

# MANNA POT CATERING

## GRAIN BOWLS

\$17.00/ PAX BEFORE GST, MIN 20 PAX

*March to May 2021*

### Chicken

#### **Asian Celestial Herbal Chicken**

Herbal roasted chicken, nutritious brown rice, soy egg and braised veg

#### **Braised Chicken Thigh w Mash**

Spiced braised chicken thigh, mushrooms, cabbage, pearl onions, buttered carrots and creamy mash potato

#### **Mex-Style Chicken Rice Bowl**

Cilantro-lime infused mixed grain rice, roasted chicken, tomato and roasted corn salsa

#### **Grilled Chicken Burger (A healthier alternative to burgers)**

Toasted whole grain burger buns, spiced chicken, cheddar cheese slice, caramelized onions, lettuce, garlic aioli and house-salad

(Top up \$2 per bowl for sweet potato chips)

#### **Classic Little Gems Chicken Salad (keto- friendly)**

Classic roast chicken, romaine gems, anchovy mustard vinaigrette, chopped egg, parmesan shavings and seasonal pickle surprise



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### Seafood

#### **Herb Crusted Salmon with Potatoes**

Herb crusted salmon, smashed potatoes, poached French beans and dill cream sauce

#### **Mediterranean Farfalle with Salmon**

Marinated farfalle, red onions, olives, cherry tomatoes, cucumber, feta cheese and torched salmon cubes

#### **Italian Basil Pesto Pasta w Grilled Shrimp**

House-made basil pesto, farfalle pasta, sauteed shrimp and cherry tomatoes



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### Vegan

#### **Spaghetti Alla Puttanesca**

Tomatoes, garlic, onion, olive, capers and chilli flakes

#### **Mediterranean Farfalle Salad**

Marinated farfalle, red onions, olives, cherry tomatoes, cucumber and chickpeas

#### **Hawaii-inspired Tofu Poke Bowl**

Cilantro-lime mixed grain rice, marinated tofu and onions, purple cabbage, radish and Japanese cucumber



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### Chicken

#### **Keto Friendly\* Cauliflower Chicken Rice**

Spiced cauliflower rice, sous-vide chicken, cucumber salad and soy egg

### Beef

#### **Japanese Beef Gyudon**

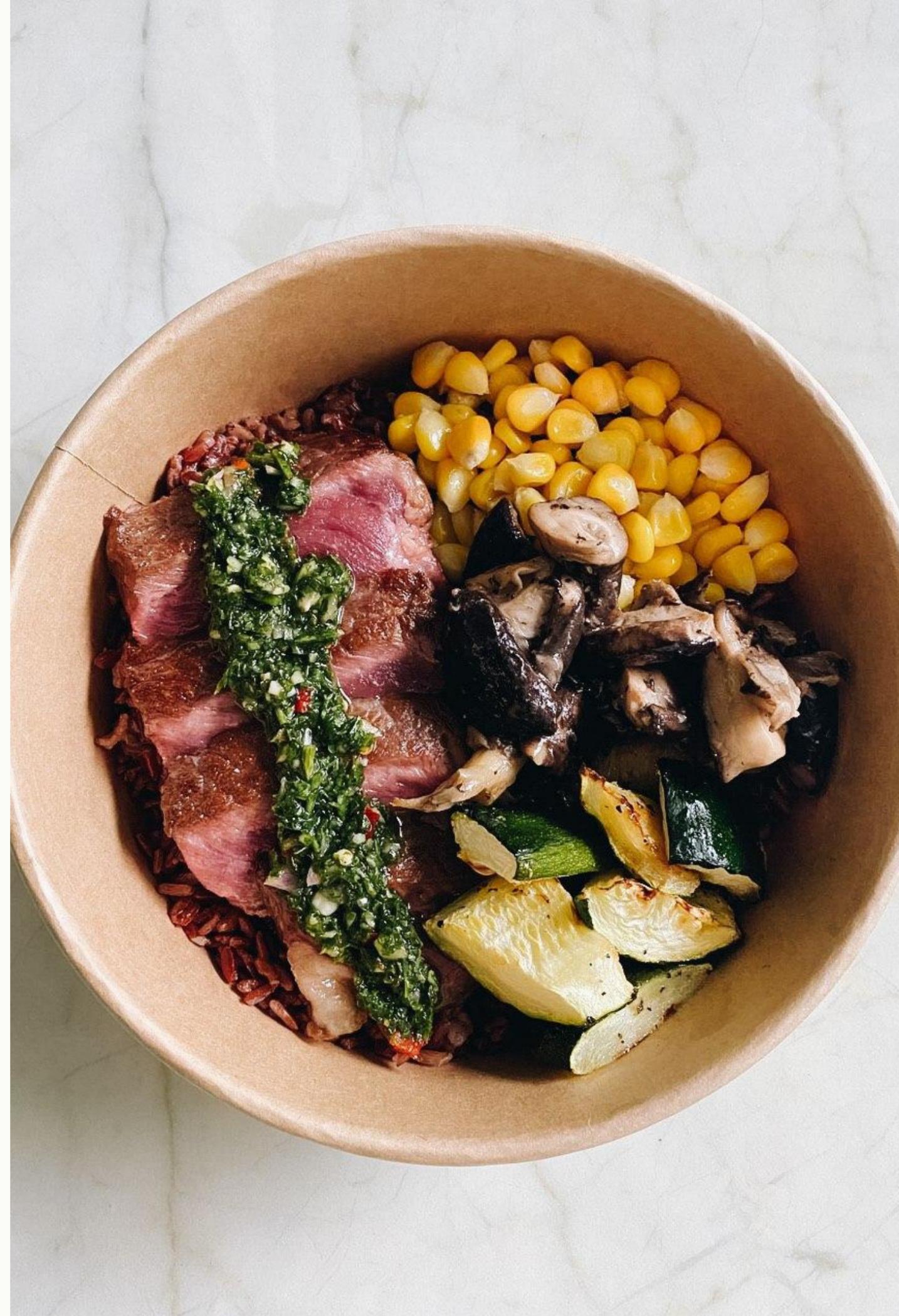
Braised beef flank, sauteed sweet onions, Japanese pearl rice, egg and roasted cauliflower pop

#### **Gourmet Beef Burger** *(A healthier alternative to burgers)*

Toasted whole grain burger buns, cheddar cheese slice, caramelized onions, lettuce, garlic aioli and house-salad  
*(Top up \$2 per bowl for sweet potato chips)*

#### **Torched' Beef Cubes**

Sous vide marinated & torched beef, roasted seasonal vegetables, smashed potatoes, house-made chimichurri



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#### **Torched' Mentaiko**

Mentaiko salmon cubes, japanese pearl rice, buttered broccoli and carrots, furikake and seaweed

#### **Seafood Pasta Marinara**

House-made marinara sauce, grilled shrimp, poached mussels

#### **Salmon en Croute**

Baked salmon in pastry crust with sauteed spinach, dill cream, house-salad



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### **Vegan**

#### **Portobello Mushroom Burger**

Toasted whole grain burger buns, Portobello a la plancha, caramelized onions, roasted peppers with sweet potato chips

#### **Roasted Peppers Cashew Cream Pasta**

'Peppers Cream pasta, blistered tomatoes, spinach, mushrooms

