



101C 18<sup>th</sup> Avenue, Cubao Quezon City

Tel No. (02) 7342-8804 / 09617696332 / 09265315152 / 09265315153 Web: [www.executivegourmet.ph](http://www.executivegourmet.ph)

## SEMINARS AND TRAINING PACKAGES

We accept these Credit Cards



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PRICE Starts @ **Php495**/head and up

### ***Seminars & Training – Half Day***

#### ***Sample Menu***

#### **AM Snacks**

##### **Menu 1**

French Twist  
Special Beef Mami  
Free Flowing Coffee  
Iced Tea  
Purified Water

##### **Menu 2**

Pizza Loaf Bread  
BAM-I  
Free Flowing Coffee  
Iced Tea  
Purified Water

##### **Menu 3**

Garlic Bread  
Albondigas  
Free Flowing Coffee  
Iced Tea  
Purified Water

##### **Menu 4**

Potato Mojos  
Chicken Arrozcaldo  
Free Flowing Coffee  
Iced Tea  
Purified Water

#### **LUNCH**

##### **Menu 1**

Steamed Rice  
Slow-Roast Beef Ribs in Red Wine Sauce  
Herb Roasted Chicken  
Stir-Fry Mixed Veggies  
Buko Pandan  
Refillable Iced Tea  
Purified Water  
Free Flowing Coffee

##### **Menu 2**

Steamed Rice  
Slow-Roast Beef with Pepper Sauce  
Grilled Chicken Teriyaki  
Chopsuey with Quail Eggs  
Mango Sago  
Refillable Iced Tea  
Purified Water  
Free Flowing Coffee



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### **Menu 3**

Steamed Rice  
Slow-Roast Beef Brisket with BBQ Sauce  
Baked Chicken Roulades with Cheese Sauce  
Buttered Corn and Carrots  
Coffee Jello  
Refillable Iced Tea  
Purified Water  
Free Flowing Coffee

### **Menu 4**

Steamed Rice  
Caldereta de Vaca  
Asian Grilled Chicken  
Ginataang Sitaw at Kalabasa  
Mango Delights  
Refillable Iced Tea  
Purified Water  
Free Flowing Coffee

## ***Seminars & Training – Full Day***

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### ***Sample Menu***

#### **AM Snacks**

#### **Menu 1**

Goto  
Tokwa at Baboy  
Free Flowing Coffee  
Iced Tea  
Purified Water

#### **Menu 2**

Beef Congee  
Spring Rolls  
Free Flowing Coffee  
Iced Tea  
Purified Water

#### **Menu 3**

Mini Slopao  
Pansit Palabok  
Free Flowing Coffee  
Iced Tea  
Purified Water

#### **Menu 4**

Assorted Dimsums  
Seafood Noodles  
Free Flowing Coffee  
Iced Tea  
Purified Water



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## LUNCH

### Menu 1

Steamed Rice  
Slow-Braised Beef with Smothered Onions  
Grilled Hellfire Pork Shoulder  
Ginisang Munggo  
Leche Flan  
Refillable Iced Tea  
Purified Water  
Free Flowing Coffee

### Menu 2

Steamed Rice  
Slow-Roast Beef Roulades  
Chicken Cordon Bleu with Cheese Sauce  
Fresh Garden Salad  
Mango Sago  
Refillable Iced Tea  
Purified Water  
Free Flowing Coffee

### Menu 3

Steamed Rice  
Lengua con Setas  
Slow-Roast Pork Ribs w, Apple/Pineapple  
Ginisang Patola with Misua  
Mango Buko Loco  
Refillable Iced Tea  
Purified Water  
Free Flowing Coffee

### Menu 4

Steamed Rice  
Slow-Roast Beef Belly w/ Wild Mushroom Sauce  
Fish Fillet with Tartar Sauce  
Stir-Fry Green Beans  
Buko Lychee Crystal Treat  
Refillable Iced Tea  
Purified Water  
Free Flowing Coffee

## PM Snacks

### Menu 1

Tuna Spaghetti  
Garlic Bread  
Free Flowing Coffee  
Iced Tea  
Purified Water

### Menu 2

Cheesy Baked Mac  
Dinner Rolls  
Free Flowing Coffee  
Iced Tea  
Purified Water

### Menu 3

Baked Lasagna  
Garlic Bread  
Free Flowing Coffee  
Iced Tea  
Purified Water

### Menu 4

Spaghetti Bolognese  
Banana Bread  
Free Flowing Coffee  
Iced Tea  
Purified Water



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***Seminars and Training INCLUSIONS***

- ) Elegant Buffet table Setup*
- ) Silverware and Glassware*
- ) No Chairs and Tables*
- ) Waiter Service*
- ) Menu Food Tasting for Two (2) Person*