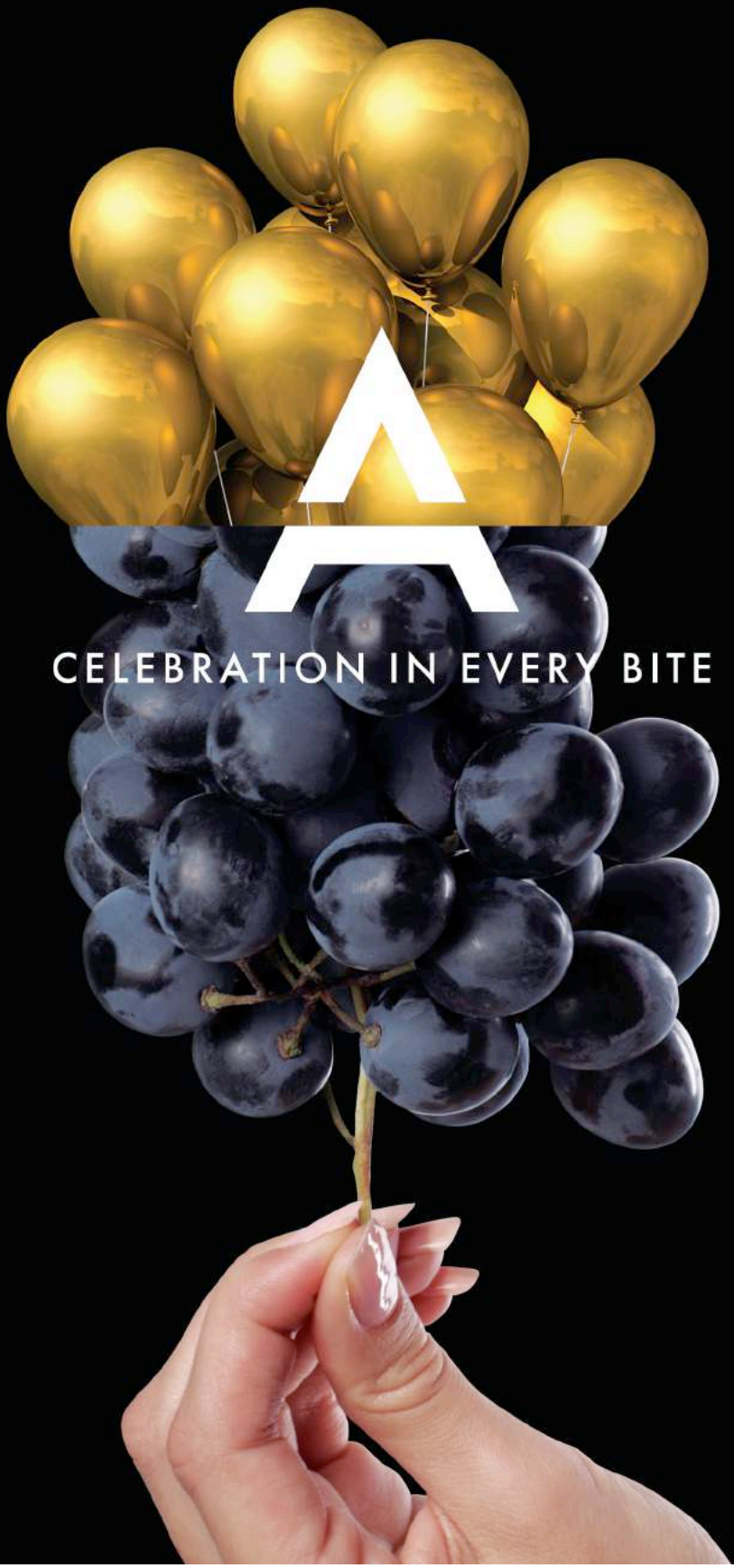
Menu

Healthy Buffet Menu



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HEALTHY BUFFET MENU 1

$18+ Per Guest for Minimum 50 Guests

APPETIZER | SALAD

Green Garden Salad (V)

(Served with Corn, Cherry Tomatoes, Cucumber, Raisins, Walnut, Chickpeas with two dressing)

MAIN COURSE

Wok Fried Vegetarian Vermicelli

(Stir Fried Brown Rice Beehoon)

Steamed Rice

(Steamed Brown & Red Rice)

Mix Garden Vegetables

(Broccoli, Carrots & Cauliflower)

Cantonese Steam Fish

(Boneless Fish Steams in Cantonese Style)

Cajun Rubbed Roasted Chicken

(Boneless Chicken Marinated with Homemade Spices)

Vegetarian Spring Roll (*DF)

DESSERT

Fresh Fruit in Cuppa

BEVERAGES

Plain Water

Package includes:
- Complete buffet setup
- Full set of Bio-Degradable utensils
- Thematic decoration and colour theme

Extra Charges
- Uniformed butler staff in attendance - $80 - 4 Hours

Delivery Charges Apply

(*DF) denote Deep Fried Items
All dishes & staples prepared using healthier cooking oil & wholegrain ingredients
Rice staples consist a mixture of 50% Brown Rice & 50% Red Rice

HEALTHY BUFFET MENU 2

$20+ Per Guest for Minimum 50 Guests

APPETIZER | SALAD

Japanese Silken Tofu Salad (V)
(Served with Japanese Tofu with Roasted Sesame Dressing & Barley)

HOT SELECTIONS

Pasta Aglio Olio
(Wholemeal Pasta, Capsicum, Mushrooms, Garlic & Onions)

Thai Fried Rice
(Brown & Red Rice, Pineapples & Spring Onions)

Kai Lan with Assorted Mushrooms
(Wok Fried Kai Lan with Shitake and Button Mushrooms)

Batter Fried Fish with Tartar Dip (*DF)
(Crispy Golden Fried Tempura Fish with Tartar Dip)

Chicken Tikka
(Boneless Chicken Leg Marinated in Spicy Yoghurt)

Steamed Chicken Siew Mai

DESSERT

Fresh Fruit Cuppa

Grass Jelly with Longan

BEVERAGES

Plain Water

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- Thematic decoration and colour theme

Extra Charges
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HEALTHY BUFFET MENU 3

$22+ Per Guest for Minimum 30 Guests

APPETIZER | SALAD

Greek Salad (V)

(Served with Iceberg Lettuce, Feta Cheese, Red Capsicum, Olive, Cucumber, Tomatoes Onions & Herb Lemon Dressing)

HOT SELECTIONS

Hokkien Stir Fried Noodles

(Wok Fried Hokkien Style Wholemeal Noodle with Mushrooms)

Thai Fried Rice

(Brown & Red Rice, Pineapples, Spring Onion)

Oven Roasted Vegetables

(Zucchini, Baby Potatoes, Carrot, Capsicum & Onions)

Oven Baked Citrus Salmon

(Salmon Marinated in Homemade Lemon Rub with Asparagus)

Grilled Chicken Breast with Tomato Mushroom Sauce

(Chicken Breast Marinated in Fresh Thyme and Garlic)

Prawn Dumpling (*DF)

DESSERT

Fresh Fruit in Cuppa

Sea Coconut with Fruit Cocktail

BEVERAGES

Plain Water

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- Thematic decoration and colour theme

Extra Charges
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HEALTHY BUFFET MENU 4

$24+ Per Guest for Minimum 30 Guests

APPETIZER | SALAD

Mozzarella & Tomato Caprese
Healthy Minestrone Soup

STAPLES

Wholemeal Pasta with Beef/Chicken Bolognaise
Pineapple Fried Rice

VEGETABLES (choice of one)

Broccoli with Superior Oyster Sauce & 24hr Braised Mushroom
Sautéed French Bean with Sundried Tomatoes

MEAT

Sarawak Black Pepper Sautéed Beef Striploin & Onions
Pan Roasted Norwegian Salmon Fillet with Lemon Sauce
Chicken Katsu with Kewpie Mayonnaise (*DF)

DESSERT

Fresh Fruit in Cuppa
Sea Coconut with Fruit Cocktail

BEVERAGES

Plain Water

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- Thematic decoration and colour theme

Extra Charges
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HEALTHY BREAKFAST MENU 1

$24+ Per Guest for Minimum 30 Guests

ASSORTED BREAD BASKET
(Served With Butter & Jam By The Side)

Wholemeal Bread
Multigrain Bread
Dark Rye Bread
Butter Croissant

BREAKFAST CEREALS
(Served with Fresh milk & Skimmed Milk By The Side)

Wholegrain Cereal
Fruit Muesli
Granola

SALADS

Quinoa Cucumber Salad with Kidney Bean & Chickpea
Wholegrain Pasta Salad with Mushroom and Pesto

MAINS

Grilled Gourmet Sausage with Caramelized Onions
Slow Roasted Tomatoes
Hash Brown (*DF)
Baked Bean
Scramble Egg with Chives
Steamed Chicken Pau
Wok Fried Vegetarian Vermicelli

DESSERT

Fruit Yoghurt
Fresh Fruits in Cuppa

BEVERAGES

Hot Coffee & Tea (Served With Milk & Sugar By The Side)
Plain Water

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- Full set of Bio-Degradable utensils
- Thematic decoration and colour theme

Extra Charges
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Delivery Charges Apply

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HEALTHY BREAKFAST MENU 2

$22+ Per Guest for Minimum 30 Guests

ASSORTED BREAD BASKET
(Served With Butter & Jam By The Side)

Wholemeal Bread
Dark Rye Bread
Butter Croissant

BREAKFAST CEREALS
(Served with Fresh milk & Skimmed Milk By The Side)

Wholegrain Cereal
Fruit Muesli
Granola

SALADS

Cous Cous with Dried Fruits & Nuts Salad
Potato Salad with Sesame Dressing

MAINS

Sautéed Garden Mushrooms
Hash Brown (*DF)
Scramble Egg with Chives
Red Bean Pau
Oven Baked Chipolata Sausage with Roasted Peppers

DESSERT

Fresh Fruits

BEVERAGES

Hot Coffee & Tea (Served With Milk & Sugar By The Side)
Plain Water

Package includes:
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- Thematic decoration and colour theme

Extra Charges
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