

**HEALTHIER BUFFET TEA MENU A,B,C,D**

**MENU A :10 COURSE @ \$10.90 PER PAX**

**MENU B: 8 COURSE @ \$8.90 PER PAX**

**MENU C: 6 COURSE @\$6.90 PER PAX**

**MENU D: 4 COURSE @\$4.90 PER PAX**

**\*PLEASE SELECT ONE ITEM FROM EACH CATEGORY**

**\*\*PLEASE SELECT ONE OR NONE DEEP FRIED(\*DF)ITEM FOR THE WHOLE ORDER**

**ALL DISHES COOKED WITH HEALTHIER OIL**

Choose a maximum of 1 item with DF(Deep Fried)if there are 4-8 Dishes(Exclude Drinks)

Choose a maximum of 2 items with DF(Deep Fried) if there are 9 Dishes(Exclude Drinks)

**FINGERFOOD/DEEP FRIED**

Pan Fried Carrot Cake  
Pan Fried Yam Kueh  
Steamed Honey Bbq Pau  
Steamed Chwee Kueh  
Steamed Soon Kueh  
Steamed Mini Siew Mai  
Steamed Vegetables  
Steamed Mushrooms Mai  
Steamed Har Kow  
Steamed Yam Cake  
Steamed Prawn Dumpling  
Steamed Crystal Pau  
Steamed Chee Cheong Fun  
Steamed Colourful Cupcake

**(All THE ABOVE SERVED WITH SWEET SAUCE & CHILLI)**

Cocktail Tuna Sandwiches (wholemeal Bread)  
Cocktail Chicken Ham Sandwiches (Wholemeal Bread)  
Cocktail Sardine Sandwiches (Wholemeal Bread)  
Cocktail Egg Sandwiches (Wholemeal Bread)  
Cocktail Cheese Sandwiches (Wholemeal Bread)  
Mini Oven Bake Curry Puffs  
Mini Oven Bake Chicken Pie  
Mini Oven Bake Apple Crumble  
Pan Fried Dumpling (Gzoza) With Ginger & Vinegar

### PASTRIES

Assorted Tea Cakes  
Mini Chocolate Éclair  
Mini Egg Tarlet  
Mini Swiss Rolls  
Mini Fruit Tarlet  
Mini Vanilla & Choc Cream Puff  
Mini Doughnuts  
Mini Muffin  
Mini Swiss Rolls  
Baked Tuna Puffs

### FINGERFOOD/DEEP FRIED

Honey Grilled Chicken Drumlets & Winglets  
Mini Pizza  
Fried Samosa s (DF)  
Fried Chicken Wanton (DF)  
Fried Fishball (DF)  
Fried Cuttlefish Ball (DF)  
Fried Chicken Nuggets (DF)  
Fried Mini Sesame Ball (DF)

### RICE & NOODLES ( Staples Is Made Of Wholemeal Grains)

Dry Mee Siam (Mixed Grains)  
Fried Bee Hoon (Mixed Grains)  
Mee Goreng (Wholemeal Yellow Noodles)  
Nasi Lemak (20% White Grains Rice)  
Nonya Manis Signature Mee Siam (Mixed Grains)  
Oriental Fried Rice (20% White Grains Rice)  
Vegetarian Fried Rice (20% White Grains Rice)  
Vegetarian Bee Hoon (Mixed Grains)  
Chye Poh Kway Teow (Mixed Grains)

**DESSERT (Compliment Tropical Fresh Fruit Platters)**

Assorted Nonya Kueh  
Agar Agar Fruit Cocktail  
Bubur Cha Cha  
Bubur Terigu  
Bubur Kacang Hijau  
Chilled Sea Coconut With Tadpoles  
Chilled Sago With Honeydew & Melon  
Cheng Tng  
Grass Jelly With Longan  
Longan Beancurd  
Nagasturi  
Pulot Hitam Separate Coconut

**BEVERAGES ( Compliment Plain Water)**

Guava (Less Sweet)  
Ice Lemon Tea (Less Sweet)  
Lemon Barley(Less Sweet)  
Orange Squash (Less Sweet)  
Rose Syrup (Less Sweet)  
Tropical Fruit Punch (Less Sweet)  
Coffee Kosong (Separate Sugar, Cream & Carnation Milk)  
Tea Kosong (Separate Sugar, Cream & Carnation Milk)

**HEALTHIER BUFFET LUNCH / DINNER MENU A,B,C****MENU A :9 COURSE @ \$11.90 PER PAX****MENU B: 9 COURSE @ \$13.90 PER PAX****MENU C: 10 COURSE @\$16.90 PER PAX****\*PLEASE SELECT ONE ITEM FROM EACH CATEGORY****\*\*PLEASE SELECT ONE OR NONE DEEP FRIED(\*DF)ITEM FOR THE WHOLE ORDER****ALL DISHES COOKED WITH HEALTHIER OIL****MEAT & POULTRY**

Ayam Ponteh  
Ayam Masak Nanas  
Ayam Buah Keluak  
Ayam Masak Merah  
Ayam Opor Lemak Padi  
Assorted Satay With Comdiments  
Beef Stew With Potato & Carrot  
Beef Rendang  
Blueberry Chicken Royale  
Chicken Rendang  
Cantonese Soya Sauce Chicken (Skinless)  
Grilled Honey Chicken Winglets  
Mutton Rendang  
Nonya Manis Chicken Curry  
Nonya Manis Ayam Tempura  
Stir Fried Chicken With Basil Leaves  
Smoked Duck With Black Pepper  
Sweet & Sour Roasted Chicken Fillet  
Stir Fried Beef With Black Pepper Sauce  
Stir Fried Beef With Teriyaki Sauce & Thai Basil  
Szechuan Chicken  
Teriyaki Chicken  
Pandan Chicken (DF)  
Paperwrap Chicken (DF)

**SEAFOOD (FISH / PRAWN)**

Black Pepper Prawn  
 Cantonese Style Steamed Fish Fillet In Soya Sauce  
 Curry Assam Fish Fillet  
 Grilled Prawn With Homemade Sambal  
 Steamed Dory Fillet With Spicy Sauce  
 Steamed Stringray Assam  
 Sambal Udang With Petai  
 Udang Masak Nanas  
 Har Lok Prawn  
 Fragrants Oats Prawns (DF)  
 Oats Fish Salted Egg Fish Fillet (DF)  
 Sweet & Sour Fish (DF)  
 Thai Style Fish Fillet (DF)  
 Otah Otah In Banana leaf (Grilled)  
 Steamed Fish Fillet With Chye Poh (Grilled)  
 Sambal Sotong (Grilled)

**SIDE DISH**

Braised Japanese Coin Beancurd With Mushroom & Assorted Capsuim  
 Braised Beancurd  
 Broccoli & Beancurd  
 Crabstick Egg Fu Yong  
 Golden Beancurd With Thai Sauce  
 Golden Beancurd Topped With Salad & Special Sauce  
 Ma Por Dou Fu  
 Otah otah In Banana Leaf  
 Soft Beancurd With Minced Chicken  
 Scrambled Egg With Tomato  
 Steamed Tofu  
 Stirred Fried Egg, Chai Poh, Long Bean & Eggs  
 Sambal Goreng With Tempe & Taukwa  
 Sambal Hard Boil Egg  
 Steamed Eggs With Spring Onion  
 Yong Tau Foo Lemak

**Bargedil (DF)**

Deep Fried Golden Fishball (DF)  
 Deep Fried Crunchy Cuttlefish Balls (DF)  
 Deep Fried Supreme Samosa (DF)  
 Deep Fried Spring Rolls (DF)  
 Fish In Homemade Sauce (DF)  
 Sambal Fish Ball (DF)

### VEGETABLES

Broccoli & Cantonese Stewed Mushroom  
Stirred Fried Seasonal Green Vegetables With Carrots & Assorted Mushroom  
Steamed Cabbage Roll & Mushroom Sauce  
Mixed Vegetables Deluxe  
Nonya Chap Chye  
Sayur Lemak Lodeh  
Tahu Lemak  
Stir Fried Vegetables  
Yong Tofu With Black Beans

### RICE & NOODLES

Dry Mee Siam (Mixed Grains)  
Fried Bee Hoon (Mixed Grains)  
Mee Goreng (Wholemeal Yellow Noodles)  
Nonya Fried Rice (20% White Grains Rice)  
Nasi Lemak (20% White Grains Rice)  
Nasi Kuning (20% White Grains Rice)  
Nonya Manis Signature Mee Siam (Mixed Grains)  
Nasi Briyani (20% White Grains Rice)  
Oriental Fried Rice (20% White Grains Rice)  
Thai Pineapple Rice (20% White Grains Rice)  
Vegetarian Fried Rice (20% White Grains Rice)  
Vegetarian Bee Hoon (Mixed Grains)  
Yam Rice (20% White Grains Rice)  
Steamed Mixed Brown Rice (20% Brown Rice)

### DESSERT ( With Compliments Fresh Fruit Platter)

Assorted Nonya Kueh  
Agar Agar Fruit Cocktail  
Bubur Cha Cha  
Bubur Terigu  
Bubur Kacang Hijau  
Chilled Sea Coconut With Tadpoles  
Chilled Sago With Honeydew & Melon  
Cheng Tng  
Grass Jelly With Longan  
Longan Beancurd  
Nagasturi  
Pulut Hitam Separate Coconut

PASTRIES

Assorted Tea Cakes  
Mini Chocolate Éclair  
Mini Egg Tarlet  
Mini Swiss Rolls  
Mini Fruit Tarlet  
Mini Vanilla & Choc Cream Puffs  
Mini Doughnuts  
Mini Muffin

BEVERAGES ( With Compliments Plain Water)

Guava (Less Sweet)  
Ice Lemon Tea (Less Sweet)  
Lemon Barley (Less Sweet)  
Orange Squash (Less Sweet)  
Rose Syrup (Less Sweet)  
Coffee (Separate Sugar, Cream & Carnation Milk)  
Tea (Separate Sugar, Cream & Carnation Milk)

