

# THE VITAL GOURMET ROADMAP

11 Feb 2018



Gluten Free



Nut Free



Dairy Free



Vegetarian



Vegan



LCHF/Keto

## Morning Coffee Break

FRESH FRUITS PLATTER

GF NF DF V VN

NASI LEMAK BUNGKUS

GF

## Appetizer

SELECTIONS OF GARDEN GREENS WITH CONDIMENT AND DRESSING

GF NF DF V K

POTATO SALAD

GF NF DF V

ROJAK PASEMBUR

EDAMAME QUINOA SALAD

GF NF DF V

CAESAR SALAD WITH FOCACCIA STICK

V

CHICKEN SATAY WITH CONDIMENTS

DF K

## Soup

MINISTRONE SOUP (NOTE: NO PASTA)

GF DF NF K

## Mains

WAKAME SOBA

GF NF DF

CHICKEN ROULADE MUSHROOM SAUCE

GF K

FISH CURRY WITH LADY FINGER

GF NF DF K

INDIAN THOSAI WITH DHALL VEGETABLE AND CHUTNEY

GF NF DF V

WOK FRIED VEGETABLES

GF NF DF V VN K

## Desserts

APPAM

GF NF DF

ASSORTED MALAY KUIH

DF V

BUBUR KACANG MERAH\*

GF DF V VN

\* No added sugar

BREAD BUTTER PUDDING WITH VANILLA SAUCE

GF NF

## Afternoon Coffee Break

FRESH FRUITS PLATTER

GF NF DF V VN

STEAMED TAPIOCA

GF NF DF V