



seminar packages

SEMINAR BUFFET PACKAGE

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

HALF DAY · BREAKFAST & LUNCH ♦

FULL DAY · + AFTERNOON TEA ♦ MINIMUM 30 GUESTS

PEN
&
INC.

THE NJ GROUP COLLECTION

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BREAKFAST

A refined morning spread to start the seminar well

★ EGGS

CHOOSE ONE

Spinach Omelette — A light omelette folded with fresh spinach.

Mushroom & Cheese Omelette — Earthy mushroom and melted cheese.

Scrambled Egg — Soft, creamy scrambled eggs.

Hard-Boiled Eggs — Simply prepared and wholesome.

★ POTATOES

CHOOSE ONE

Hash Brown — Golden, crisp-edged hash browns.

Potato Gratin — Creamy baked potato with a gratin finish.

Lyonnais Potatoes — Pan-fried potatoes with onion.

Baked Potato Wedges — Hearty wedges baked until golden.

★ PROTEIN

CHOOSE ONE

Chicken Cheese Sausages — Savoury chicken sausages with cheese.

Chicken Chipotle Sausages — A gentle smoky chipotle warmth.

Chicken Breakfast Sausages — Classic breakfast sausages.

Chicken Black Pepper Sausages — Peppery and aromatic.

★ BAKERY

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

★ FRUITS

Seasonal Cut Fruits — A refreshing morning fruit selection.

★ BEVERAGES

CHOOSE ONE

Brewed Tea — Freshly brewed tea, served warm.

Fresh Coffee — A rich, aromatic coffee.

Orange or Apple Juice — A bright, fresh-pressed juice. Half Day · breakfast / morning tea break & lunch. Minimum 30 guests.

TEA BREAK

Warm bites, sweet moments and smooth refreshment

★ SANDWICH

CHOOSE ONE

Egg Mayo Sandwich — Creamy egg mayo in soft bread.

Tomato & Cheese Sandwich — Fresh tomato with cheese.

Tuna Sandwich — Savoury, creamy tuna filling.

Chicken Ham & Cheese Sandwich — A classic savoury combination.

★ HOT

CHOOSE ONE

Fish Finger — Crisp fish fingers, served warm.

Chicken Wings — Savoury wings for a satisfying bite.

Chicken Siew Mai — Steamed chicken dumplings.

Veg Spring Roll — Golden rolls with a vegetable filling.

Cocktail Samosa — Mini spiced samosas.

Potato Curry Puff — Flaky pastry with spiced potato.

Baked Chicken Meatballs — Tender chicken meatballs baked golden.

Chicken & Mushroom Quiche — Savoury quiche with a buttery crust.

★ SWEET SENSATIONS

CHOOSE ONE

Danish — Buttery pastry with a light sweet finish.

Cream Puff — Choux pastry filled with cream.

Assorted Swiss Cakes — A small assortment of soft Swiss cakes.

Mini Chocolate Éclairs — Mini eclairs with chocolate glaze.

Chocolate / Vanilla Pound Cake — Classic pound cake in two flavours.

English Carrot Cake — Carrot cake with a light cream cheese finish.

Seasonal Cut Fruits — Fresh fruits for a refreshing bite.

★ BEVERAGES

Brewed Tea — Freshly brewed tea.

Fresh Coffee — Cappuccino, latte, espresso or black coffee. Full Day package includes an afternoon tea break in addition to breakfast and lunch.

LUNCH — TO BEGIN

Soups, salads and appetisers · choose one from each

★ SOUP

CHOOSE ONE

Pumpkin Soup — Silky pumpkin soup with a naturally sweet finish.

Tomato Basil Soup — Tomato soup lifted with fresh basil.

Creamy Cauliflower Soup — A smooth cauliflower soup with mellow creaminess.

Cream of Mushroom Soup — Velvety mushroom soup with earthy depth.

★ SALAD

CHOOSE ONE

Greek Salad — Fresh vegetables with a Mediterranean touch.

Pasta Salad — Chilled pasta with a light dressing.

Caesar Salad — Crisp greens with creamy Caesar dressing.

Potato Salad — Creamy potatoes with a comforting finish.

Smoked Salmon Fusilli Salad — Fusilli pasta with smoked salmon notes.

Mesclun Salad — Four condiments and two dressings for a fresh mix.

Apple Waldorf Salad — Apple salad with honey-mustard dressing.

★ APPETISER

CHOOSE ONE

Mexican Wings — Savoury wings with warm Mexican spice.

Chicken Gold Coin — Crisp chicken bites as a light starter.

Veg Spring Roll — Golden rolls with a vegetable filling.

Beef Chimichanga — Crisp tortilla parcel with savoury beef.

Chicken Quesadilla — Toasted tortilla with chicken and cheese.

Cheese Quesadilla — Toasted tortilla with melted cheese.

Beef Wrap on Asparagus — Tender beef wrapped around asparagus.

LUNCH — RICE, VEGETABLES & CHICKEN

Choose one from each category

★ RICE / PASTA

CHOOSE ONE

Pilaf Rice — Fragrant rice cooked with gentle seasoning.

Seafood Pasta — Pasta with seafood in a savoury sauce.

Butter Garlic Rice — Rice tossed with butter and garlic.

Marinara Pasta — Tomato-based pasta with bright flavour.

Mushroom Aglio-Olio — Garlic olive-oil pasta with mushrooms.

Mix Vegetable Pasta — Pasta tossed with seasonal vegetables.

★ VEGETABLE

CHOOSE ONE

Baked Potatoes — Warm baked potatoes, simple and hearty.

Sautéed Vegetables — Seasonal vegetables, lightly sautéed.

Honey Roasted Pumpkin — Sweet roasted pumpkin with honey notes.

Parmesan Cauliflower — Cauliflower finished with parmesan.

Broccoli & Cauliflower Au Gratin — Baked vegetables with a golden gratin top.

★ CHICKEN

CHOOSE ONE

Spring Chicken — Tender spring chicken with classic roast flavour.

Chicken Roulade — Rolled chicken with a delicate savoury filling.

Peri Peri Boneless Chicken — Boneless chicken with bright peri peri spice.

Honey Glazed Grilled Chicken — Grilled chicken with a light honey glaze.

Herb Grilled Chicken, Mushroom — Herbed chicken finished with mushroom sauce.

Kong Pao Chicken & Cashew — Spiced chicken tossed with cashew nuts.

LUNCH — FISH, BEEF & SWEET FINISH

Choose one from each category

★ FISH OR BEEF

CHOOSE ONE

Fish Mornay — Fish baked in a creamy Mornay-style sauce.

Fish Florentine — Fish served with a spinach-inspired finish.

Beef Stroganoff — Tender beef in a creamy savoury sauce.

Roasted Beef Brisket — Slow-roasted beef brisket with deep flavour.

Grilled Fish, Mango Salsa — Grilled fish brightened with mango salsa.

Grilled Seabass, Crabmeat — Seabass finished with a delicate crabmeat sauce.

Grilled Salmon, Lemon Butter — Salmon finished with lemon butter.

★ DESSERT

CHOOSE ONE

Panna Cotta — Silky panna cotta with a light finish.

Crème Brûlée — Vanilla custard with a caramelised top.

Chocolate Cake — Rich chocolate cake for a sweet ending.

Seasonal Cut Fruits — Fresh fruits, chilled and refreshing.

Chocolate Brownie — Dense chocolate brownie, soft and indulgent.

★ BEVERAGES

CHOOSE ONE

Lime — A cool, zesty lime cooler.

Orange — A bright citrus refresher.

Fruit Punch — A chilled mixed-fruit punch.

Special dietary requirements can be discussed with the events team.