



Low Carb Meals



HOWS
CATERING

Salad Bowl

\$12.00

(\$12.84 w/gst)

Min 10 bowls per menu



Confit Portobello Mushroom with Arugula Salad & Balsamic Dressing

Confit Portobello Mushroom
Arugula Salad with Barley, Sautéed Wild Mushroom, Sundried Tomato, Pine Nut, Garlic Crouton, Parmesan Cheese, Balsamic Dressing



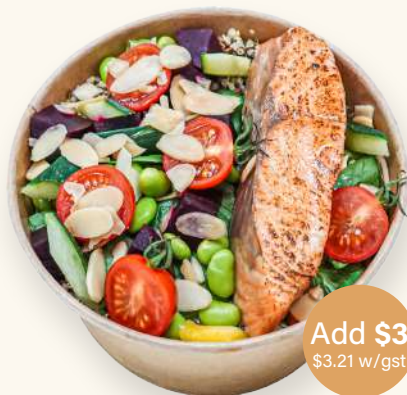
Locally Farmed Kale Salad with Pesto Chicken Breast

Sous Vide Pesto Chicken Breast
Locally Farmed Kale Salad with Organic Quinoa, Orange Segment, Cherry Tomato, Japanese Cucumber, Bell Pepper, Toasted Pumpkin Seeds & Citrus Dressing



Korean Kim Chi Salad with Bulgogi Chicken

Boneless Bulgogi Chicken Leg
Marinated Kim Chi with Cabbage Slaw, Lettuce, Carrot, Edamame, Cherry Tomato, Spring Onion, Sesame Seeds



Quinoa & Edamame Salad with Confit Atlantic Salmon

Confit Atlantic Salmon
Organic Quinoa Salad with Baby Spinach, Pickle Beetroot, Edamame, Japanese Cucumber, Toasted Almond Flakes, Goma Dressing



Chick Pea & Quinoa Bowl with Dukkah Chicken Breast

Confit Chicken Breast with Dukkah Spiced
Chick Pea & Quinoa Bowl with Locally Farmed Kale, Corn Kernel, Spanish Onion, Cherry Tomato, Marinated Olive, Japanese Cucumber, Tahini Dressing



Mediterranean Chicken Quinoa Salad

Confit Chicken Breast
Organic Quinoa with Baby Spinach, Spanish Onion, Bell Pepper, Cherry Tomato, Japanese Cucumber, Black Olive, Sweet Corn Kernel, Feta Cheese, Italian Parsley, Balsamic Vinegar

Salad Box

\$15.00

(\$16.05 w/gst)

Min 10 boxes per menu



Confit Portobello Mushroom with Arugula Salad & Balsamic Dressing

Confit Portobello Mushroom
Arugula Salad with Barley, Sauteed Wild Mushroom, Sundried Tomato, Pine Nut, Garlic Crouton, Parmesan Cheese, Balsamic Dressing



Locally Farmed Kale Salad with Pesto Chicken Breast

Sous Vide Pesto Chicken Breast
Locally Farmed Kale Salad with Organic Quinoa, Orange Segment, Cherry Tomato, Japanese Cucumber, Bell Pepper, Toasted Pumpkin Seeds & Citrus Dressing



Korean Kim Chi Salad with Bulgogi Chicken

Boneless Bulgogi Chicken Leg
Marinated Kim Chi with Cabbage Slaw, Lettuce, Carrot, Edamame, Cherry Tomato, Spring Onion, Sesame Seeds



Quinoa & Edamame Salad with Confit Atlantic Salmon

Confit Atlantic Salmon
Organic Quinoa Salad with Baby Spinach, Pickle Beetroot, Edamame, Japanese Cucumber, Toasted Almond Flakes, Goma Dressing

Add \$3
\$3.21 w/gst



Chick Pea & Quinoa Bowl with Dukkah Chicken Breast

Confit Chicken Breast with Dukkah Spiced
Chick Pea & Quinoa Bowl with Locally Farmed Kale, Corn Kernel, Spanish Onion, Cherry Tomato, Marinated Olive, Japanese Cucumber, Tahini Dressing




Mediterranean Chicken Quinoa Salad

Confit Chicken Breast
Organic Quinoa with Baby Spinach, Spanish Onion, Bell Pepper, Cherry Tomato, Japanese Cucumber, Black Olive, Sweet Corn Kernel, Feta Cheese, Italian Parsley, Balsamic Vinegar

TERMS & CONDITIONS:

- Delivery charge of \$40.00 (\$42.80 w/GST) per location. CBD & Orchard areas surcharge @ \$10.00 (\$10.70 w/gst) per location.
- The Management reserves the right to replace the menu items should it be unavailable at the time of event or amend the terms and conditions at our sole discretion without prior notice.

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 howscatering.com.sg