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# **FOOD & BEVERAGE OPERATIONS – Food & Beverage Preparation**

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# Food Prep Glossary

Bake

Baste

Batter

Beat

Blanch

Braise

Brown

Caramelize

Clarify

Deglaze

Dredge

Flambe

Fold

Flute

Garnish

Julienne

Mince

Parboil

Puree

Rehydrate

Render

Sauté

Scald

Simmer

Steep

Temper

Truss

Whip

# What is Garnishing?



Garnishing harmonizes  
Colour, Flavor and Taste  
to the Main dish

## Do's & Don'ts for Food & Beverage Garnishing?



- Place it where it seems just perfect.
- Contrast colour schemes work best for garnishing.
- Do not overdo garnishing; this overshadows the main food.
- Do not reuse the garnish.
- Avoid being too elaborate





# Garnishing - Beverages

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# Types of Garnishes for Beverages



# What is accompaniment?

- Sauces and Dips
- Pickles
- Dressings
- Chips and Wedges
- Salads
- Gravies
- Beverages such as soft drinks or wines
- Breads





# Popular Food Items with their Accompaniments



# Menu

Lychee and  
Lemon Cooler

7.90

BLACK & WHITE 黑与白  
7.90

LONGAN 龙眼  
7.90

LYCHEE 荔枝  
7.90

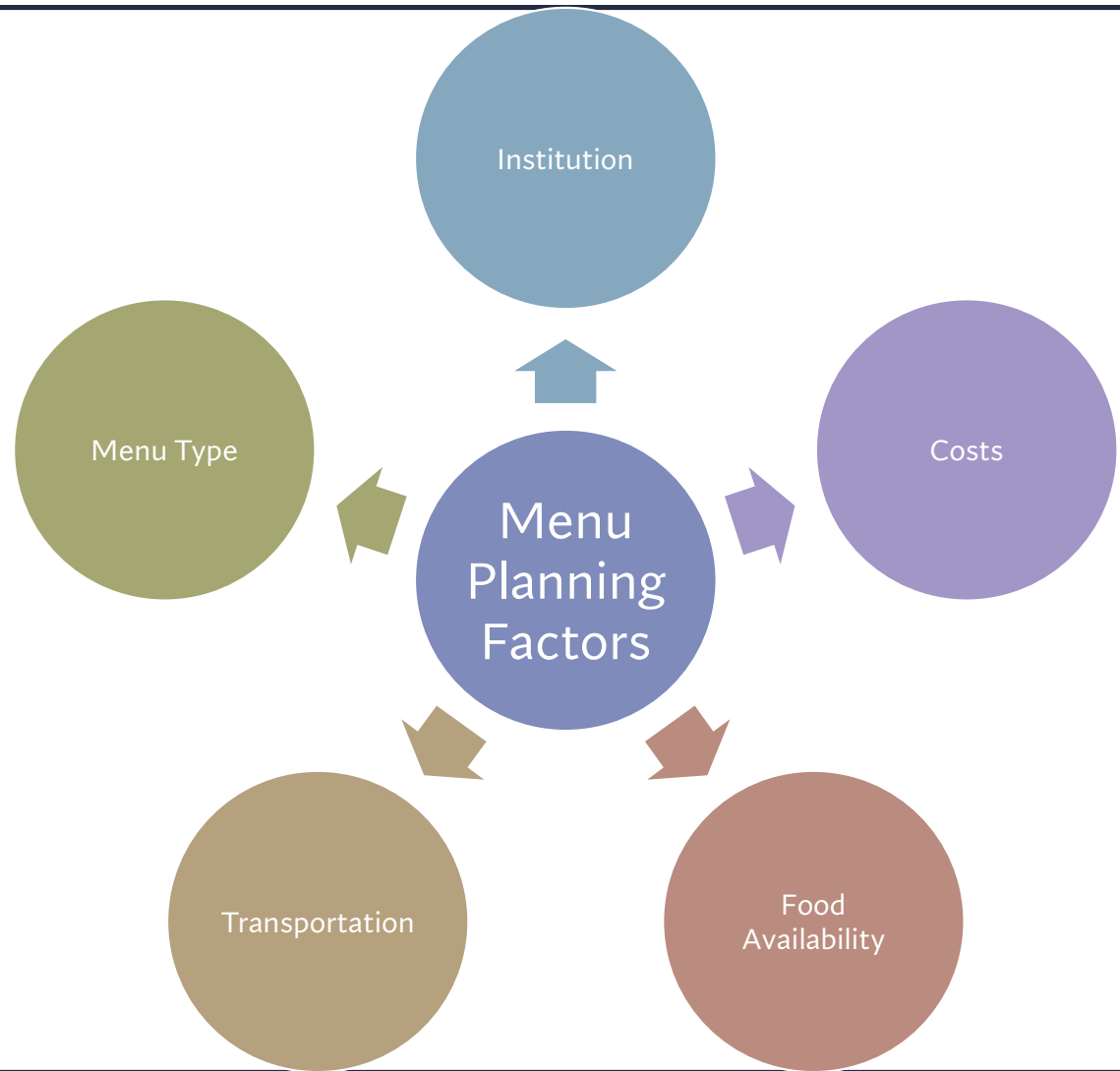
BARLEY WITH LIME 薏米酸柑  
7.90

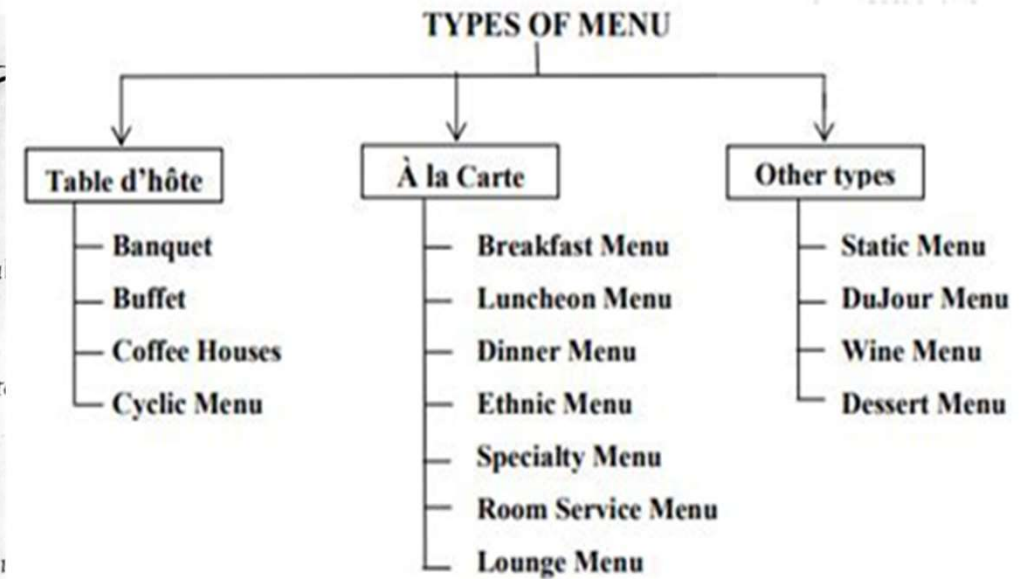
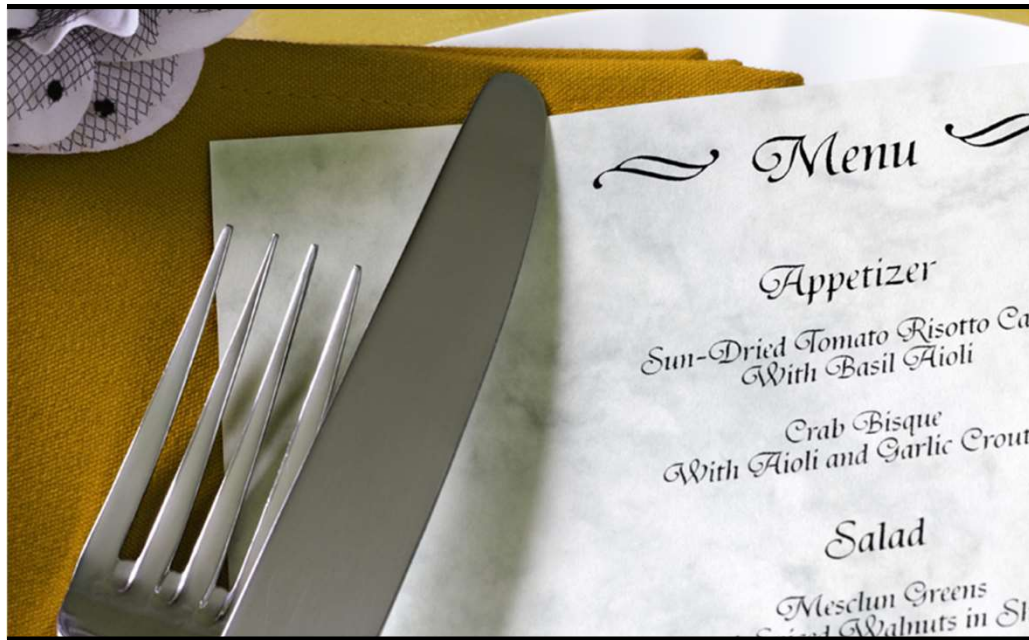
LIME SODA 酸柑梳打水  
9.90

HONEY LEMON 柠蜜  
9.90 (Hot 热) | 9.90 (Cold 冷)

BANDUNG 糖梨果汁

# What is menu planning?





# Types of Menu

# Table D'Hote menu

- Is a French name and means “Table of the Host”
- Is divided into set of courses with limited dishes
- The price are fix and the food usually are ready at the same time
- Menu is changed accordingly to requirement





# Ala Carte

balsamic infused tomato and onion salsa  
fresh basil and fetta

**Melba's Dip's Assortment** 8.5  
three ever changing dips of chef's choice

## ENTREES

**Salt 'n' Pepper Calamari** 10.5  
flash fried in our own spice blend  
with garlic aioli

**Garlic King Prawns** 12.5  
seared king prawns in a classic white wine  
and cream sauce with steamed rice  
(also available as a main ~ 22)

**Melbas Crab Cakes** 14.5  
served with a garden salad and a trio  
of dipping sauces

**King Prawn Cocktail  
with Avocado** 12  
fresh local king prawns served with an  
avocado salsa and cocktail sauce

**Chicken Souvlaki** 12.5  
greek style chicken skewers served with  
steamed rice, tzatziki and a rich napoli sauce

**Slow Braised Pork Rib Loin** 13  
served on a bed of warm tomato salsa  
with a fresh mint pesto

## SEAFOOD

**Natural Oysters** 1/2 doz 13  
full doz 22

**Kilpatrick Oysters** 1/2 doz 13  
full doz 26

**Mornay Oysters** 1/2 doz 13  
full doz 26

**Chilli Plum Bugs** 36  
served with steamed rice and a side salad

**Thai Green Chicken Curry** 20  
aromatic creamy curry, served with  
steamed rice, garden salad or vegetables

**Melba's Rack of Lamb** 35  
tender 5 point lamb rack with a mustard  
and rosemary crust served with a red wine  
jus on a garlic mash with freshly minted  
vegetables

**Chicken Supreme** 28  
breast fillet poached in white wine sauce  
topped with avocado, prawns and bernaisé  
sauce, served with garlic mash and  
steamed vegetables

**Crispy Skinned Salmon** 28  
fresh tasmanian salmon served on wilted  
baby spinach, steamed asparagus and  
bernaisé sauce with garlic mash

**Fettuccine Carbonara** 16  
traditional italian favourite roasted garlic,  
onion and mushrooms in a creamy sauce  
and parmesan chips

## STEAKS

**T-Bone** 500 grams 34

**Rib on the Bone** 450 grams 36

**Scotch Fillet** 300 grams 32

**New York** 330 grams 32

**Eye Fillet** 250 grams 32

\*all served with caramelised onions, roasted  
garlic, with your choice of salad and chips or  
garlic mash and freshly steamed vegetables

PLUS your choice of pepper, mushroom,  
diane, red wine jus or bernaisé sauce

add a seafood topper... 8  
bug or big king prawns or scallops

**Greek Salad** 14  
diced cucumber, fetta, olives, grape  
tomatoes and spanish onions with a  
balsamic vinaigrette

**Garden Salad** 10  
mesculin, tomatoes, cucumber and spanish  
onion, fetta, olives and a house made vinaigrette

## SIDES

add your favourites...  
Fries with aioli 6.5  
Mash potato 4.5  
Garden salad 6.5  
Potato wedges 4.5  
Gravy 2.5  
Steamed seasonal vegetables 7

## PIZZA

**Satay Chicken** 14  
with capsicum, onions, mozzarella,  
topped with sour cream and guacamole

**Melbas Marinara** 14  
prawns, calamari, herb and sour cream  
base, mozzarella and baby spinach

**Supremo** 14  
ham, salami, capsicum, onion, olive,  
anchovies, mushrooms and mozzarella

**Meat Lovers** 14  
cabanossi, meatballs, mozzarella and bbq sauce

**Hawaiian** 14  
shaved ham and pineapple with mozzarella  
cheese

**Chilli Con Carne** 14  
with capsicum, onion, jalapeños,  
mozzarella, avocado and sour cream

**Roasted Pumpkin** 14  
with spinach, mozzarella and herb fetta

~ LUNCH ONLY ~

- Menu are individually price
- Guest select their own food & beverages from the menu
- The meal is cooked to order
- Guest need to wait for their order

# A La Carte vs Table D'hote

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## À LA CARTE VERSUS TABLE D'HÔTE

À LA CARTE	TABLE D'HÔTE
Menu type which includes a wider variety of courses that are individually priced	Menu type consisting only of a set number of courses offered for a set price
Has a vast number of dishes under different categories and courses	Only has a limited number of dishes, usually ranging from 2-4 dishes
All courses are priced separately and customer can pay accordingly	Has a set price, so the customer has to pay the full amount even if he doesn't consume all dishes
Foods wastage is high since it consists of multiple choices	Food wastage is less since it has a fixed number of choices
Customer can enjoy a variety of courses according to his wishes and pay the bill accordingly	Customer is limited only to the set courses, and he has to pay the full amount even if he does not consume

## Food & Beverage Operations – Food Preparation



Sunday 3 Course Menu		
Available June 4 <sup>th</sup> , after 5 pm @ SIMONHOLT		
<b>STARTER</b>	<b>Citrus Salad</b>	<b>\$7</b>
	champagne vinaigrette	
	May we suggest our Kim Crawford Sauvignon Blanc? 6 oz - \$11	
<b>MAIN COURSE</b>	<b>Beef Tenderloin Medallions</b>	<b>\$30</b>
	on wild mushroom risotto and local Vancouver Island vegetables	
	May we suggest our Layer Cake Cabernet Sauvignon? 6 oz - \$15	
<b>DESSERT</b>	<b>Vanilla Ice Cream Crepe</b>	<b>\$7</b>
	with warm peach compote	
	May we suggest our Taylor Fladgate Bottled Vintage? 2 oz - \$10	
<b>\$35</b> per person, exclusive of drink, tax & gratuity OR purchase each item individually.		



# 3-course meal

### **BREAKFAST BUFFET MENU -2011**

#### **COLD FRUIT STATION**

VIETNAMESE CORNER: Chả quế, giò lụa, giò thủ, giò Bo + Bánh hoi, bánh bèo, Bánh tét

INTERNATIONAL COLD CUTS: Liver Pate, Salami, Ham, Beef Grison, Garlic sausage

CHEESE BOARD: Mozzarella, Edam, Gouda

CEREAL: Corn Flakes, Choco Chex, All Bran, Sultana Bran, Nutri Grain

YOGHURT: Plain Yoghurt, Strawberry Yogurt, Passion Fruit Yogurt, Mixed Fruits

FRUITS: Fruits Tower, Whole Banana, 6 Types Cut Fruit

BEVERAGES:

Orange juice, apple juice, Peach juice, mineral water, Milk, fresh water melon

Garden green salad bar with dressing & condiment

#### **ASIAN STATION**

Seafood fried rice (Cơm chiên hải sản)

Stir-fried rice noodles with beef (Mì xào bò)

Sautéed broccoli & cauliflower (rau su lơ xanh, trang xào)

Dim sum (hà cảo, Bánh Bao)

Ragout spare rib (Sườn nấu ragu)

Fish Teryaki (cá nướng kiểu Nhật)

Các loại củ hấp: khoai lang, sắn, bắp, rong...

**CONGEE, BEEF CONGEE:** (Cháo trắng, Cháo Bò)

**CONDIMENT:** Salted Egg, Ginger, Spring Onion and anchovy fish

**NOODLE: Phở Bò**

Sliced Beef, Rice Noodles, lime, Chili, Mint, Basil, Spring Onion, Soya Sauce, Fish Sauce,

Chili Sauce, Fried shallots

#### **WESTERN**

Grilled bacon

Sautéed veal sausage

Stewed beef in red wine

Pan-fried tomatoes with herb

French toasted in cinnamon

**EGG STATION:** Cheese, Bacon Bits, Ham, Mushrooms, Tomato, Onion, Bell Pepper

#### **BAKERY AND PASTRY**

Hard Rolls, Soft Rolls, Baguette, Lavosh, Croissant, muffins, donuts, Danish, Cakes,

Brioche, Palmer, Raisin Bread,

**TOAST:** Rye, Whole Wheat, White, Black

Unsalted Butter, Salted Butter, Marmalade, Honey, jams,

**PANCAKE:** Maple Syrup, Honey, chocolate sauce

# Buffet Menu

- Is usually self-served
- Suitable for social and casual gathering
- Is divided into set of courses with limited dishes
- The price are fix and the food usually are ready at the same time
- Menu is changed accordingly to requirement



## Food & Beverage Operations – Food Preparation

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<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><b><u>Breakfast:</u></b> Basmati rice with sliced avocado and tomato with lemon juice</p> <p><b><u>Lunch:</u></b> Nicoise salad (tuna, red-skinned potatoes, green beans, olives, romaine lettuce with lemon dressing)</p> <p><b><u>Snack:</u></b> Celery and icame with raw</p>	<p><b><u>Breakfast:</u></b> Assortment of fresh melons (after 30 days of healthful living &amp; cleansing)</p> <p><b><u>Lunch:</u></b> Soft shell fish tacos (i.e., halibut, vegetables, guacamole, and tomato salsa)</p> <p><b><u>Snack:</u></b> Stir fried tomato basil, garlic, and zucchini</p>	<p><b><u>Breakfast:</u></b> Brown basmati rice with broccoli and cauliflower seasoned with olive oil, salt, and pepper</p> <p><b><u>Lunch:</u></b> Ginger/carrot soup with zucchini salad (zucchini, red leaf and romaine lettuce, radish, and onions with flax seed oil, salt, and garlic dressing)</p> <p><b><u>Snack:</u></b></p>	<p><b><u>Breakfast:</u></b> Tomato, cucumber, and avocado salad with lemon and vegetable juice (celery, cucumbers, parsley, and spinach)</p> <p><b><u>Lunch:</u></b> Roasted vegetable salad (mixed greens, eggplant, zucchini, yellow squash, peppers, asparagus, sun-dried tomatoes with citrus dressing) with</p>

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# Cyclic Menu

- Usually are laminated for easy cleanup
  - Is divided groups, such as appetizer, soup, salad, entrée, dessert, etc.
  - Fast usually have this kind of menu
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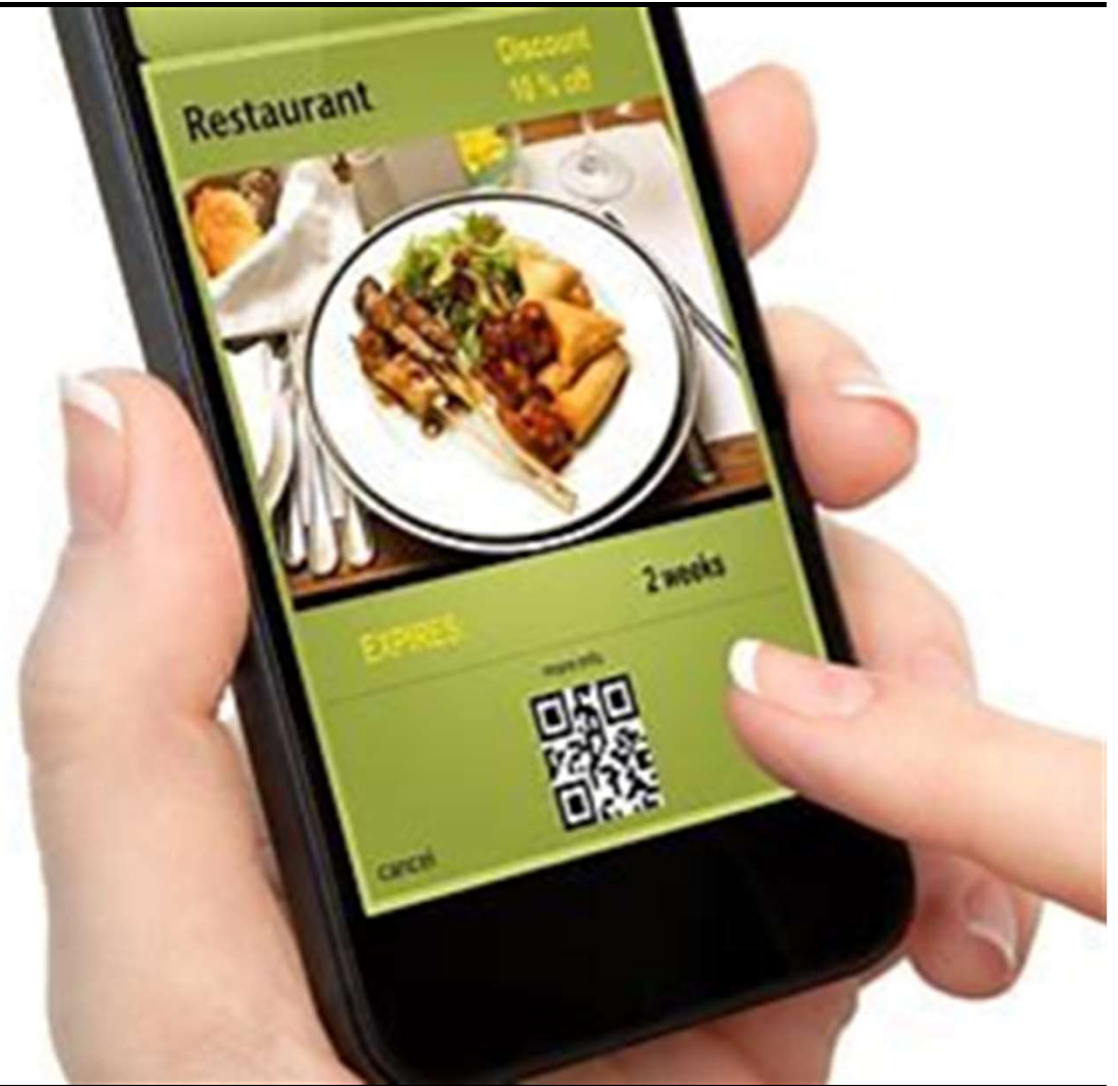
# Du Jour Menu

- Daily special menu of the day

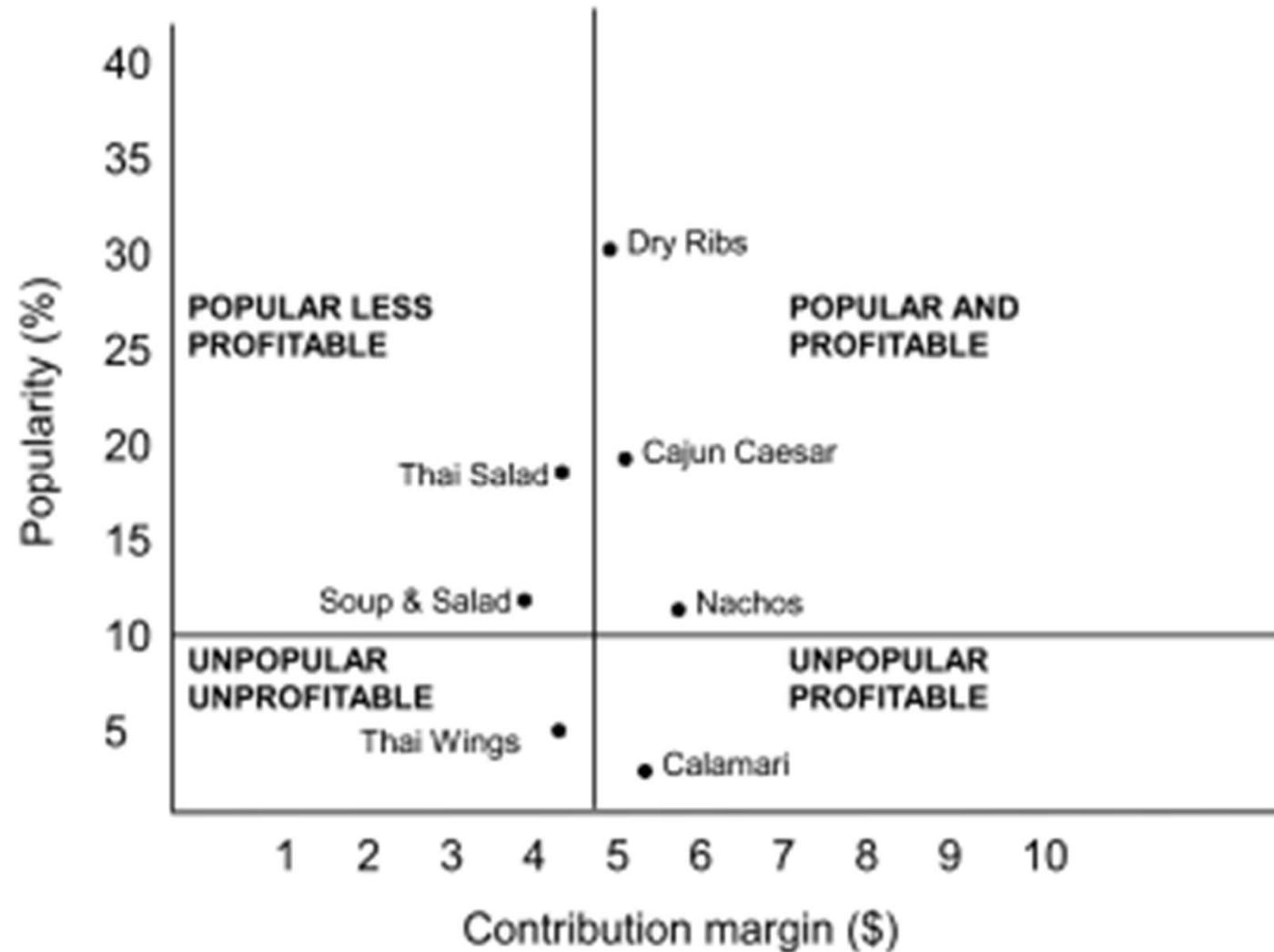


# Menu – Others

- Beverage Menu
- Cocktail Menu
- Dessert Menu
- Industrial Menu
- Digital Menu App
  - Menu Apps
  - QR Code Based Menu



# Menu Sales Analysis



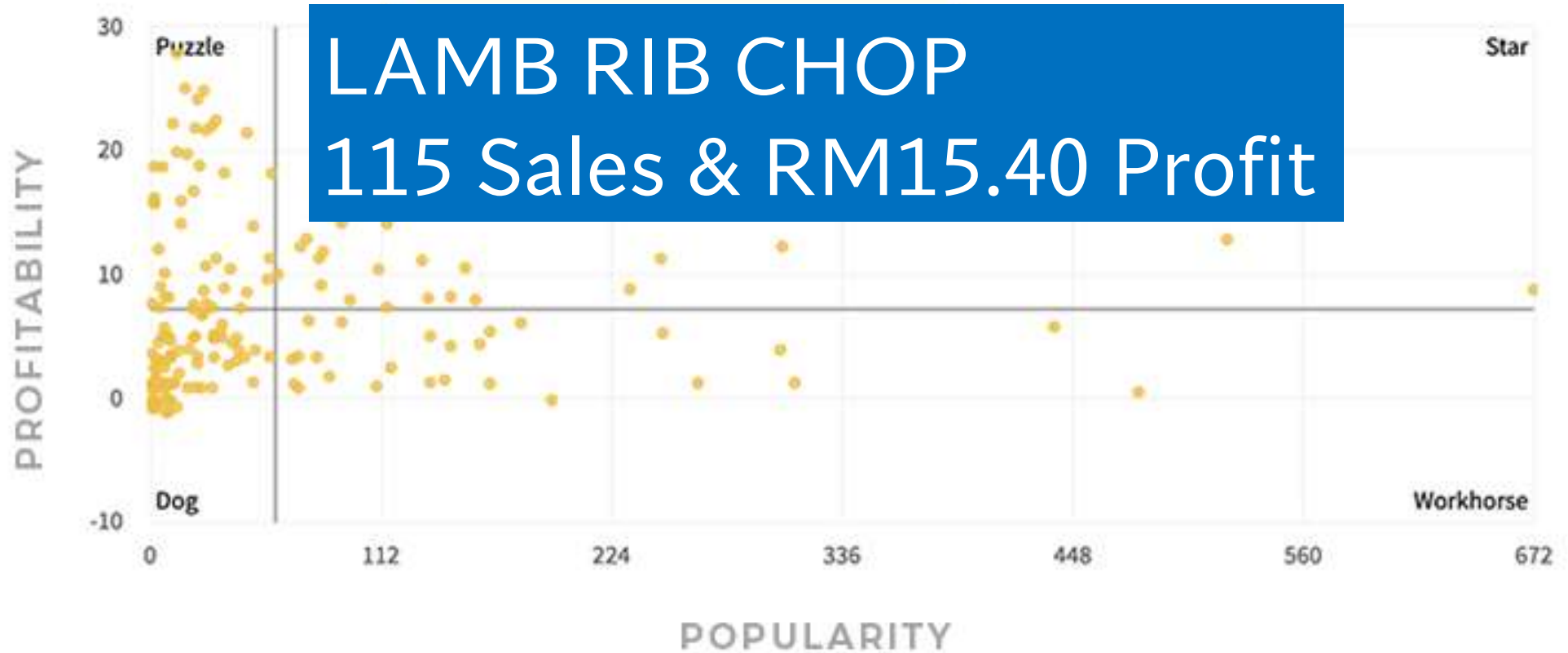


## Item Status in the Menu

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STATUS	PROFITABILITY	POPULARITY
Star	High	High
Dog	Low	Low
Plow-horses	Low	High
Puzzle	High	Low

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# Menu Engineering

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# Menu Engineering

