

# BENTO BOXES



SHAMROCK  
CATERING CO

*est. 1994*

SHAMROCK CATERING'S  
REUSABLE BENTO BOXES



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# REUSABLE 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



**HK Style Sweet and Sour Chicken with Pineapple and Rice**

港式咕嚕雞球飯



**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



**Japanese Pork Cutlet with Katsu Sauce and Rice**

日式吉列豬扒飯



**Beef Bolognese Lasagna**

牛肉肉醬千層麵



**Spaghetti Carbonara**

煙肉卡邦尼意粉



**Indian Chicken Masala with Basmati Rice**

印度瑪薩拉雞肉咖哩配印度香米



# REUSABLE 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



Indian Chicken Tikka with Basmati Rice

印度咖哩雞配印度香米



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

泰式菠蘿雞肉炒飯



Black Bean Beef with Rice

豉椒牛肉飯



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



Penne Pesto Chicken Pasta with Parmesan

巴馬臣芝士青醬雞肉長通粉



E- with Mushroom and Yellow Chives

香菇燜伊麵



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



# REUSABLE BENTO BOXES



## Lite Healthy served with Bread Roll, Pickles Vegetables and Fresh Fruit

所有便當都配有麵包、醃菜及新鮮水果

### Lite Bento Boxes

#### Healthy Salad Bentos

- 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 Lite 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 Bentos come with Coleslaw Salad and Fresh Fruit Pot

所有便當配有涼拌椰菜沙律及新鮮水果

### Sandwich Bento Boxes

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

### BENTO BOXES

served with roasted vegetables, fruit pot, and mini dessert

- 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
- 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

## 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

## 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

## 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 BENTOS

#### 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



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For more information order details and beverage options please email to:

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