

## Healthier Choice Bento Menu

\$6.00 – 1 Staple, One dish (Chicken OR Fish), One Vegetables & One Side

\$7.00 – 1 Staple, Two dishes (Chicken OR Fish), One Vegetables & One Side

**\*\*Healthier oils are used in preparing the dishes**

### Staple

1. Brown Rice
2. Brown Rice Noodles

### Chicken

1. Steamed Ginger Chicken
2. Saute Tomato Carrot Chicken
3. Braised Chicken
4. Baked Tandoori Chicken Breast
5. Baked Kikoman Chicken
6. Steamed Chicken in Tea Leaves
7. Steamed Chicken Breast with Ginger Spring Onion

### Eggs/Tofu

1. Poached Eggs in Kikoman Sauce
  2. Steamed Soya Bean with Eggs
  3. Steamed Eggs with Sesame Sauce
  4. Steamed Tofu with Chicken Floss
  5. Steamed Tofu with Mushroom
  6. Steamed Tofu with Radish & Chili
  7. Agedashi Tofu
  8. Steamed Tofu with Leeks
- \*\*\*Option to substitute Side to Fresh Fruits**

### **Fish**

1. Steamed Fillet in Thai Sauce
2. Hong Kong Style Steam Fillet
3. Baked Fish Fillet in Kikoman Sauce
4. Teochew Style Steamed Fish
5. Baked Black Pepper Fillet
6. Steamed Ginger Fish
7. Baked Fish Fillet in Black Bean Sauce
8. Baked Fish Fillet in Garlic Oyster Sauce
9. Steamed Fish Fillet with Chili & Soya Bean Sauce
10. Assam Fish
11. Ikan Belado **(DF)**

### **Vegetables**

1. Saute Lady Fingers with Tomato
2. French Beans with Radish
3. Saute Potato Oyster Sauce
4. Steamed Cabbage with Mushroom
5. Poached Cabbage in Light Sauce
6. Garden Mixed Vegetables
7. Saute Spinach
8. Steamed Broccoli with Egg White Sauce