seyu
exquisite catering

You Tasted The Rest
Now Try The Best

HEALTHIER CHOICE FULL DAY SEMINAR MENU

MORNING BREAK @ $6.50/PAX (MIN 30 PAX)

MENU A
Steamed Chicken Siew Mai
Brown Wheat Vegetarian Bee Hoon (Vegetarian)
Fresh Fruit Platter
Coffee & Tea (Sugar & Creamer Separate)
Complimentary Plain Water

MENU B
Steamed Seafood Cabbage Roll
Wholemeal Vegetable Sandwiches (Vegetarian)
Fresh Fruit Platter
Coffee & Tea (Sugar & Creamer Separate)
Complimentary Plain Water

MENU C
Wholemeal Pancake with Honey (Vegetarian)
Steamed Carrot Cake
Fresh Fruit Platter
Coffee & Tea (Sugar & Creamer Separate)
Complimentary Plain Water

MENU D
Crepe with Tuna Fillings
Steamed Yam Pao (Vegetarian)
Fresh Fruit Platter
Coffee & Tea (Sugar & Creamer Separate)
Complimentary Plain Water

MENU E
Sin Chow Brown Wheat Bee Hoon
Baked Honey Glazed Chicken Mid Wings
Fresh Fruit Platter
Coffee & Tea (Sugar & Creamer Separate)
Complimentary Plain Water

MENU F
Wholemeal Egg Sandwich
Steamed Vegetable Pao (Vegetarian)
Fresh Fruit Platter
Coffee & Tea (Sugar & Creamer Separate)
Complimentary Plain Water

MENU G
Steamed Chee Cheong Fun (Sauce Separate)
Steamed Har Gow
Fresh Fruit Platter
Coffee & Tea (Sugar & Creamer Separate)
Complimentary Plain Water

AFTERNOON BREAK @ $4.50/PAX (MIN 30 PAX)

MENU

Fruits in Cup

Terms & Conditions
Complete table layout with skirting and warmers I Full set of disposable wares & serviette provided I Transportation fee of $50.00 per trip
An additional surcharge of $10 will apply for delivery to offshore areas (Sentosa and Jurong Island)
Increment of order must be in multiple of 5pax
Food is best consumed within 3 hours for each session
We reserve the right to change the dish to another of equivalent value without prior notice, due to seasonality

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HEALTHIER CHOICE FULL DAY SEMINAR MENU

$12.00 Per Pax ($12.84 W/ GST)

Poultry (select 1)

Curry Chicken with Low Fat Milk
Honey Baked Chicken
Braised Chicken in Tomato Puree

Fish (select 1)

Hong Kong Style Steam Fish
Ginger & Onion Poached Fish Fillet
Orange Fish Fillet with Trio Capsicum

Beancurd (select 1)

Egg Tofu in Hot Plate Style
Mapo Tofu *
Cereal Fried Tofu *

Vegetable (select 1)

Poached Broccoli with Carrots & Oyster Sauce *
Sauteed Green Pea with Straw Mushroom & Carrots *
Golden Pumpkin Tossed with Mixed Vegetables *

Noodle / rice (select 2 – 50% each)

Brown Wheat Bee Hoon Vegetarian Style *
Brown Wheat Spaghetti in Aglio Olio Style *
Fried Brown Rice with Mixed Vegetables *

Dessert (select 1) – reduced sugar

Aloe Vera with Sea Coconut
Fresh Fruit Platter
Green Bean Soup

Beverage (select 1)

Homemade Barley Drink (Reduced Sugar)
Honey Lemon Drink

Complimentary

Plain Water / Bottled Mineral Water

* Items can be done in vegetarian*

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