Healthier Buffet Menu

HEALTHIER CHOICE
Health Promotion Board

Healthier Menu

Eat all foods in moderation

GRAIN

Healthier Buffet Menu

$13 ($13.91, incl. GST)
7 courses

$15 ($16.05, incl. GST)
9 courses

$20 ($21.40, incl. GST)
11 courses

Feed your body the right stuff and indulge in the tastiest healthy menu that tickles your senses and soul, specially crafted by Grain.

We use **healthier oil**
Eat all foods in moderation.

Wholegrain options
available here
Eat all foods in moderation.

Terms & Conditions

Our minimum order is for 30 people.

Delivery fee is $60 ($64.20, incl. GST).

Orders need to be finalised at least 4 working days before your event.

Orders have to be in 5 pax increments. Teardown time will be 3 hours from event serving time (latest 10:30PM).

Healthier Buffet
$13 Menu

Grains *(choose one)*

***Chinese Olive Fried Rice (V, L)**
with garlic and long bean
50% brown rice, 50% white rice

Thai Fried Pineapple Rice
with chicken floss, bawang goreng, and coriander
50% brown rice, 50% white rice

Pasta/Noodles *(choose one)*

Mushroom Garlic Fusilli (V)
with fresh herbs and cream sauce
100% wholegrain pasta

***Linguine Aglio Olio (V)**
with garlic and red chilli flakes
100% wholegrain pasta

Poultry *(choose one)*

***Grain Hainanese Chicken (L)**
with ginger puree, chilli sauce, and dark soy sauce

Damn Good Chicken Stew
with potato and onion

Fish *(choose one)*

Fish Fritters with Salted Egg Yolk (DF)
tossed with salted egg yolk sauce and curry leaf

***Dory Fillet in Aurora Sauce**
with tomato cream sauce, cherry tomato, and basil

Vegetarian *(choose one)*

***Luo Han Zhai (V)**
braised vegetables with mushroom and bamboo shoot

Nasu Dengaku (V, L)
miso-glazed eggplant with red-miso, spring onion, and sesame

Drink *(choose one)*

***Iced Lemon Tea**
chilled red tea with sliced kaffir lime

Lemongrass Bandung
with cinnamon

Complimentary plain water will be provided

Dessert

***Fruit Platter**

Mini Lemon Curd Tart
with torched italian meringue

** - Chef's recommendation*
(V) - Vegetarian
(L) - Lactose free
(DF) - Deep-fried

Healthier Buffet
$15 Menu

Grains *(choose one)*

Greek Rice Pilaf (V, L)
with dill, sultana, capsicum, and oregano
50% brown rice, 50% white rice

***Chinese Anchovy and Egg Rice**
with bean sprout, spring onion, garlic, fried shallot, egg
50% brown rice, 50% white rice

Pasta/Noodles *(choose one)*

***Linguine Aglio Olio (V)**
with garlic and red chilli flakes
100% wholegrain pasta

Mushroom Garlic Fusilli (V)
with fresh herbs, cream sauce
100% wholegrain pasta

Poultry *(choose one)*

Oven-roasted Honey Dijon Chicken (L)
with carrot and potato

Japanese Chicken Curry (L)
with carrot, onion, potato, and spring onion

Fish *(choose one)*

Plum Sweet and Sour Fish (L, DF)
with lime leaf, capsicum, carrot, and tomato

***Greek Baked Fish (L)**
with lemon, tomato, onion, and sweet paprika

Vegetarian *(choose one)*

Silken Braised Egg Tofu (V, L)
with mixed vegetables and vegetarian oyster sauce

***Broccoli and Shiitake Mushroom (V)**
with garlic, dark soy sauce, and almond flakes

Bites *(choose one)*

***Satay Chicken Bites (L)**
with peanut sauce

Buffalo Drumlets

Pastry

Mini Apple Tart
with salted butter crumble

Drink *(choose one)*

Honey Red Tea
with lemongrass and honey

***Chai Tea**
with cardamon, cinnamon and anise

Complimentary plain water will be provided

Fruit

Fruit Platter
selection of cut local fruit

** - Chef's recommendation*
(V) - Vegetarian
(L) - Lactose free
(DF) - Deep-fried

Healthier Buffet
$20 Menu

Grains *(choose one)*

***Dragon Well Basil Rice (V, L)**
with sesame oil, ku chye, and spring onion
40% brown rice, 30% black rice and 30% barley

Almond and Raisin Garlic Rice (V, L)
with california raisin, almond flakes and parsley
50% brown rice, 50% white rice

Pasta/Noodles *(choose one)*

***Pesto Linguine (V)**
with garlic, basil, parmesan, cherry tomato, and cashew nut *100% wholegrain pasta*

Mushroom Garlic Fusilli (V)
with fresh herbs, cream sauce
100% wholegrain pasta

Poultry *(choose one)*

***Poulet Saute Chasseur (L)**
seared chicken thigh with tomato, mushroom, and turkey bacon

Chicken Kurma Curry
with tomato and onion

Fish *(choose one)*

***Hong Kong Style Steamed Fish (L)**
fillet of toman with spring onion, ginger, and soy sauce

Poached Dory in Light Seafood Cream Sauce
with squid, mussel, and cream

Seafood *(choose one)*

Sotong Pedas (L)
with assam, ginger, and chilli

***Seafood Chawamushi**
with crab, clam, and shiitake mushroom

Vegetarian *(choose one)*

Baby Kai Lan (V)
with vegetarian oyster sauce and garlic chips

***Nimono (V, L)**
japanese vegetable stew with shiitake mushroom and bamboo shoot

Bites *(choose one)*

***Codfish Tofu Bites (DF)**
with korean chilli sauce

Lime Honey Winglets

Drink *(choose one)*

***Chrysanthemum Tea**
with ginseng

Kaffir Calamansi

Complimentary plain water will be provided

(Continue next page)

** - Chef's recommendation*
(V) - Vegetarian
(L) - Lactose free
(DF) - Deep-fried

Healthier Buffet
$20 Menu

Dessert *(choose one)*

Orh Nee (V, L)
steamed yam with coconut
milk and ginkgo nut

***Creme Brulee (V)**
baked custard with vanilla
and caramelised sugar

Pastry

Mini Chocolate Caramel Tart
with valrhona chocolate and
almond

Fruit

Fruit Platter
selection of cut local fruit

** - Chef's recommendation*
(V) - Vegetarian
(L) - Lactose free
(DF) - Deep-fried