PEN & INC.

SEMINAR BUFFET PACKAGE

A thoughtful menu experience for meetings, seminars and memorable gatherings.

HALF DAY · BREAKFAST & LUNCH

FULL DAY · + AFTERNOON TEA

30–360 GUESTS

PEN & INC.

BREAKFAST

A refined morning spread to start the seminar well

EGGS

CHOOSE ONE

1. **Spinach Omelette**
   A light omelette folded with fresh spinach.
2. **Mushroom & Cheese Omelette**
   Earthy mushroom and melted cheese.
3. **Scrambled Egg**
   Soft, creamy scrambled eggs.
4. **Hard-Boiled Eggs**
   Simply prepared and wholesome.

POTATOES

CHOOSE ONE

1. **Hash Brown**
   Golden, crisp-edged hash browns.
2. **Potato Gratinate**
   Creamy baked potato with a gratin finish.
3. **Lyonnaise Potatoes**
   Pan-fried potatoes with onion.
4. **Baked Potato Wedges**
   Hearty wedges baked until golden.

PROTEIN

CHOOSE ONE

1. **Chicken Cheese Sausages**
   Savoury chicken sausages with cheese.
2. **Chicken Chipotle Sausages**
   A gentle smoky chipotle warmth.
3. **Chicken Breakfast Sausages**
   Classic breakfast sausages.
4. **Chicken Black Pepper Sausages**
   Peppery and aromatic.

BAKERY

1. **Croissant, Danish & Muffins**
   An assorted bakery basket with jam and butter.

FRUITS

1. **Seasonal Cut Fruits**
   A refreshing morning fruit selection.

DRINKS

CHOOSE ONE HOT AND ONE COLD

HOT

Brewed Tea / Fresh Coffee

COLD

Orange or Carrot Juice

Half Day · breakfast / morning tea break & lunch. Minimum 30 guests.

Vegetarian options available. Don't see your choice on the menu? Ask us and we will customise it for you.

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TEA BREAK

Warm bites, sweet moments and smooth refreshment

SANDWICH / BRUSCHETTA

CHOOSE ONE

1. **Egg Mayo Sandwich**
   Creamy egg mayo in soft bread.
2. **Tomato & Mushroom Bruschetta**
   Toasted bread topped with tomato and sautéed mushroom.
3. **Tomato & Cheese Sandwich**
   Fresh tomato with cheese.
4. **Tuna Sandwich**
   Savoury, creamy tuna filling.
5. **Chicken Ham & Cheese Sandwich**
   A classic savoury combination.

HOT

CHOOSE ONE

1. **Fish Finger**
   Crisp fish fingers, served warm.
2. **Chicken Wings**
   Savoury wings for a satisfying bite.
3. **Chicken Siew Mai**
   Steamed chicken dumplings.
4. **Veg Spring Roll**
   Golden rolls with a vegetable filling.
5. **Cocktail Samosa**
   Mini spiced samosas.
6. **Potato Curry Puff**
   Flaky pastry with spiced potato.
7. **Baked Chicken Meatballs**
   Tender chicken meatballs baked golden.
8. **Chicken & Mushroom Quiche**
   Savoury quiche with a buttery crust.

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TEA BREAK (CONTINUED)

SWEET SENSATIONS

CHOOSE ONE

1. **Danish**
   Buttery pastry with a light sweet finish.
2. **Cream Puff**
   Choux pastry filled with cream.
3. **Assorted Swiss Cakes**
   A small assortment of soft Swiss cakes.
4. **Mini Chocolate Éclairs**
   Mini eclairs with chocolate glaze.
5. **Chocolate / Vanilla Pound Cake**
   Classic pound cake in two flavours.
6. **English Carrot Cake**
   Carrot cake with a light cream cheese finish.
7. **Seasonal Cut Fruits**
   Fresh fruits for a refreshing bite.

BEVERAGES

1. **Brewed Tea**
   Freshly brewed tea.
2. **Fresh Coffee**
   Cappuccino, latte, espresso or black coffee.

Full Day package includes an afternoon tea break in addition to breakfast and lunch.

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LUNCH — TO BEGIN

Soups, salads and appetisers · choose one from each

SOUP

CHOOSE ONE

1. **Pumpkin Soup**
   Silky pumpkin soup with a naturally sweet finish.
2. **Tomato Basil Soup**
   Tomato soup lifted with fresh basil.
3. **Creamy Cauliflower Soup**
   A smooth cauliflower soup with mellow creaminess.
4. **Cream of Mushroom Soup**
   Velvety mushroom soup with earthy depth.

SALAD

CHOOSE ONE

1. **Greek Salad**
   Fresh vegetables with a Mediterranean touch.
2. **Pasta Salad**
   Chilled pasta with a light dressing.
3. **Caesar Salad**
   Crisp greens with creamy Caesar dressing.
4. **Potato Salad**
   Creamy potatoes with a comforting finish.
5. **Smoked Salmon Fusilli Salad**
   Fusilli pasta with smoked salmon notes.
6. **Mesclun Salad**
   Four condiments and two dressings for a fresh mix.
7. **Apple Waldorf Salad**
   Apple salad with honey-mustard dressing.

APPETISER

CHOOSE ONE

1. **Mexican Wings**
   Savoury wings with warm Mexican spice.
2. **Chicken Gold Coin**
   Crisp chicken bites as a light starter.
3. **Veg Spring Roll**
   Golden rolls with a vegetable filling.
4. **Beef Chimichanga**
   Crisp tortilla parcel with savoury beef.
5. **Chicken Quesadilla**
   Toasted tortilla with chicken and cheese.
6. **Cheese Quesadilla**
   Toasted tortilla with melted cheese.
7. **Beef Wrap on Asparagus**
   Tender beef wrapped around asparagus.

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LUNCH — RICE, VEGETABLES & CHICKEN

Choose one from each category

RICE / PASTA

CHOOSE ONE

1. **Pilaf Rice**
   Fragrant rice cooked with gentle seasoning.
2. **Seafood Pasta**
   Pasta with seafood in a savoury sauce.
3. **Butter Garlic Rice**
   Rice tossed with butter and garlic.
4. **Marinara Pasta**
   Tomato-based pasta with bright flavour.
5. **Mushroom Aglio-Olio**
   Garlic olive-oil pasta with mushrooms.
6. **Mix Vegetable Pasta**
   Pasta tossed with seasonal vegetables.

VEGETABLE

CHOOSE ONE

1. **Baked Potatoes**
   Warm baked potatoes, simple and hearty.
2. **Sautéed Vegetables**
   Seasonal vegetables, lightly sautéed.
3. **Honey Roasted Pumpkin**
   Sweet roasted pumpkin with honey notes.
4. **Parmesan Cauliflower**
   Cauliflower finished with parmesan.
5. **Broccoli & Cauliflower Au Gratin**
   Baked vegetables with a golden gratin top.

CHICKEN

CHOOSE ONE

1. **Spring Chicken**
   Tender spring chicken with classic roast flavour.
2. **Chicken Roulade**
   Rolled chicken with a delicate savoury filling.
3. **Peri Peri Boneless Chicken**
   Boneless chicken with bright peri peri spice.
4. **Honey Glazed Grilled Chicken**
   Grilled chicken with a light honey glaze.
5. **Herb Grilled Chicken, Mushroom**
   Herbed chicken finished with mushroom sauce.
6. **Kong Pao Chicken & Cashew**
   Spiced chicken tossed with cashew nuts.

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LUNCH — FISH, BEEF & SWEET FINISH

Choose one from each category

FISH OR BEEF

CHOOSE ONE

1. **Fish Mornay**
   Fish baked in a creamy Mornay-style sauce.
2. **Fish Florentine**
   Fish served with a spinach-inspired finish.
3. **Beef Stroganoff**
   Tender beef in a creamy savoury sauce.
4. **Roasted Beef Brisket**
   Slow-roasted beef brisket with deep flavour.
5. **Grilled Fish, Mango Salsa**
   Grilled fish brightened with mango salsa.
6. **Grilled Seabass, Crabmeat**
   Seabass finished with a delicate crabmeat sauce.
7. **Grilled Salmon, Lemon Butter**
   Salmon finished with lemon butter.

DESSERT

CHOOSE ONE

1. **Panna Cotta**
   Silky panna cotta with a light finish.
2. **Crème Brûlée**
   Vanilla custard with a caramelised top.
3. **Chocolate Cake**
   Rich chocolate cake for a sweet ending.
4. **Seasonal Cut Fruits**
   Fresh fruits, chilled and refreshing.
5. **Chocolate Brownie**
   Dense chocolate brownie, soft and indulgent.

DRINKS

CHOOSE ONE HOT AND ONE COLD

HOT

Illy Coffee / Dilmah Tea

COLD

Lime / Orange / Fruit Punch

LIVE COUNTER ADD-ON

1. **Singapore Laksa Live Counter**
   Aromatic coconut laksa broth with classic accompaniments, cooked to order. Add-on SGD 8++ per guest.

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ALSO IN THE NJ COLLECTION

CALI cali.sg • **CHANDI** chandi.sg • **ZITIMAMA'S** zitimamas.com
MISHIKA mishika.luxe • **NIHARIKA** niharika.jewelry • **NJ GROUP GLOBAL** njgroup.global