

BENTO BOXES



SHAMROCK
CATERING CO
est. 1994



LIGHT BENTO BOXES

(Suitable for Healthy option)



Healthy Salad Bento: (Please choose one)

All Bento come with Bread Roll, Pickles Vegetables and Fresh Fruit

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



Mediterranean Roasted Vegetables Couscous Salad with Feta and Lemon Dressing (V)

地中海檸檬香草小米配羊奶芝士沙律 (素)



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 Light Herb Dressing (V)

希臘沙律山羊芝士沙律配香草醬 (素)



Thai Chicken Salad with summer Lime Dressing

泰式青檸雞肉沙律

Sandwich Bento Box: (Please choose one)

All Bento come with Coleslaw Salad and Fresh Fruit

所有便當配有涼拌椰菜沙律及新鮮水果

The Filling we can do in Healthy Homemade Ciabatta Bread or Mexican Flour 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

LIGHT BENTO BOXES

(Suitable for Healthy option)



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

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



Yeung Chow Fried Rice

楊州炒飯



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



Beef Bolognese Lasagna

牛肉肉醬千層麵

BENTO BOXES



Spaghetti Carbonara
煙肉卡邦尼意粉



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 (1/4 quarter) and Rosemary Roasted New Potatoes
法式旋轉烤雞(1/4件)配迷迭香烤新薯



Goan Pork Curry with Basmati Rice
印度咖哩豬肉配印度香米



Hong Kong Style Pork with Creamy Corn Sauce with Rice
港式粟米肉粒飯



Black Bean Beef with Rice
豉椒牛肉飯



Indian Chicken Tikka with Basmati Rice
印度咖哩雞配印度香米



Indian Chicken Masala with Basmati Rice
印度瑪薩拉雞肉咖哩配印度香米

BENTO BOXES



Thai Green Curry Chicken with
Steamed Jasmine Rice

泰式青咖哩雞飯



Smoked Salmon Ravioli with Creamy Sauce

煙三文魚意大利餛飩



Mapo Tofu with Chili Bean Paste and Rice

麻婆豆腐飯



Penne Pesto Chicken Pasta with Parmesan

巴馬臣芝士青醬雞肉長通粉



Australian Burger Patties and Frankfurter
Sausage with Onion Sauce and Steamed Rice

澳洲漢堡扒配法蘭克福腸飯配洋蔥醬



Stuffed Fish Fillet with Spinach
and cream sauce Spaghetti

忌廉菠菜魚柳卷及意粉



HK Style Crispy Fish Fillet with Corn Sauce
and Rice

港式粟米魚柳飯



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

泰式菠蘿雞肉炒飯



E- Fu Noodles with Mushroom
and Yellow Chives

香菇燜伊麵

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 Minced 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



Yeung Chow Fried Rice

楊州炒飯



Braised Eggplant with Minced Pork with Rice

紅燒茄子肉碎飯



HK Style Sweet and Sour Fish with Spring Onion and Rice

港式咕嚕魚柳飯



HK Style Sweet and Sour Chicken with Pineapple and Rice

港式咕嚕雞球飯



Beef Bolognese Lasagna

牛肉肉醬千層麵



Spaghetti Carbonara

煙肉卡邦尼意粉



Japanese Pork Cutlet with Katsu Sauce and Rice

日式吉列豬扒飯

BENTO BOXES



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 (1/4 quarter) and Rosemary
Roasted New Potatoes

法式旋轉烤雞(1/4件)配迷迭香烤新薯



Goan Pork Curry with Basmati Rice

印度咖哩豬肉配印度香米



Hong Kong Style Pork with Creamy Corn Sauce
with Rice

港式粟米肉粒飯



Black Bean Beef with Rice

豉椒牛肉飯



Indian Chicken Tikka with Basmati Rice

印度咖哩雞配印度香米



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



Smoked Salmon Ravioli with Creamy Sauce

煙三文魚意大利餛飩

BENTO BOXES



Mapo Tofu with Chili Bean Paste and Rice

麻婆豆腐飯



Penne Pesto Chicken Pasta with Parmesan

巴馬臣芝士青醬雞肉長通粉



Australian Burger Patties and Frankfurter Sausage with Onion Sauce and Steamed Rice

澳洲漢堡扒配法蘭克福腸飯配洋葱醬



Stuffed Fish Fillet with Spinach and cream sauce Spaghetti

忌廉菠菜魚柳卷及意粉



HK Style Crispy Fish Fillet with Corn Sauce and Rice

港式粟米斑塊飯



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

泰式菠蘿雞肉炒飯



E- with Mushroom and Yellow Chives

香菇燜伊麵



BENTO BOXES



Light Bento Box (Suitable for Healthy option)

Healthy Salad Bento

- 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
- Classic Caesar Salad with Norwegian Smoked Salmon, Croutons and Parmesan
經典挪威三文魚凱撒沙律
- Mediterranean Roasted Vegetables Couscous Salad with Feta and Lemon Dressing (V)
地中海檸檬香草小米配羊奶芝士沙律 (素)
- 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 Light Herb Dressing (V)
希臘沙律山羊芝士沙律配香草醬 (素)
- Thai Chicken Salad with summer Lime Dressing
泰式青檸雞肉沙律

All Bento come with Bread Roll, Pickles Vegetables and Fresh Fruit

所有便當都配有麵包、醃菜及新鮮水果

Sandwich Bento Box

The Filling we can do in Healthy Homemade Ciabatta Bread or Mexican Flour 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

All Bento come with Coleslaw Salad and Fresh Fruit

所有便當配有涼拌椰菜沙律及新鮮水果

BENTO BOXES (DISPOSABLE BOX/REGULAR BOX)

- 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
- Yeung Chow Fried Rice
楊州炒飯
- 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
- HK Style Sweet and Sour Chicken with Pineapple and Rice
港式咕嚕雞球飯

- Beef Bolognese Lasagna
牛肉肉醬千層麵
- Spaghetti Carbonara
煙肉卡邦尼意粉
- 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
- Goan Pork Curry with Basmati Rice
印度咖哩豬肉配印度香米
- Hong Kong Style Pork with Creamy Corn Sauce with Rice
港式粟米肉粒飯
- Black Bean Beef with Rice
豉椒牛肉飯
- Indian Chicken Tikka with Basmati Rice
印度咖哩雞配印度香米
- 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 Stream Jasmine Rice
泰式青咖哩雞飯
- Smoked Salmon Ravioli with Creamy Sauce
煙三文魚意大利餛飩
- Mapo Tofu with Chili Bean Paste and Rice
麻婆豆腐飯
- Penne Pesto Chicken Pasta with Parmesan
巴馬臣芝士青醬雞肉長通粉
- Australian Burger Patties and Frankfurter Sausage with Onion Sauce and Streamed Rice
澳洲漢堡扒配法蘭克福腸飯配洋蔥醬
- Stuffed Fish Fillet with Spinach and cream sauce Spaghetti
忌廉菠菜魚柳卷及意粉
- HK Style Crispy Fish Fillet with Corn Sauce and Rice
港式粟米魚柳飯
- Thai Pineapple Chicken Fried Rice with Raisin and Cashew Nuts and Rice
泰式菠蘿雞肉炒飯
- E- Fu Noodles with Mushroom and Yellow Chives
香菇燜伊麵

BREAKFAST BENTO

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

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



SHAMROCK
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For more information order details and
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