HEALTHIER CHOICE BUFFET MENU

$8.00 per Person
Min Order Quantity: **50 pax**

Pines Food Delight Pte Ltd
Telephone: +65 6957 4566
Email: sales@pinesfood.com.sg
NEA License No.: NE13L65K000
GST Reg No.: 201433054H

Delivery Charge: **$40** | Enjoy Transport Waiver for orders above $600.

Dishes are prepared using Healthier Oils

CHOOSE 7 ITEMS + 1 BEVERAGE

ALLOWED TO CHOOSE ONLY 1 DF (DEEP FRIED) ITEM IN TOTAL.

STAPLE FOOD

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ STEAMED BROWN RICE (100%)
- ☐ YANG CHOW FRIED BROWN RICE (50%)
- ☐ VEGETARIAN SAFFRON LEMONGRASS BROWN RICE WITH GINGER (50%)
- ☐ KAMPONG STYLE BROWN RICE MEE GORENG (10%)
- ☐ SINCHEW FRIED BROWN RICE VERMICELLI (80%)

VEGETABLES

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ STIR-FRIED SEASONAL GREENS WITH SHIMEIJI MUSHROOMS
- ☐ NONYA CHAP CHYE
- ☐ VEGETARIAN LOHAN CHYE
- ☐ GREEN SALAD BOWLS WITH BOILED EGGS & CHICKEN CUBES

CHICKEN

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ ROASTED CHICKEN WITH BLACK PEPPER SAUCE
- ☐ BRAISED OYSTER & SESAME CHICKEN
- ☐ HEALTHY STEAMED CHICKEN (SKINLESS) WITH MUSHROOMS

FISH

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ STIR-FRIED FISH WITH GINGER & SPRING ONIONS
- ☐ PAR FRIED SWEET & SOUR FISH
- ☐ BAKED FISH WITH CREAM CORN SAUCE

EGG / SOY

CHOOSE 2 FROM THE CHOICES BELOW:

- ☐ STEAMED SILKEN BEAN CURD WITH MINCED PRAWNS GLAZED WITH GARLIC SOY DRESSING
- ☐ HONG SIEW BEANCURD WITH MUSHROOM SAUCE
- ☐ STEAMED RAINBOW TOFU VEGETARIAN
- ☐ ORIENTAL STYLE STEAMED EGG
- ☐ BOILED SEAFOOD JIAO ZHI

DEEP FRIED (OPTIONAL)

- ☐ MINI SPRING ROLL
- ☐ TOM YAM FISH CAKE
- ☐ PRAWN WANTON
- ☐ SEAFOOD NGOH HIANG
- ☐ CANTON PRAWN ROLL

DESSERT

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ FRESH FRUIT PLATTER
- ☐ GREEN BEAN SWEET POTATO SWEETS
- ☐ FRUIT JELLIES (LESS SWEET)
- ☐ MANGO PUDDING (LESS SWEET)

BEVERAGE

- ✓ PLAIN WATER [COMPLIMENTARY]

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ HOT **OR** COLD GREEN TEA (NO SUGAR)
- ☐ ICED LEMON TEA(LESS SWEET)
- ☐ HOT **OR** COLD HOMEMADE BARLEY (LESS SWEET)
- ☐ CHILLED ORANGE CORDIAL DRINK

HEALTHIER CHOICE BUFFET MENU

$10.00 per Person
Min Order Quantity: **40 pax**

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CHOOSE EITHER 1 OF THE MENU.

KINDLY SELECT IF AN OPTION IS AVAILABLE. THIS IS INDICATED BY AN 'OR' IN BOLD.

MENU A

- ☐ STEAMED BROWN RICE
- ☐ OVEN BAKED CHICKEN WITH MUSHROOM SAUCE
- ☐ NONYA ASSAM FISH
- ☐ STIR-FRIED SEASONAL GREENS WITH GARLIC
- ☐ SILKEN TOFU STEWED WITH CRAB BITES
- ☐ SAUTEED PUMPKIN WITH DRIED SHRIMPS & POTATOES
- ☐ SINCHEW BROWN RICE VERMICELLI
- ☐ FRESH FRUITS PLATTER
- ☐ HOT **OR** COLD CHENG THNG
- ☐ CHILLED ORANGE CORDIAL (LESS SWEET & CONCENTRATED)
- ☐ ICED WATER

MENU B

- ☐ JAPANESE STYLE FRIED BROWN RICE WITH EGGS & SHRIMPS
- ☐ STEAMED SKINLESS CHICKEN WITH GINGER , WOLFBERRY & BLACK FUNGUS
- ☐ STIR-FRIED CHINESE SPINACH WITH GARLIC
- ☐ RAINBOW TOFU STEWED WITH CORN KERNEL, GREEN PEAS, DICED CARROT & MUSHROOMS
- ☐ PRAWN OMELETTE
- ☐ PAR FRY SWEET & SOUR FISH
- ☐ VEGETARIAN LOHAN CHYE WITH BEANCURD SKIN
- ☐ FRESH FRUITS PLATTER
- ☐ PASSION FRUIT JELLIES
- ☐ HOMEMADE COLD CHRYSANTHEMUM TEA
- ☐ ICED WATER

HEALTHIER CHOICE BUFFET MENU

$12.00 per Person
Min Order Quantity: **30 pax**

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Dishes are prepared using Healthier Oils

CHOOSE 9 ITEMS + 1 BEVERAGE

ALLOWED TO CHOOSE ONLY 2 DF (DEEP FRIED) ITEMS IN TOTAL.

STAPLE FOOD

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ HAKKA STYLE STEAMED 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 STEAMED BROWN RICE (100%)

VEGETABLES

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ STIR-FRIED SEASONAL GREENS WITH SHIMEIJI MUSHROOMS
- ☐ NONYA CHAP CHYE
- ☐ STIR-FRIED BROCCOLI WITH SUMMER GREENS
- ☐ CAESAR SALAD WITH CHERRY TOMATOES, BOILED EGGS & CROUSTON
- ☐ ABC SALAD WITH FRISEE GREENS
- ☐ VEGETARIAN LOHAN CHYE

CHICKEN

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ JAPANESE GRILLED TERIYAKI CHICKEN
- ☐ AMERICAN ROASTED CHICKEN WITH HERBS
- ☐ HEALTHY STEAMED CHICKEN (SKINLESS) WITH BLACK FUNGUS, WOLFBERRY & GINGER
- ☐ SZECHUAN KUNGPOW CHICKEN
- ☐ CHICKEN CURRY WITH POTATOES

SEAFOOD

CHOOSE 2 FROM THE CHOICES BELOW:

- ☐ 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

OTHERS

CHOOSE 2 FROM THE CHOICES BELOW:

- ☐ CHEF TOFU WITH JIAXIANG SAUCE
- ☐ SILKEN BEANCURD WITH ENOKI MUSHROOMS
- ☐ STEAMED CHAWANMUSHI WITH GINGKO NUTS & FRESH MUSHROOM
- ☐ LOW FAT MUTTON RENDANG
- ☐ STIR-FRIED 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

DEEP FRIED (OPTIONAL)

- ☐ WASABI MAYO PRAWNS
- ☐ INDONESIAN UDANG BAWANG GORENG
- ☐ BUTTER CEREAL SQUIDS
- ☐ CANTON PRAWN ROLL
- ☐ JAPANESE GYOZA WITH VINEGAR DIP
- ☐ VEGETABLE FRITTER

DESSERT

CHOOSE 2 FROM THE CHOICES BELOW:

- ☐ FRESH FRUIT PLATTER
- ☐ GRASS JELLY WITH FRUIT COCKTAIL (LESS SWEET)
- ☐ SOYA BEANCURD PUDDING (LESS SWEET)
- ☐ COLD CHENG THNG (LESS SWEET)
- ☐ CHILLED ALOE VERA WITH WOLFBERRY (LESS SWEET)

BEVERAGE

- ✓ PLAIN WATER [COMPLIMENTARY]

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ CHILLED LEMON TEA (LESS SWEET)
- ☐ HOT TEA & COFFEE (LOW FAT MILK & SUGAR ON SIDE)
- ☐ HOT **OR** COLD HOMEMADE BARLEY (LESS SWEET)
- ☐ HOT **OR** COLD GREEN TEA (NO SUGAR)
- ☐ CHILLED FRUIT PUNCH (LESS SWEET & DILUTE)

HEALTHIER CHOICE BUFFET MENU

$16.00 per Person
Min Order Quantity: **25 pax**

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CHOOSE 10 ITEMS + 1 BEVERAGE

ALLOWED TO CHOOSE ONLY 2 DF (DEEP FRIED) ITEMS IN TOTAL.

STAPLE FOOD

CHOOSE 2 FROM THE CHOICES BELOW:

- ☐ SEAFOOD STEAM BROWN RICE (100%)
- ☐ CHIANG MAI THAI FRIED BROWN RICE (100%)
- ☐ VEGETARIAN SAFFRON LEMONGRASS BROWN RICE WITH GINGER
- ☐ WHOLEGRAIN WHEAT PASTA BOLOGNESE (100%)
- ☐ LAKSA WHOLE GRAINS VERMICELLI (10%)
- ☐ BRAISED WHOLEMEAL MEE POK W SEAFOOD (10%)

VEGETABLES

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ STIR-FRIED CHINESE MILK CABBAGE W WOLFBERRY
- ☐ THREE EGGS CHINESE SPINACH WITH GARLIC
- ☐ POACHED SHANGHAINESE GREEN VEGETABLES WITH MUSHROOM SAUCE
- ☐ STIR-FRIED MIXED GREENS WITH SNOW PEA, LOTUS ROOT & GINGKO NUTS
- ☐ STIR-FRIED BROCCOLI WITH SUMMER GREENS
- ☐ CHEF'S SALAD WITH FLINDER GREENS

CHICKEN

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ 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

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ 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

APPETIZER

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ PRAWN COCKTAIL WITH CRUNCHY GREENS
- ☐ GREEN APPLE & WALNUT SALAD
- ☐ JAPANESE PEAR & CUCUMBER SALAD
- ☐ CLASSIC QUICHES

OTHERS

CHOOSE 2 FROM THE CHOICES BELOW:

- ☐ 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

DEEP FRIED (OPTIONAL)

- ☐ 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

CHOOSE 2 FROM THE CHOICES BELOW:

- ☐ 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)

BEVERAGE

- ✓ PLAIN WATER [COMPLIMENTARY]

CHOOSE 1 FROM THE CHOICES BELOW:

- ☐ CHILLED ROSE TEA WITH HONEY (LESS SWEET)
- ☐ HOT TEA & COFFEE (LOW FAT MILK & SUGAR ON SIDE)
- ☐ HOT **OR** COLD HOMEMADE BARLEY (LESS SWEET)
- ☐ HOT **OR** COLD GREEN TEA

HEALTHIER CHOICE BUFFET MENU

$20.00 per Person
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$20.00 BUFFET MENU

KINDLY SELECT IF AN OPTION IS AVAILABLE. THIS IS INDICATED BY AN 'OR' IN BOLD.

- ☐ WHOLEGRAIN SEAFOOD SAFFRON STEAM RICE WITH MUSSELS , CLAMS , SQUIDS & BABY SPINACH
- ☐ SAUTÉED FISH FILLET WITH WILD YAM, LOTUS ROOTS, SNOW PEAS, ARROWHEADS & WOLFBERRIES
- ☐ ROASTED CAJUN CHICKEN WITH ROOT VEGETABLES
- ☐ PRAWN IN PUMPKIN SAUCE
- ☐ STEAMED VEGETABLE MEDLEY
- ☐ BAKED SCALLOP MORNAY
- ☐ SPINACH TOFU WITH SHIMEIJI MUSHROOMS ON BED OF GREENS
- ☐ BUCKWHEAT PASTA SALAD WITH PORTOBELLO MUSHROOMS OR JAPANESE TOFU SALAD WITH SESAME DRESSING
- ☐ NONYA LAKSA SERVED WITH BROWN RICE NOODLE, TAU POK, BOILE EGGS, BOILED SHRIMPS, BOILED BEANSPROURTS, FISHCAKE, LAKSA LEAVES & SAMBAL CHILLI
- ☐ 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)
- ☐ FRUIT JUICE
- ☐ ICED WATER