

THE VITAL GOURMET ROADMAP

12 Feb 2018



Gluten Free



Nut Free



Dairy Free



Vegetarian



Vegan



LCHF/Keto

Morning Coffee Break

FRESH FRUITS PLATTER

[GF] [NF] [DF] [V] [VN]

CHICKEN RICE BALL
IN TEASPOON

[GF] [K]

Appetizer

SELECTIONS OF
GARDEN GREENS
WITH CONDIMENT AND
DRESSING

[GF] [NF] [DF] [V] [K]

PASTA SALAD
WITH TUNA

[NF]

ROASTED PUMPKIN
QUINOA SALAD

[GF] [NF] [DF]

GREEK SALAD

[GF] [NF] [V] [K]

ROJAK BUAH
(NOTE: NUTS AVAILABLE
IN A SIDE DISH)

[GF] [DF] [NF] [V] [VN]

TEMPEH

[GF] [DF] [V] [VN] [K]

Soup

MISO SOUP

[GF] [NF] [DF] [K]

Mains

WHITE RICE

[GF] [NF] [DF] [V]

PAN SEARED FISH
WITH OLIVE CAPERS
AND TOMATO HERBS

[GF] [NF] [K]

FRIED GLASS
NOODLES

[GF] [NF] [DF]

INDIAN THOSAI WITH
DHALL VEGETABLE
AND CHUTNEY

[GF] [NF] [DF] [V] [VN]

SAUTÉ MIXED
VEGETABLE

[GF] [DF] [NF] [V] [K]

CHICKEN IN STEW
COCONUT MILK
WITH CHILI PADI

[GF] [NF] [K]

Desserts

APPAM

[GF] [NF] [DF]

ALMOND BEAN CURD
WITH LONGAN

[GF] [NF] [DF] [V]

ASSORTED
FRENCH PASTRY

[NF]

BUBUR KACANG HIJAU*

[GF] [NF] [DF] [V] [K]

* No added sugar

Afternoon Coffee Break

FRESH FRUITS PLATTER

[GF] [NF] [DF] [V] [VN]

PUTU PIRING

[GF] [NF] [DF] [V]