1 KAKI BUKIT ROAD 1, ENTERPRISE ONE,
#05-16 S(415934)
Tel: 62788414 Fax: 62787414

Email: sales@pinesfood.com.sg

Co / GST Reg No.: 201433054H

NEA Licence No: W95041C000

$8.00 BUFFET MENU FOR MIN 50 PAX

- ✓ Delivery charge is **$40.00** (Free transport for orders **> $800**)
- ✓ Healthier Oil is being Used in All Dishes
- ✓ Choose 7 Items + 1 Beverage
- ✓ Allowed to choose a max of 1 item with DF (Deep Fried) in the whole order

STAPLE FOOD – SELECT 1 ITEM

- ☐ Steam Brown Rice (100%)
- ☐ Yang Chow Fried Brown Rice (50%)
- ☐ Vegetarian Saffron Lemongrass Brown Rice w Ginger (50%)
- ☐ Vegetarian Brown Rice Nasi Goreng (50%)
- ☐ Kampong Style Brown Rice Mee goreng (10%)
- ☐ Sinchew Fried Brown Rice Vermicelli (80%)

VEGETABLES – SELECT 1 ITEM

- ☐ Stir-fry Seasonal Greens with Shimeiji Mushrooms
- ☐ Nonya Chap Chye
- ☐ Stir-fry Shredded Cabbage w Tomatoes
- ☐ Curry Vegetables with Tapo
- ☐ Lohan Chye
- ☐ Green Salad Bowls with boiled Eggs & Chicken cubes

CHICKEN – SELECT 1 ITEM

- ☐ Roasted Chicken with Black Pepper Sauce
- ☐ Braised Oyster & Sesame Chicken
- ☐ Healthy Steam Chicken (Skinless) with Mushrooms
- ☐ Szechuan Kungpow Chicken
- ☐ Chicken Curry
- ☐ Ayam Bakar Manis

FISH – SELECT 1 ITEM

- ☐ Steamed Fish Fillet with Nonya Assam Sauce garnish with Egg Plant, Lady's Finger, Tomatoes & Onions
- ☐ Stir-fry fish with Ginger & Spring Onions
- ☐ Baked Fish In Tom Yam Sauce
- ☐ Grilled Mackerel Otak-Otak In Banana Leaf
- ☐ Par Fry Sweet & Sour fish
- ☐ Baked Fish with Cream Corn Sauce

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OTHERS – SELECT 2 ITEMS

- ☐ Steam Silken Bean Curd with Minced Prawns glazed with Garlic Soy Dressing
- ☐ Hong Siew Beancurd with Mushroom Sauce
- ☐ Steam Rainbow Tofu Vegetarian
- ☐ Prawn Omelet
- ☐ Stirfry Potatoes with Minced Chicken in Bean Sauce
- ☐ Oriental Style Steam Egg
- ☐ Masala Chic Peas with Potatoes
- ☐ Boiled Seafood Jiao Zhi
- ☐ Aloo Gobi

OPTIONAL – DF (Deep Fried)

- ☐ Mini Spring Roll
- ☐ Tom Yam Fish Cake
- ☐ Prawn Wanton
- ☐ Seafood Ngoh Hiang
- ☐ Canton Prawn Roll

DESSERT – SELECT 1 ITEMS

- ☐ Fresh Fruit Platter
- ☐ Fruit Salad Bowl
- ☐ Green Bean Sweet Potato Sweets
- ☐ Fruit Jellies (Less Sweet)
- ☐ Mango Pudding (Less Sweet)
- ☐ Chocolate Eclairs

BEVERAGE – SELECT 1 ITEM

- ☐ Plain Water (default)
- ☐ Green Tea (Hot/Cold) (No sugar)
- ☐ Iced Lemon Tea (Hot/Cold) (Less Sweet)
- ☐ Homemade Barley (Hot/Cold) (Less Sweet)
- ☐ Chilled Orange Cordial

PINES
FOOD DELIGHT PTE LTD

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$12.00 BUFFET MENU FOR MIN 30 PAX

- ✓ Delivery charge is **$40.00** (Free transport for orders **> $800**)
- ✓ Choose 9 Items + 1 Beverage
- ✓ Allowed to choose a max of 2 items with DF (Deep Fried) in the whole order
- ✓ Healthier Oil is being Used in All Dishes

STAPLE FOOD – SELECT 1 ITEM

- ☐ Hakka Style Steam Brown Rice Garnish with Two varieties of Green Vegetables & Baked Bean Curd
- ☐ Nasi Bojari with Brown Rice (50%)
- ☐ Wholegrain Thai Style Pineapple Fried Rice (50%)
- ☐ Oriental Style Brown Rice in Lotus Leaf (50%)
- ☐ Japanese Steam Brown Rice (100%)

VEGETABLES – SELECT 1 ITEM

- ☐ Stir-fry Seasonal Greens with Shimeiji Mushrooms
- ☐ Nonya Chap Chye
- ☐ Stirfry Broccoli with Summer greens
- ☐ Caesar Salad with cherry tomatoes,boiled eggs & crouston
- ☐ ABC Salad with Frisee Greens
- ☐ Vegetarian Lohan Chye

CHICKEN – SELECT 1 ITEM

- ☐ Japanese Grilled Teriyaki Chicken
- ☐ American Roasted Chicken with Herbs
- ☐ Healthy Steam Chicken (Skinless) with Black Fungus, Wolfberry & Ginger
- ☐ Szechuan Kungpow Chicken
- ☐ Chicken Curry with Potatoes
- ☐ Szechuan Kungpow Chicken

SEAFOOD – SELECT 2 ITEMS

- ☐ Mexican Fish Stew
- ☐ Thai Style Fish with Asian Slaw
- ☐ Baked Fish In Black Pepper Sauce
- ☐ Fish In Fruits Sauce
- ☐ Stir-fried Prawns with Celery & Capsicum
- ☐ Sambal Pineapple prawns
- ☐ Sotong Hitam Manis

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OTHERS – SELECT 2 ITEMS

- ☐ Chef Tofu with Jiaxiang Sauce
- ☐ Silken Beancurd with Enoki Mushrooms
- ☐ Steam Chawanmushi with Gingko Nuts & Fresh Mushroom
- ☐ Low Fat Mutton Rendang
- ☐ Stirfry Beef with Spring Onion & Ginger
- ☐ Swedish Beef Balls in Pronto Sauce
- ☐ Gado Gado
- ☐ Aloo Gobi
- ☐ Penang Style Fried Wholemeal Kway Teoh
- ☐ Yakitoba Wholemeal Mee Tai Mai with Vegetables

OPTIONAL – DF (Deep Fried)

- ☐ Wasabi Mayo Prawns
- ☐ Indonesian Udang Bawang Goreng
- ☐ Butter Cereal Squids
- ☐ Canton Prawn Roll
- ☐ Japanese Gyoza with vinegar dip
- ☐ Vegetable Fritter

DESSERT – SELECT 1 ITEM

- ☐ Fresh Fruit Platter
- ☐ Grass Jelly with Fruit Cocktail (Less Sweet)
- ☐ Soya Beancurd Pudding (Less Sweet)
- ☐ Cheng Thng (Less Sweet)
- ☐ Chilled Aloe Vera with Wolfberry (Less Sweet)

BEVERAGE – SELECT 1 ITEM

- ☐ Plain Water (Complimentary)
- ☐ Chilled Lemon Tea (Less Sweet)
- ☐ Hot Tea & Coffee (Low fat milk & sugar on side)
- ☐ Homemade Barley (Hot/Cold) (Less Sweet)
- ☐ Green Tea (Hot/Cold)
- ☐ Chilled Fruit Punch (diluted /less sweet)

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$16.00 BUFFET MENU FOR MIN 25 PAX

- ✓ Delivery charge is **$40.00** (Free transport for orders **> $800**)
- ✓ Choose 10 Items + 1 Beverage
- ✓ Allowed to choose a max of 2 items with DF (Deep Fried) in the whole order
- ✓ Healthier Oil is being Used in All Dishes

STAPLE FOOD – SELECT 2 ITEMS

- ☐ Seafood Steam Brown Rice (100%)
- ☐ Chiang Mai Thai Fried Brown Rice (100%)
- ☐ Vegetarian Saffron Lemongrass Brown Rice w Ginger
- ☐ Wholegrain Wheat Pasta Bolognese (100%)
- ☐ Laksa whole grains vermicelli (10%)
- ☐ Braised Wholemeal Mee Pok with Seafood (10%)

VEGETABLES – SELECT 1 ITEM

- ☐ Stir-fry Chinese Milk Cabbage with Wolfberry
- ☐ Three Eggs Chinese Spinach with Garlic
- ☐ Poached Shanghainese Green Vegetables with Mushroom Sauce
- ☐ Stir-fried Mixed Greens with Snow Pea, Lotus Root & Ginkonuts
- ☐ Stirfry Broccoli with Summer Greens
- ☐ Chef's Salad with Flinder Greens

CHICKEN – SELECT 1 ITEM

- ☐ Baked Chicken Rubbed with Mediterranean Spices (rosemary, cumin, oregano & coriander & cinnamon)
- ☐ Braised Chicken with Chestnut
- ☐ Masala Chicken with Yoghurt
- ☐ Vietnamese Grilled Lemongrass Chicken
- ☐ Thai Style Basils Chicken
- ☐ Roasted Shatin Chicken

SEAFOOD – SELECT 1 ITEMS

- ☐ Steamed Fish Fillet with Nonya Assam Sauce garnish with Egg Plant, Lady's Finger, Tomatoes & Onions
- ☐ Thai Style Steam Squid with Lime & Garlic
- ☐ Sauteed Fish with Wild Yam & Lily Buds
- ☐ Baked Fish In Cream Chives Sauce
- ☐ Nonya Lemak Prawns
- ☐ Stir-fried Prawns with Celery & Capsicum

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OTHERS – SELECT 2 ITEMS

- ☐ Spinach Tofu with Shimeji Mushrooms & greens
- ☐ Chef's Beancurd with Crab Sauce
- ☐ Irish Lamb Stew with Vegetables
- ☐ Lamb Keema Balls in Korma Sauce
- ☐ Korean Bulgoghi Beef with Onions
- ☐ Korean Seafood Tofu Stewed
- Sauteed Potato with Portobello mushrooms
- ☐ Seafood Enchiladas
- ☐ Clear Spinach & Anchovies Soup
- ☐ Clear Tofu & Seaweed Soup

OPTIONAL – DF (Deep Fried)

- ☐ Deep Fried Shrimp Paste Chicken
- ☐ Korean Fried Chicken
- ☐ Salad Prawns with Sesame
- ☐ Seafood Tofu Cake with water chestnut
- ☐ Vegetarian Vadai / Dhaal Fritter
- ☐ Vegetarian Potato Bergedil

DESSERT – SELECT 2 ITEM

- ☐ Fresh Fruit Platter
- ☐ Konnyaku Jelly with Fruit Cocktail (Less Sweet)
- ☐ Thai Selasi Jelly / Rainbow Jelly
- ☐ Cold Cheng Thng (Less Sweet)
- ☐ Chilled Aloe Vera with Longan & Wolfberry (Less Sweet)

APPETIZER– SELECT 1 ITEM

- ☐ Prawn Cocktail with Crunchy Greens
- ☐ Green Apple & Walnut Salad
- ☐ Japanese Pear & Cucumber Salad
- ☐ Classic Quiches

BEVERAGE – SELECT 1 ITEM

- ☐ Plain Water (Complimentary)
- ☐ Chilled Rose Tea with Honey (Less Sweet)
- ☐ Hot Tea & Coffee (Low fat milk & sugar on side)
- ☐ Homemade Barley (Hot/Cold) (Less Sweet)
- ☐ Green Tea (Hot/Cold)

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BUFFET / DINNER MENU FOR MIN 40 PAX

- ✓ Delivery charge is **$40.00** (Free transport for orders **> $800**)
- ✓ Healthier Oil is being Used in All Dishes
- ✓ Choose one between Menu A & Menu B

MENU A - $8.00 PER PAX

- Steam Brown Rice (50%)
- Oven Baked Chicken with Mushroom Sauce
- Nonya Assam Fish
- Stirfry Seasonal Greens with Garlic
- Silken Tofu Stewed with Crab Bites
- Sauteed Pumpkin with Dried Shrimps & Potatoes'
- Fresh Fruits Platter
- Chilled Orange Cordial (dilute , less sweet)
- Iced Water

MENU B - $10.00 PER PAX

- Japanese Style Fried Brown Rice with Eggs & Shrimps
- Steam Skinless Chicken with ginger , wolfberry & black fungus
- Stirfry Chinese Spinach with garlic
- Rainbow Tofu Stewed with corn kernel , green peas, diced carrot carrot & mushrooms
- Sambal Prawns
- Par Fry Sweet & Sour Fish
- Vegetarian Lohan Chye with Beancurd Skin
- Fresh Fruits Platter
- Passion Fruit Jellies
- Homemade Cold Chrysanthemun Tea
- Iced water

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BUFFET / DINNER MENU FOR MIN 30 PAX

- ✓ Delivery charge is **$40.00** (Free transport for orders **> $800**)
- ✓ Healthier Oil is being Used in All Dishes
- ✓ Choose one between Menu A , Menu B & Menu C

MENU A - $12.00 PER PAX

- Healthy Thunder Tea Brown Rice with Assorted Vegetables
- Slow Cooked Skinless Chicken with chestnut
- Baked Fish with Thai Tom Yam Sauce
- Nonya Chap Chye
- Golden Sands Prawns
- Caesar Salad with Dressing
- Chef's Tofu with Jiaxiang Sauce
- Lemak Squids
- Fresh fruits Platter
- Chilled Chin Chow Drinks
- Iced Water

MENU B - $15.00 PER PAX

- Wholegrain Nasi Bojari (steam brown rice with onion, garlic, ginger , lemongrass, candle nut , turmeric , ginger flower)
- Sambal Prawns with Tomatoes & Pineapple
- Ayam Bakar Berempah
- Stirfry Broccoli with Summer Greens
-
- Golden Seafood Balls (DF)
- Vegetarian Aloo Gobi
- Oven Baked Fish tikka
- Fresh Fruits Salad Bowls
- Chilled Aloe Vera Crystal Jelly with Honey Lemon
- Chilled Lemongrass Drinks
- Iced water

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- ✓ Healthier Oil is being Used in All Dishes
- ✓ Choose one between Menu A , Menu B & Menu C

MENU C - $20.00 PER PAX

- ☐ WHOLEGRAIN SEAFOOD SAFFRON STEAM RICE WITH MUSSELS , CLAMS , SQUIDS & BABY SPINACH
- ☐ Sautéed Fish Fillet with Wild yam , Lotus Roots , Snow Peas , Arrowheads & Wolfberries
- ☐ Masala Chicken with low fat Yoghurt & Spices
- ☐ Prawn In Pumpkin sauce
- ☐ Steam Vegetable Medley
- ☐ Baked Scallop Mornay
- ☐ Spinach Tofu with Shimeji Mushrooms on Bed of Greens
- ☐ Buckwheat Pasta Salad with Portobello Mushrooms OR Japanese Tofu Salad with Sesame Dressing
- ☐ Steam Handmade Jiao Zhi
- ☐ Fresh Fruits Platter
- ☐ Double Boiled Pear with Chinese Almonds , Honey Dates & Lily Buds (hot or cold)
- ☐ Hot Tea & Coffee (sugar & low fat milk placed on the side)
- ☐ Twelve Red Fruit Juice
- ☐ Iced Water