



HEALTHIER CHOICE MENUS

SPRING OCEAN FOOD SUPPLIES

(GST Registration No. 201624070R)

3017 BEDOK NORTH STREET 5 #06-21/22

GOURMET EAST KITCHEN

SINGAPORE 486121

TEL. 6748 6041

FAX. 6441 4523

EMAIL. SALES@SPRINGOCEAN.COM

WWW.SPRINGOCEAN.COM

 SPRINGOCEANFOODSUPPLIES 



HIGH TEA MENU

(MENU WILL BE CUSTOMISED BASED ON BUDGET)

(-only 1 deep fried item is offered for 4-8 item menus-)

(-maximum of 2 deep fried items is offered for ≥ 9 items-)

STAPLE

fried vermicelli with vegetable*
sinchow vermicelli*
mee siam dry*
mee goreng*
fried rice**
yangchow fried rice**
pineapple fried rice**
butter rice with raisin**

PASTRY

pandan chiffon cake
assorted nyonya kueh
curry puff
apple crumble
chocolate éclair
cream puff
swiss roll
butter cake
fruit tart
egg tart
mini fa gao
ang ku kueh

DIM SUM

yam kueh
pumpkin kueh
siewmai
soon kueh
chee cheong fun
carrot cake
chwee kueh
chinese chives dumpling
cabbage dumpling

DESSERT

fresh cut fruit (recommended)
konnyaku jelly
agar agar
honeydew sago
bubur cha cha
tau suan
orh ni (yam paste)
almond jelly with longan
grass jelly with longan
sea coconut with fruit cocktail

SANDWICH

wholemeal egg mayonnaise sandwich
egg mayonnaise in baguette
wholemeal tuna sandwich
wholemeal vegetarian sandwich
wholemeal hotdog roll
wholemeal otah sandwich

FINGER FOOD

chicken satay
mutton satay
beef satay
otah
otah in banana leaf
chicken yakitori
baked spring roll
grilled hot dog
baked chicken nugget
baked curry samosa
baked yam samosa
grilled mini cheese sausage
grilled chicken middle wing
sambal grilled chicken
chicken nugget (deep fried)
curry samosa (deep fried)
yam samosa (deep fried)
spring roll (deep fried)
sotong ball (deep fried)
breaded scallop (deep fried)
fish ball (deep fried)
sambal fish ball (deep fried)
squid cheese net ball (deep fried)
seafood beancurd roll with salad sauce (deep fried)

BEVERAGE

iced water^
coffee (sugar and creamer on the side)
tea (sugar and creamer on the side)
cordial (fruit punch, orange, pink guava)

*made with brown rice/wholegrain alternatives | ** contains 10% brown rice,
10% red rice and 80% polished rice | ^complimentary item |

healthier choice cooking oils used in the preparation of this menu

LUNCH/DINNER MENU

(MENU WILL BE CUSTOMISED BASED ON BUDGET)

(-only 1 deep fried item is offered for 4-8 item menus-)

(-maximum of 2 deep fried items is offered for ≥ 9 items-)

NOODLE

fried vermicelli with vegetable*
sinchow vermicelli*
mee siam dry*
mee goreng*
fried chinese vermicelli*
fried golden vermicelli*
laksa (mixture of noodles and vermicelli)*

VEGETABLE

suan pan zi with mushroom and vegetable
cauliflower and broccoli with mushroom
nyonya chap chye
garlic vegetable
curry vegetable
oyster sauce vegetable
lohan vegetable
sambal long bean
achar
mushroom with oyster sauce

CHICKEN

curry chicken
sesame oil chicken
kungbao chicken
rendang chicken
sambal chicken
black pepper chicken
teriyaki chicken
sweet and sour chicken (deep fried)
lemon sliced chicken (deep fried)
chicken satay
chicken yakitori
grilled chicken mid wing
sambal grilled chicken

SEAFOOD

boiled prawn
sambal prawn
sweet and sour prawn
salted egg prawn
black pepper prawn
prawn with wasabi mayo dip (deep fried)
cereal prawn (deep fried)
butter squid (deep fried)
salted egg squid (deep fried)
cereal squid (deep fried)

RICE**

fried rice
steamed rice
yangchow fried rice
pineapple fried rice
butter rice with raisin
nasi biryani
steamed tomato rice
garlic fried rice with vegetable

FINGER FOOD

baked spring roll
baked curry samosa
baked chicken nugget
breaded scallop with mayonnaise dip
fried calamari with salad sauce (deep fried)
seafood beancurd roll with salad sauce (deep fried)
squid cheese net ball (deep fried)
sambal fish ball (deep fried)

MEAT

mutton satay
beef satay
mutton rendang
mutton curry

BEANCURD/EGG

steamed egg
furing egg
mapo tofu
tomato scrambled egg
sweet and sour tofu (deep fried)
mixed bean tofu (deep fried)
mixed vegetable tofu (deep fried)
fried tauhu in peanut sauce (deep fried)

FISH

steamed dory fish with ginger and light sauce
assam fish
sambal dory fish
cereal dory fish (deep fried)
sweet and sour fish (deep fried)
sambal fish fillet (deep fried)
fish fillet with salad dip (deep fried)
fish fillet with wasabi mayo dip (deep fried)
fish fillet with fruit cocktail and plum sauce (deep fried)
fish fillet with Thai sauce (deep fried)

Spring Ocean



DIM SUM

chinese chives dumpling
cabbage dumpling
yam kueh
pumpkin kueh
siewmai
soon kueh
carrot cake

DESSERT

fresh cut fruit (recommended)
honey sago with watermelon
honey sea coconut with fruit cocktail
almond jelly with longan
grass jelly with longan
konnyaku fruit jelly
cheng tng (hot/cold)
green bean soup (hot/cold)
red bean soup (hot/cold)
tau suan
orh ni (yam paste)

PASTRY

pandan chiffon cake
curry puff
chocolate éclair
cream puff
swiss roll
butter cake
fruit tart
egg tart
mini fa gao
assorted nyonya kueh
ang ku kueh
chocolate brownie

BEVERAGE

iced water^
cordial (fruit punch, orange, pink guava)

*made with brown rice/wholegrain alternatives | **contains 10% brown rice,
10% red rice and 80% polished rice | °option only available when customers choose
a wholegrain rice dish | ^complimentary item |

healthier choice cooking oils used in the preparation of this menu

BENTO MENU

(MENU CUSTOMISABLE WITH ITEMS FROM LUNCH/DINNER MENU)
(CUSTOMISATION MAY BE SUBJECT TO ADDITIONAL SURCHARGE)

STAPLE

steamed rice**
fried rice**
fried vermicelli*

VEGETABLE

seasonal vegetables (steamed/stir fry)
achar
mushroom with oyster sauce
oyster sauce vegetable
garlic vegetable
cauliflower and broccoli with mushroom

MEAT

steamed dory fish with ginger and light sauce
sambal dory fish
curry chicken
sesame oil chicken
kungbao chicken
black pepper chicken
teriyaki chicken

EGG[^]

furong egg
steamed egg
braised egg
sunny side up
tomato scrambled egg

FRUIT[^]

fresh cut fruit

BEVERAGE

bottled water

*made with brown rice/wholegrain alternatives | ** contains 10% brown rice,
10% red rice and 80% polished rice | ^you may wish to opt for fresh cut fruits as a substitute for egg items.
alternatively, you may select fresh cut fruits as an additional dish |
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VEGETARIAN BENTO MENU

(MENU CUSTOMISABLE WITH ITEMS FROM LUNCH/DINNER MENU)

(CUSTOMISATION MAY BE SUBJECT TO ADDITIONAL SURCHARGE)

STAPLE

steamed rice**

vegetarian fried rice**

vegetarian fried vermicelli*

VEGETABLE

seasonal vegetables (steamed/stir fry)

baby kai lan

cauliflower and broccoli with mushroom

garlic vegetable

MOCK MEAT/MUSHROOM

vegetarian chicken drumstick

vegetarian kidney (yao zi)

vegetarian char siew

lotus, ginkgo and mixed mushroom

FINGER FOOD^

baked vegetarian spring roll

vegetarian goose (zhai er)

FRUIT^

fresh cut fruit

BEVERAGE

bottled water

*made with brown rice/wholegrain alternatives | ** contains 10% brown rice,
10% red rice and 80% polished rice | ^you may wish to opt for fresh cut fruits as a substitute for finger food items.
alternatively, you may select fresh cut fruits as an additional dish |
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Catering Rates and Terms

- ✓ A transportation charge of S\$50.00 per trip
- ✓ Additional surcharge of S\$30.00 for delivery to Sentosa and Jurong Island
- ✓ Total amount will be subjected to Goods and Services Tax (GST) at the prevailing rate

- ✓ Buffet setup with tables, linen drape and food warmers
- ✓ Disposable ware, serviettes and garbage bags will be provided
- ✓ Rental for tables and stools available

Round Table	S\$12.00/pc
Square Table	S\$10.00/pc
Plastic Stool	S\$1.50/pc

- ✓ Please place your order 3 days in advance (during office hours)
- ✓ We will retrieve the buffet equipment after 3 hours from the start of the buffet eating time or 9pm (whichever is earlier)
- ✓ Please adhere to the time stamp accorded to the food. Food is best consumed within the stipulated timeline
- ✓ Any cancellations will be subjected to **50%** charge
- ✓ **100%** of the charge will be incurred if the order is cancelled less than one working day in advance

Bento Information

- ✓ Bento sets will be packed in disposable plastic containers with segregated compartments
- ✓ Disposable ware will be provided