



來興 **LYE HENG**
CATERING SERVICE



Healthy Menu A

BUFFET MENU WITH A HEALTHIER TWIST
A) \$12.00 per person for 8 dishes (Min 30 pax) Item 1-9
Complimentary 1 drink
Please choose any 1 dish from each number

1. Main ◀

- (a) **Chicken Congee (Skinless Shredded Chicken)**
- (b) **Sin Chow Fried Rice**
- (c) **Vegetarian Bee Hoon**
- (d) **Fried Mee Siam**

2. Chicken—Skinless ◀

- (a) **Grilled Chicken Chop served with Sweet Sour Sauce**
- (b) **Chicken Cube sautéed with Baby corn and Button Mushroom**
- (c) **Barbecued Chicken Fillet**
- (d) **Curry Chicken with Potato (Low fat milk)**

3. Seafood

- (a) ◀ **Assam Fish Fillet**
- (b) ◀ **Indonesian Prawn**
- (c) ◀ **Sliced Fish with ginger and onion**
- (d) **Sweet Sour Prawn**

4. Greens ◀

- (a) **Kailan with Fresh Mushrooms**
- (b) **Fried Brinjal**
- (c) **Lor Han Chye**
- (d) **Garden Salad**

(Fresh lettuce, julienne carrot, celery, pineapple, red soya bean served tossed with olive oil and dash of salt)

5. Beancurd/ Egg ◀

- (a) ◀ **Steamed Egg filled with Mushroom and Seastick**
- (b) ◀ **Braised Beancurd with sauteed Garlic garnished with spring onion**
- (c) ◀ **To Fu Soup**
- (d) ◀ **Gado Gado**

(Boiled egg, rice cakes, potato, long beans with peanut sauce)

6. Steamed Dim Sum ◀

- (a) **Steamed Crystal Dumpling**
- (b) **Shrimp Harkow**
- (c) **Chwee Kueh with Chye Poh**

Blk 15 Woodlands Loop #04-22 Singapore 738322, Telephone: 65-6755-6755 Fax: 65-6753-5150

E-mail: enquiry@lyeheng.com / www.lyeheng.com



- Choose more of these dishes as they are prepared with less oil, salt and sugar and with more fruit & vegetables.
- Pick not more than 1 deep fried item for every 5 dishes you order.



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(d) **Mini Lotus Bun**

Healthy Menu A

7. Others

- (a) Assorted Nonya Kueh (Kueh Lapis/Kueh Kosui)
- (b) Vegetable Mini Pizza
- (c) Baked Apple Strudel

8. Desserts - (less syrup) ⬇

- (a) **Jelly Fruit Cocktail**
- (b) **Beanstick with Ginko Nut**
- (c) **Hot or Cold Cheng TngHot Green Bean Soup**

9. Beverages—(less sugar) ⬇

- (a) **Homemade Barley**
- (b) **Homemade Lime Juice**

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Healthy Menu B

BUFFET MENU WITH A HEALTHIER TWIST

**A) \$15.00 per person for 8 dishes (Min 30 pax) Item 1-9
Complimentary 1 drink**

Please choose any 1 dish from each number

1. Main 🍷

- (a) **Seafood Fried Rice**
- (b) **Seafood Bee Hoon**
- (c) **Baked Pineapple Rice with Seafood and Vegetable**
- (d) **Fried Vermicelli Vegetarian Tunghoon**

2. Beef/ Chicken- Skinless 🍷

- (a) **Roasted Beef with Black Pepper Sauce with Onion**
- (b) **Grilled Skinless Chicken Chop served with Mushroom Sauce**
- (c) **Beef sautéed with Baby Kailan**
- (d) **Teriyaki flavoured Grilled Chicken Fillet**

3. Seafood

- (e) 🍷 **Grilled Sambal Calamari**
- (f) 🍷 **Pan-Fried Dory Fillet in Lemon sauce**
- (g) **Stirfry Prawn with Garlic and sliced chilli**
- (h) 🍷 **Tom Yum Seafood Soup**

4. Greens 🍷

- (a) **Green Vegetables with Mushroom**
- (b) **Cabbage with TungHoon**
- (c) **Broccoli with Assorted Mushroom**
- (d) **Baby Kailan with Oyster sauce**

5. Beancurd/ Egg

- (a) 🍷 **Herbal Chicken Soup**
- (b) 🍷 **Braised Beancurd with Mushroom**
- (c) 🍷 **Golden Coin Beancurd topped with Sweet Peas**
- (d) **Si-Chap Yong Tau Fu**

6. Steamed Dim Sum 🍷

- (a) **Steamed Vegetarian Kong Bak Pau**
- (b) **Steamed Putri Ayu**
- (c) **Steamed BBQ Chicken Pau**
- (d) **Steamed Siew Mai**

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7. Others

- (a)  **Honey Chicken Roll (Skinless) with sweet sauce**
- (b)  **Steamed Glutinous Rice Kueh**
- (c) Baked Almond Puff

8. Desserts - (less syrup)

- (a) **Red Bean Soup**
- (b) **Green Bean Soup**
- (c) **Pulut Hitam (No coconut milk)**
- (d) **Tropical Fruit Platter**

9. Beverages—(less sugar)

- (c) **Homemade Barley**
- (d) **Homemade Orange Juice**

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