

### SEMINAR MENU

Thoughtfully crafted menus for your seminars, training sessions and workshops. Choose from Full day and Half day.

Half Day Seminar Menu Full Day Seminar Menu

\$25.00/pax \$27.25 w/GST

\$29.00/pax

\$32.00/pax

min 30 pax

\$31.61 w/GST

\$28.00/pax

min 30 pax

\$30.52 w/GST

\$34.88 w/GST

min 25 pax

min 25 pax

- Orders need to be finalised at least 3 working days before your event
- Orders have to be increments of 5 pax
- Delivery fee is \$180 (\$196.20, incl. GST) for a full-day seminar, \$135 (\$147.15, incl. GST) for a half-day seminar
- 10% Service Charge for waste management, labour & equipment set up is applicable
- An additional surcharge of \$10 (\$10.90 w/GST) will apply for delivery to offshore areas (Sentosa and Jurong Island) and central area denoted by the first 2 digits of the postal code: Robinson 01, 04, 05, 06, 07, 08; Marina Square 03, 17; Orchard 22,23,24; Bras Basah 18, 19

<sup>•</sup> Food comes with complete table layout with skirting, warmers, and full set of disposable cutleries and serviettes

<sup>•</sup> Weekend surcharge of \$1 (\$1.09w/GST) is applicable for orders on Fridays & Saturdays



### SEMINAR MENU A

For our half-day seminars, choose either morning break or afternoon break to go with lunch. Our full-day seminars include morning break, lunch and afternoon break.

#### MORNING BREAK

Egg Mayo Finger Sandwich

OR

Steamed Coffee Pau

Crispy Long Spring Roll

Sliced Marble Cake

**Assorted Mini Cookies** (complimentary)

Brewed Coffee & Tea

#### LUNCH

Classic Caesar Salad

**Butter Rice with Nuts** & Raisins

Grilled Chicken with Teriyaki Sauce

Pan Fried Pacific Dory with **Tomato Concasse** 

Sautéed Broccoli with Mushroom

Breaded Scallop with Tartar Dip

Ice Jelly with Fruit Cocktail

**Blackcurrant Cordial** 

OR

#### AFTERNOON BREAK

**Chocolate Croissant** 

Mini Egg Tart





### **SEMINAR MENU B**

For our half-day seminars, choose either morning break or afternoon break to go with lunch. Our full-day seminars include morning break, lunch and afternoon break.

#### MORNING BREAK

Veggie Finger Sandwich

Steamed Honey Chicken Pau

Chicken Nugget with Thai Chili Dip

Mini Apple Strudel

**Assorted Mini Cookies** (complimentary)

Brewed Coffee & Tea

#### LUNCH

Scrambled Eggs with Shrimp

Sin Chow Fried Bee Hoon

Signature Curry Chicken +2.50

Sweet & Sour Chicken

Steamed Fish with Oriental Sauce

Mixed Cabbage with **Black Fungus** 

Homemade Chicken Ngoh Hiang

Almond Jelly with Longan

**Barley Cordial** 

OR

Brewed Coffee & Tea

#### AFTERNOON BREAK

Hawaiian Pizza

Steamed Pumpkin Cake





### **SEMINAR MENU C**

For our half-day seminars, choose either morning break or afternoon break to go with lunch. Our full-day seminars include morning break, lunch and afternoon break.

#### MORNING BREAK

Cheddar Cheese Finger Sandwich

OR

Steamed Har Kau

Pan Fried Gyoza

Mini Muffin

**Assorted Mini Cookies** (complimentary)

Brewed Coffee & Tea

#### LUNCH

Pappadam

Nasi Briyani with Ah Char

Indian Chicken Pepper Fry

Assam Pedas Fish Fillet +1.50

Indian Style Fried Fish Fillet

Aloo Gobi Masala (Potato & Cauliflower)

Chick Peas Salad

Ice Jelly w Fruit Cocktail

**Orange Cordial** 

OR

#### AFTERNOON BREAK

Mini Almond Bar

Steamed Siew Mai





### SEMINAR MENU D

For our half-day seminars, choose either morning break or afternoon break to go with lunch. Our full-day seminars include morning break, lunch and afternoon break.

#### MORNING BREAK

Tuna Mayo Finger Sandwich

OR

Steamed Red Bean Pau

**Curry Samosa** 

**Assorted Swiss Roll** 

Assorted Mini Cookies (complimentary)

**Brewed Coffee & Tea** 

#### LUNCH

Mixed Green Garden Salad

Spaghetti Aglio Olio with Mushroom

Chicken Cutlet with Lemon Sauce

Baked Dory Fish with Almond Butter Sauce

**Vegetables Medley** 

Roasted Potato with Herbs

Fresh Fruits Platter

Fruit Punch

OR

**Brewed Coffee & Tea** 

#### AFTERNOON BREAK

Wholemeal Mushroom Pau

Steamed Soon Kueh





### SEMINAR MENU E

For our half-day seminars, choose either morning break or afternoon break to go with lunch. Our full-day seminars include morning break, lunch and afternoon break.

#### **MORNING BREAK**

Egg Mayo Finger Sandwich

OR

Steamed Mini Soon Kueh

Potato Curry Puff

Steam Yam Cake

Assorted Mini Cookies (complimentary)

**Brewed Coffee & Tea** 

#### LUNCH

**Tropical Fruits Salad** 

Thai Pineapple Fried Rice with Chicken Floss

Signature Green Curry Chicken +1.00

OR

Honey Glazed Chicken

Fried Fish Fillet w Mango Salsa Sauce

Oyster Kai Lan with Mushroom

Thai Style Fried Bean Curd

Grass Jelly with Longan

Lychee Cordial

OR

Brewed Coffee & Tea

#### AFTERNOON BREAK

Mini Chocolate Roll

Assorted Nonya Kueh

Brewed Coffee & Tea





Thai Pineapple Fried Rice with Chicken Floss



# **SEMINAR**BENTO

We put in the effort in the meal selection so you can focus on the rest. With morning tea-break, lunch and afternoon tea-break, your guests will be satiated.

### FULL DAY SEMINAR

- 1 Breakfast Snack Box
- 1 Lunch Bento
- 1 Tea Snack Box

33.00/pax 35.97 w/GST Min. 20 pax

#### MORNING / AFTERNOON SEMINAR

- 1 Breakfast Snack Box /Tea Snack Box
- 1 Lunch Bento

26.00/pax 28.34 w/GST Min. 20 pax

#### Terms & Conditions

Orders have to be placed 3 working days in advance

Delivery charges for full day seminar is at \$135 and half day is at \$90

A delivery surcharge of \$10 is applicable for these locations:

Offshore areas (Sentosa and Jurong Island), Central area denoted by the first 2 digits of the postal code: Robinson – 01, 04, 05, 06, 07, 08; Marina Square – 03, 17; Orchard – 22, 23; Bras Basah – 18, 19.



Our full day bundle include breakfast, lunch as well as tea break

### LOCAL GOODNESS A

#### **BREAKFAST**

Egg Mayo Sandwich | Mini Curry Puff Steamed Soon Kueh

#### **LUNCH**

Sin Chow Mee Hoon | Wasabi Prawn Signature Curry Chicken | Mushroom Broccoli Breaded Scallop | Dessert of The Day

#### **TEA TREATS**

BBQ Chicken Pizza | Mini Egg Tart Coffee Bun



Our full day bundle include breakfast, lunch as well as tea break

### AROIMAKMAK B

#### **BREAKFAST**

Sardine Sandwich | Breaded Scallop Steamed Yam Cake

#### LUNCH

Thai Style Tang Hoon | Tom Yum Fish Garlic Beef Cube | Kai Lan with Mushroom Thai Mango Salad | Dessert of The Day

#### **TEA TREATS**

Mushroom Pizza | Chocolate Éclair Shanghai Gyoza



Our full day bundle include breakfast, lunch as well as tea break

### TAJMAHAL C

#### **BREAKFAST**

Veggie Sandwich | Shanghai Gyoza Steamed Siew Mai

#### LUNCH

Nasi Briyani with Ah Char | Turmeric Fish Rendang Drumlet | Stir-fried Cabbage with Carrot Fried Curry Potato with Capsicum | Dessert of The Day

#### **TEA TREATS**

Hawaiian Pizza | Chocolate Muffin Golden Fish Ball



Our full day bundle include breakfast, lunch as well as tea break

### QUICK FIX **D**

#### **BREAKFAST**

Tuna Mayo Sandwich | Vegetarian Samosa Steamed Prawn Dumpling

#### **LUNCH**

Chicken Tortilla Wrap | Potato Wedges Cream of Mushroom | Garden Greens Salad Dessert of The Day

#### **TEA TREATS**

Cheese Pizza | Pandan Tea Cake Golden Sotong Ball



Our full day bundle include breakfast, lunch as well as tea break

### WOW WOW WEST **E**

#### **BREAKFAST**

Ham & Cheese Sandwich | Spring Roll Steamed Pumpkin Cake

#### **LUNCH**

Spaghetti Aglio Olio | Cajun Lemon Chicken Baked Mushroom | Cornslaw with Raisins Potato Wedges | Dessert of The Day

#### **TEA TREATS**

Spicy Tuna Pizza | Red Velvet Tea Cake Chicken Nugget



Our full day bundle include breakfast, lunch as well as tea break

### COSMOPOLITAN F

#### **BREAKFAST**

Veggies Sandwich | Spring Roll Vegetarian Siew Mai

#### **LUNCH**

Tomato Baked Rice | Sautéed Broccoli Almond Flake Baked Fish with Pesto Sauce | Chipolata Sausage Purple Coleslaw with Raisins | Dessert of The Day

#### **TEA TREATS**

Mushroom Pizza | Cold Pasta Salad Seasonal Fruits











### **MORNING SEMINAR BUNDLES**

Our morning bundle include breakfast and lunch

#### MORNING SEMINAR A

#### **BREAKFAST**

Egg Mayo Sandwich Mini Curry Puff Steamed Soon Kueh

#### **LUNCH**

Sin Chow Mee Hoon Wasabi Prawn Signature Curry Chicken Mushroom Broccoli Breaded Scallop Dessert of The Day

#### MORNING SEMINAR **B**

#### **BREAKFAST**

Sardine Sandwich Breaded Scallop Steamed Yam Cake

#### **LUNCH**

Thai Style Tang Hoon
Tom Yum Fish
Garlic Beef Cube
Kai Lan with Mushroom
Thai Mango Salad
Dessert of The Day

#### MORNING SEMINAR C

#### **BREAKFAST**

Veggie Sandwich Shanghai Gyoza Steamed Siew Mai

#### **LUNCH**

Nasi Briyani with Ah Char
Turmeric Fish
Rendang Drumlet
Stir-fried Cabbage with Carrot
Fried Curry Potato with Capsicum
Dessert of The Day







### MORNING SEMINAR BUNDLES

Our morning bundle include breakfast and lunch

#### MORNING SEMINAR **D**

#### **BREAKFAST**

Tuna Mayo Sandwich Vegetarian Samosa Steamed Prawn Dumpling

#### **LUNCH**

Chicken Tortilla Wrap Potato Wedges Cream of Mushroom Garden Greens Salad Dessert of The Day

#### MORNING SEMINAR **E**

#### **BREAKFAST**

Ham & Cheese Sandwich Spring Roll Steamed Pumpkin Cake

#### **LUNCH**

Spaghetti Aglio Olio Cajun Lemon Chicken Baked Mushroom Cornslaw with Raisins Potato Wedges Dessert of The Day

#### MORNING SEMINAR F

#### **BREAKFAST**

Veggies Sandwich Spring Roll Vegetarian Siew Mai

#### **LUNCH**

Tomato Baked Rice
Sautéed Broccoli Almond Flakes
Baked Fish with Pesto Sauce
Chipolata Sausage
Purple Coleslaw with Raisins
Dessert of The Day







### **AFTERNOON** SEMINAR BUNDLES

Our afternoon bundle include lunch and tea

#### AFTERNOON SEMINAR A

#### **LUNCH**

Sin Chow Mee Hoon Wasabi Prawn Signature Curry Chicken Mushroom Broccoli Breaded Scallop Dessert of The Day

#### **TEA TREATS**

BBQ Chicken Pizza Mini Egg Tart Coffee Bun

#### AFTERNOON SEMINAR **B**

#### LUNCH

Thai Style Tang Hoon
Tom Yum Fish
Garlic Beef Cube
Kai Lan with Mushroom
Thai Mango Salad
Dessert of The Day

#### **TEA TREATS**

Mushroom Pizza Chocolate Éclair Shanghai Gyoza

#### AFTERNOON SEMINAR C

#### **LUNCH**

Nasi Briyani with Ah Char
Turmeric Fish
Rendang Drumlet
Stir-fried Cabbage with Carrot
Fried Curry Potato with Capsicum
Dessert of The Day

#### **TEA TREATS**

Hawaiian Pizza Chocolate Muffin Golden Fish Ball







### **AFTERNOON** SEMINAR BUNDLES

Our afternoon bundle include lunch and tea

#### AFTERNOON SEMINAR **D**

#### **LUNCH**

Chicken Tortilla Wrap Potato Wedges Cream of Mushroom Garden Greens Salad Dessert of The Day

#### **TEA TREATS**

Cheese Pizza Pandan Tea Cake Golden Sotong Ball

#### AFTERNOON SEMINAR **E**

#### **LUNCH**

Spaghetti Aglio Olio Cajun Lemon Chicken Baked Mushroom Cornslaw with Raisins Potato Wedges Dessert of The Day

#### **TEA TREATS**

Spicy Tuna Pizza Red Velvet Tea Cake Chicken Nugget

#### AFTERNOON SEMINAR **F**

#### **LUNCH**

Tomato Baked Rice
Sautéed Broccoli Almond Flakes
Baked Fish with Pesto Sauce
Chipolata Sausage
Purple Coleslaw with Raisins
Dessert of The Day

#### **TEA TREATS**

Mushroom Pizza Cold Pasta Salad Seasonal Fruits

### **ADD ON**

Coffee-to-go (10 to 12 cups)	\$26.80
Tea-to-go (10 to 12 cups)	\$26.80
Packet Drinks	\$1.50
Bottled Mineral Water (300ml)	\$0.70
Fruits of the Day	\$1.50
Seasonal Fruits Bowl	\$5.00
Pastry of the Day	\$3.00
RIPE Bottled Juice	\$2.50









### SEMINAR MINI BUFFET

Thoughtfully crafted menus for your seminars, training sessions and workshops. Choose from Full day and Half day.

Half Day Seminar Menu

\$31.00/pax

\$33.79 w/GST

min 20 pax

\$34.00/pax

\$37.06 w/GST

min 15 pax

Full Day Seminar Menu

\$35.00/pax

\$38.15 w/GST

min 20 pax

\$38.00/pax

\$41.42 w/GST

min 15 pax

- Food comes in microwavable containers, and full set of disposable cutleries and serviettes
- Orders need to be finalised at least 3 working days before your event
- Orders have to be increments of 5 pax
- Delivery fee is \$135 (\$147.15, incl. GST) for a full-day seminar, \$90 (\$98.10, incl. GST) for a half-day seminar
- 5% Service Charge for expenses related to packaging and handling is applicable
- An additional surcharge of \$10 (\$10.90 w/GST) will apply for delivery to offshore areas (Sentosa and Jurong Island) and central area denoted by the first 2 digits of the postal code: Robinson 01, 04, 05, 06, 07, 08; Marina Square 03, 17; Orchard 22,23,24; Bras Basah 18, 19
- Weekend surcharge of \$1 (\$1.09 w/GST) is applicable for orders on Fridays & Saturdays



### SEMINAR MINI BUFFET **MENU A**

For our half-day seminars, choose either morning break or afternoon break to go with lunch. Our full-day seminars include morning break, lunch and afternoon break.

#### MORNING BREAK

Egg Mayo Finger Sandwich

OR

Steamed Coffee Pau

Crispy Long Spring Roll

Sliced Marble Cake

Assorted Mini Cookies (complimentary)

**Bottled Water** 

OR

Assorted Packet Drink

#### LUNCH

Classic Caesar Salad

**Butter Rice with Nuts** & Raisins

Grilled Chicken with Teriyaki Sauce

Pan Fried Pacific Dory with **Tomato Concasse** 

Sautéed Broccoli with Mushroom

**Breaded Scallop with** Tartar Dip

Ice Jelly with Fruit Cocktail

**Bottled Water** 

**Assorted Packet Drink** 

#### **AFTERNOON BREAK**

**Chocolate Croissant** 

Mini Egg Tart

**Bottled Water** 

OR

Assorted Packet Drink



# **MENU B**

**SEMINAR MINI BUFFET** 

For our half-day seminars, choose either morning break or afternoon break to go with lunch. Our full-day seminars include morning break, lunch and afternoon break.

#### **MORNING BREAK**

Veggie Finger Sandwich

Steamed Honey Chicken Pau

Chicken Nugget with Thai Chili Dip

Mini Apple Strudel

Assorted Mini Cookies (complimentary)

**Bottled Water** 

Assorted Packet Drink

#### LUNCH

Scrambled Eggs with Shrimp

Sin Chow Fried Mee Hoon

Signature Curry Chicken +2.50

Sweet & Sour Chicken

Steamed Fish with Oriental Sauce

Mixed Cabbage with Black Fungus

Homemade Chicken Ngoh Hiang

Almond Jelly with Longan

**Bottled Water** 

OR

**Assorted Packet Drink** 

#### **AFTERNOON BREAK**

Hawaiian Pizza

Steamed Pumpkin Cake

**Bottled Water** 

Assorted Packet Drink







# SEMINAR MINI BUFFET MENU C

For our half-day seminars, choose either morning break or afternoon break to go with lunch. Our full-day seminars include morning break, lunch and afternoon break.

#### MORNING BREAK

Cheddar Cheese Finger Sandwich

OR

Steamed Har Kau

Pan Fried Gyoza

Mini Muffin

Assorted Mini Cookies (complimentary)

**Bottled Water** 

OR

Assorted Packet Drink

#### LUNCH

Pappadam

Nasi Briyani with Ah Char

Indian Chicken Pepper Fry

Assam Pedas Fish Fillet +1.50

OR

Indian Style Fried Fish Fillet

Aloo Gobi Masala (Potato & Cauliflower)

Chick Peas Salad

Ice Jelly w Fruit Cocktail

**Bottled Water** 

OR



**AFTERNOON BREAK** 

Mini Almond Bar

Steamed Siew Mai

**Assorted Packet Drink** 

**Bottled Water** 

OR

# SEMINAR MINI BUFFET MENU D

For our half-day seminars, choose either morning break or afternoon break to go with lunch. Our full-day seminars include morning break, lunch and afternoon break.

#### **MORNING BREAK**

Tuna Mayo Finger Sandwich

OR

Steamed Red Bean Pau

**Curry Samosa** 

**Assorted Swiss Roll** 

Assorted Mini Cookies (complimentary)

**Bottled Water** 

OR

**Assorted Packet Drink** 

#### LUNCH

Mixed Green Garden Salad

Spaghetti Aglio Olio with Mushroom

Chicken Cutlet with Lemon Sauce

Baked Dory Fish with Almond Butter Sauce

Vegetables Medley

Roasted Potato with Herbs

Fresh Fruits Platter

**Bottled Water** 

OR

**Assorted Packet Drink** 

#### AFTERNOON BREAK

Wholemeal Mushroom Pau

Steamed Soon Kueh

**Bottled Water** 

OR

**Assorted Packet Drink** 







# SEMINAR MINI BUFFET MENU E

For our half-day seminars, choose either morning break or afternoon break to go with lunch. Our full-day seminars include morning break, lunch and afternoon break.

#### MORNING BREAK

Egg Mayo Finger Sandwich

OR

Steamed Mini Soon Kueh

Potato Curry Puff

Steamed Yam Cake

Assorted Mini Cookies (complimentary)

**Bottled Water** 

OR

**Assorted Packet Drink** 

#### LUNCH

**Tropical Fruits Salad** 

Thai Pineapple Fried Rice with Chicken Floss

Signature Green Curry Chicken +1.00

OR

Honey Glazed Chicken

Fried Fish Fillet w Mango Salsa Sauce

Oyster Kai Lan with Mushroom

Thai Style Fried Bean Curd

Grass Jelly with Longan

**Bottled Water** 

OR

Assorted Packet Drink

#### **AFTERNOON BREAK**

Mini Chocolate Roll

Assorted Nonya Kueh

**Bottled Water** 

OR

**Assorted Packet Drink** 



### ADD-ONS FOR YOUR GUESTS

Coffee-to-go

\$26.80<sub>10-12 cups</sub>

Tea-to-go

\$26.80<sub>10-12 cups</sub>





Thai Pineapple Fried Rice with Chicken Floss