

BENTO BOXES



SHAMROCK
CATERING CO

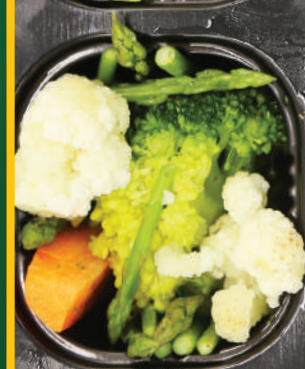
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SHAMROCK CATERING'S
DISPOSABLE BENTO BOXES



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NEW HEALTHY SALAD BENTOS



**Mediterranean Chicken & Quinoa
Rainbow Salad**

地中海香雞藜麥沙律



**Thai Chopped Chicken & Cashew Nut
Salad**

泰式雞肉碎腰果沙律



**Smoked Salmon, Beetroot & Citrus Herb
Salad**

煙三文魚紅頭菜香草橙子沙律



Caprese Chicken Pasta Salad

意式雞肉迷你芝士螺絲粉沙律



BBQ Prawn, Mango & Avocado Salad

烤蝦芒果牛油果沙律



Sesame Soy Beef & Soba Noodle Salad

芝麻醬牛肉蕎麥麵沙律



**Roast Chicken, Sweet Potato &
Pomegranate Salad**

烤雞肉番薯石榴沙律



**Tuna, White Bean & Herb Provencal
Salad**

吞拿魚白豆香草沙律



**Grilled Tofu, Brown Rice & Rainbow Veg
Salad (Vegan)**

糙米豆腐粒蔬菜沙律 (素食)

LITE BENTO BOXES



Healthy Salad Bentos: (Please choose one)

Bentos served with Bread Roll, Pickles Vegetables and Fresh Fruit Pot

所有便當都配有麵包、醃菜及新鮮水果



Classic Caesar Salad with Norwegian Smoked Salmon, Croutons and Parmesan
經典挪威三文魚凱撒沙律



Classic Caesar Salad with Cherry Tomato, Croutons, Parmesan and Bacon Bites
經典凱撒沙律



Classic Caesar Salad with Herbs Roasted Chicken, Croutons and Parmesan
經典雞肉凱撒沙律



Healthy Quinoa Salad with Japanese Dressing (V)
健康藜麥沙律配日式沙律汁 (素)



Greek Salad with Feta Cheese and Lite Herb Dressing (V)
希臘沙律山羊芝士沙律配香草醬 (素)

Sandwich Bento Boxes : (Please choose one)

All Bentos come with Coleslaw Salad and Fresh Fruit

所有便當配有涼拌椰菜沙律及新鮮水果

Choose 1 ciabatta bread or wrap

可以選擇健康意式軟包或墨西哥卷餅皮製作



Roasted Vegetables and Hummus (V)
烤菜及鷹嘴豆泥 (V)



Smoked Chicken and Avocado Sauce
煙燻雞肉配牛油果醬



Smoked Gammon Ham with Cheddar, Mild Mustard Mayo
煙燻蜜汁火腿車打芝士配芥末蛋黃醬



Smoked Salmon and Herb Cream Cheese
煙三文魚配忌廉芝士

LITE BENTO BOXES



Breakfast Bento Box : Set A



Croissants with Jam and Butter, Fresh Fruit and Muesli Yogurt Cup

牛角包配果醬,牛油,新鮮水果及脆脆麥片乳酪

Box Orange Juice or Apple Juice

配盒裝橙汁或盒裝蘋果汁

Breakfast Bento Box : Set B



Smoked Gammon Ham and Cheddar Croissants with Butter, Fresh Fruit and Muesli Yogurt Cup

蜜汁火腿烤車打芝士牛角包配新鮮水果及脆脆麥片乳酪

Box Orange Juice or Apple Juice

配盒裝橙汁或盒裝蘋果汁

HOT DISPOSABLE BENTO BOXES



Teriyaki Boneless Chicken Leg with Japanese Rice

日式照燒無骨雞腿配日本珍珠米



Indian Butter Chicken with Basmati Rice

印度奶油雞配印度香米



Italian Style Chicken Breast stuffed Spinach and Mozzarella with Pesto Penne

意式雞胸肉餡菠菜和馬蘇里拉奶酪配香草汁通心粉



Thai Mince Pork with Fried Egg and Thai Jasmine Rice

泰式豬肉碎煎蛋配泰國茉莉香米



Mexican Chili Beef with Coriander Rice

墨西哥辣椒牛肉配芫荽飯



Braised Eggplant with Minced Pork with Rice

紅燒茄子肉碎飯



HK Style Sweet and Sour Fish with Spring Onion

港式咕嚕魚柳飯



Spaghetti Carbonara

煙肉卡邦尼意粉



Beef Bolognese Lasagna

牛肉肉醬千層麵

HOT DISPOSABLE BENTO BOXES

(Served with Fruit pot and Mini Dessert)



Japanese Pork Cutlet with Katsu Sauce and Rice

日式吉列豬扒飯



Thai Green Veggie Curry with Jasmine Rice (V)

泰式青咖哩蔬菜飯(素)



Mexican Roasted Vegetables and Red Kidney Beans Chili with Rice (V)

墨西哥紅腰豆烤蔬菜辣椒配飯(素)



Mexican Veggie Burritos (V)

墨西哥蔬菜捲餅(素)



Indian Masala Roasted Vegetables with Basmati Rice (V)

印度馬薩拉烤蔬菜配印度香米(素)



Rotisserie Chicken (¼ quarter) and Rosemary Roasted New Potatoes

法式旋轉烤雞(¼件)配迷迭香烤新薯



Black Bean Beef with Rice

豉椒牛肉飯



Penne Pesto Chicken Pasta with Parmesan

巴馬臣芝士青醬雞肉長通粉



Indian Chicken Masala with Basmati Rice

印度瑪薩拉雞肉咖哩配印度香米



Thai Green Curry Chicken with Steamed Jasmine Rice

泰式青咖哩雞飯



Mapo Tofu with Chili Bean Paste and Rice

麻婆豆腐飯



E- Fu Noodles with Mushroom and Yellow Chives

香菇燜伊麵



Stuffed Sole Fillet with Spinach and cream sauce Spaghetti

忌廉菠菜魚柳卷及意粉



Thai Pineapple Chicken Fried Rice with Raisin and Cashew Nuts and Rice

泰式菠蘿雞肉炒飯