the upcoming rigors of a new day.

Many studies have linked high-quality sleep with a healthy brain and others have even correlated high-quality sleep with one's overall physical wellbeing, including how sleep essentially and quite literally heals the heart and blood vessels, thereby reducing the odds of heart disease.

These studies may differ on the types of benefits sleep presents, but they share a common thread: the quality of sleep is just as essential as the number of hours spent asleep.

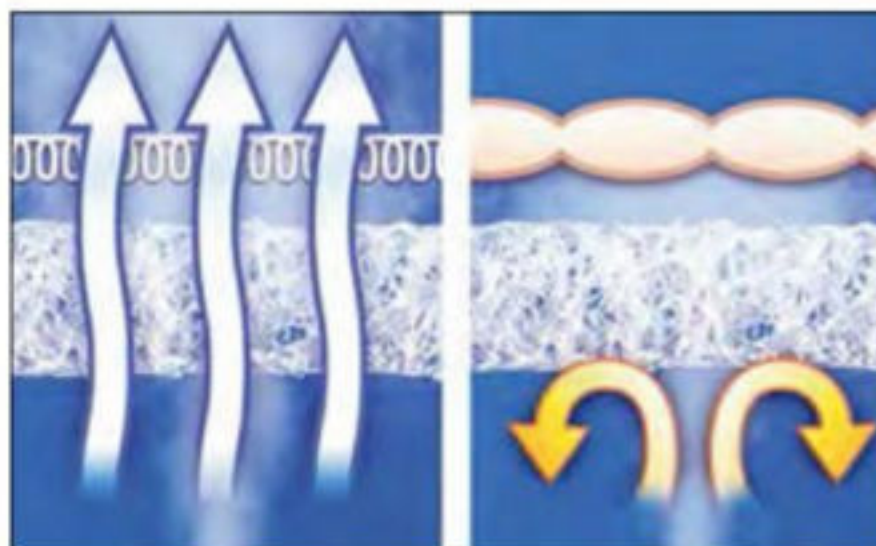
One key hindrance to this ideal sleeping state is the discomforts the average person encounters at night that make them turn and shift dozens of times when sleeping.

These discomforts are commonly due to unsuitable bedding surfaces (being too hard or too soft), pressure points (uneven distribution of pressure), sleeping surface being too warm/hot (body heat accumulation), accumulated perspiration, and so on.

airweave's body pressure distributing materials, including its ability to dissipate body heat, can help minimize these discomforts; its interwoven 3D fibres are molded to provide multi-dimensional support for your body to help you sleep more comfortably.

Rebound

Equally significant is that studies also found that the quality



airweave's core material is 90 per cent air, which helps dissipate heat and moisture generated by the body whilst at rest – keeping your body cool in warm temperatures and warm in a cool climate.

of a mattress plays a key role in sleep fulfillment. For example, high-rebound and low-rebound mattresses differ in terms of sleep effects.

airweave's high-rebound mattresses are made of highly resilient material that makes light of body turns in the middle of the night. This unique material and design naturally respond to the body and weight upon movement and more effortless turns and movements whilst asleep.

The result is a more enriched and undisrupted slumber – for both you and your partner occupying the other half of the bed.

So cool and no fuss

airweave's core material is 90 per cent air, which helps dissipate heat and moisture generated by the body whilst at rest. Furthermore, with machine-washable mattress covers

and core materials that are also washable by just rinsing it with water, there is no fuss, no bother.

This prevents accumulation of dust mites, bed bugs, mold, dirt, bacteria, and other allergens and contaminants.

The best part is, airweave mattress toppers are very easy to install; simply lay them on top of your existing mattress to enjoy a great night's sleep.

It is no wonder that a study carried out by Stanford University School of Medicine gave airweave top marks when it comes to providing quality sleep and rejuvenation, compelling top athletes and personalities to proclaim airweave as their go-to brand of mattress toppers.

Why airweave?

As the leading brand of premium bedding toppers in Japan, airweave underscores the very maxim that quality of sleep, and not quantity of time spent in bed, is the overriding factor behind one's revitalization.

Visit airweave.sg for more information, airweave counters at Isetan Scotts Level 4 (350 Orchard Road Shaw House) and Takashimaya Department Store B1 (391 Orchard Road)

Sources: Studies refer to those done by Department of Otorhinolaryngology, Jikei University School of Medicine, Japan Ota Memorial Sleep Center, Japan; Department of Psychiatry, Jikei University School of Medicine, Japan; Stanford Sleep and Circadian Neurobiology Laboratory, Stanford University School of Medicine, USA; Ota Memorial Sleep Center, Japan; Department of Psychiatry, Jikei University School of Medicine, Japan; Stanford Sleep and Circadian Neurobiology Laboratory, Stanford University School of Medicine, USA.