



smol
APPETITE FOR GOOD

**welcome
to smol!**

DID YOU KNOW?

smol is a woman-owned Social Enterprise dedicated to making a difference through food.

We serve nutritious, delicious meals while championing diversity, inclusion, and sustainability.

OUR MISSION

- ♥ Empowering women & minorities in leadership
- 🥗 Providing healthy, balanced meals for all
- 🌍 Reducing food waste through sustainable practices
- 🤝 Creating safe, welcoming spaces for every community



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All-Time Favorites

Premium Beverages (Barista-Brewed)

Individually Bottled

NOTE: SMOL retains full ownership of all menu content. We reserve the right to make changes, modifications, or updates to our menus at any time, without prior notice. While we strive to maintain accuracy, menu items and prices may vary due to seasonal availability and market conditions.



Breakfast/Afternoon Tea Menu

\$20+ Per Guest | Minimum 30 Guests

Choose 4 items • +\$4/guest for each additional item

Fresh & Light

- ☐ Fresh Fruit Platter
- ☐ Hummus Board
- ☐ Wild Berry Yoghurt Parfait
- ☐ Mexican Bean Salad
- ☐ Organic Matcha Overnight Oats 🍷 +\$1
- ☐ Organic Acai Berry Bowls +\$2

Bakery Favorites

- ☐ Egg Mayo/Curried Egg Mayo Croissant 🍷
- ☐ Chicken Mayo Croissant +\$1
- ☐ Tuna & Cucumber Croissant +\$1
- ☐ PB&J Shokupan
- ☐ Turkey Ham & Cheese Shokupan
- ☐ Smoked Salmon Shokupan +\$2
- ☐ Cream Cheese & Mushroom Pinwheel
- ☐ Pesto Chicken Pinwheel 🍷 +\$1

Warm & Savory

- ☐ Pandan French Toast with Kaya 🍷
- ☐ Cinnamon French Toast with Maple Syrup
- ☐ Spanish Tortilla (Omelette)
- ☐ Patatas Bravas
- ☐ Truffle Tater Tots +\$1
- ☐ Shiso Chicken Bites 🍷 +\$1
- ☐ Curried Samosa
- ☐ Tuna & Cheese Quesadilla
- ☐ Fresh Salsa & Guacamole Quesadilla 🍷 +\$1
- ☐ Taco Beef Quesadilla 🍷 +\$2

Sweet Treats

- ☐ Assorted Cakes by Metta Café 🍷

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Party Platters

Perfect for smaller groups | **No MOQ**

All-Time Favorites

- ☐ Assorted Mini Croissants (Box of 12) 👍 \$49
Egg Mayo, Chicken Mayo, Tuna Mayo, Surprise Seasonal Flavor
- ☐ Mini Tart Canapés (Box of 30) \$69
Chicken Mayo, Egg Mayo, Tuna Mayo, Smoked Salmon, Surprise Seasonal Flavor

Salad Platters

serves 8-10pax as a side

- ☐ Roasted Butternut \$68
Mesclun mix, nashi pear, walnuts, pomegranate, maple vinaigrette
- ☐ Italian Burrata 👍 \$88
Mesclun mix, cherry tomatoes, candied walnuts, 100% Italian EVOO, lemon vinaigrette
+ add additional burrata 125g \$8
- ☐ Salmon Soba \$108
Honey soy salmon, roasted corn, edamame, mushroom medley, baby romaine, furikake, sesame ginger dressing
- ☐ Chicken Quinoa \$108
Roasted broccoli, avocado, cherry tomatoes, baby romaine, almonds, smoked paprika vinaigrette
- ☐ Taco Beef 👍 \$118
Pico de gallo, avocado, corn, black rice, baby romaine, tortilla chips, coriander yoghurt dressing

Dessert Platters

*approx. 22cm*18cm, default sliced 24pcs/box*

- ☐ Signature Chocolate Brownie \$65
Triple chocolate, cacao nibs, sea salt
- ☐ Dark Chocolate Walnut \$72
Toasted walnuts, cacao nibs, sea salt

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Individual Bentos

Our all time best selling menu | *No MOQ*

Grain Bowls & Salads

served in bio-degradable sugarcane pulp bowl

	kena salmon soba  honey soy salmon charred corn, spicy edamame, 63°C egg, mushroom medley, pickled ginger, furikake, sesame ginger dressing	16.9
	gains city - chicken quinoa     nut-free opt avail spiced chicken breast avocado, spicy edamame, 63°C egg, roasted broccoli, sesame seeds, toasted almonds, smoked paprika vinaigrette	14.9
	under the sea barley & mesclun     nut-free opt avail za'atar barramundi charred corn, pomegranate, roasted broccoli, pickled spanish onions, toasted almonds, coriander, lemon vinaigrette	16.9
	pesto joy - chicken/shrimp fusilli & mesclun   spiced chicken breast  or garlic shrimp spicy edamame, roasted broccoli, japanese cucumber, roasted cherry tomatoes, pine nuts, house special basil pesto	14.9 16.9
	fun with black - chicken black rice    spiced chicken breast avocado, cucumber, honey mango, red cabbage, pickled ginger, sesame seeds, coriander, spicy coco-peanut	14.9
	caul me maybe - beef caulirice   striploin steak 63.5°C egg, pico de gallo, chat potatoes, black beans, crushed tortilla chips, garlic yoghurt dressing	17.9
	pesto joy - tofu fusilli & mesclun     nut-free opt avail umami tofu spicy edamame, roasted broccoli, cucumber, roasted cherry tomatoes, pine nuts, house special basil pesto	14.9
	gains city - tofu quinoa     nut-free opt avail umami tofu avocado, spicy edamame, roasted broccoli, 63°C egg, sesame seeds, toasted almonds, smoked paprika vinaigrette	14.9
	caul me maybe - tofu caulirice  umami tofu 63.5°C egg, pico de gallo, chat potatoes, black beans, crushed tortilla chips, garlic yoghurt dressing	14.9
	fun with black - tofu black rice     umami tofu avocado, cucumber, honey mango, red cabbage, pickled ginger, sesame seeds, coriander, spicy coco-peanut	14.9

Premium Bentos

served in a wood-finish bento box

☐ Beef Striploin	\$34
☐ Garlic Shrimp	\$32
☐ Grilled Chicken	\$30
☐ Mushroom Medley	\$30

All served with truffle angel hair, mesclun salad, roasted vegetables, brownie

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Buffet Menu

Priced Per Guest, Minimum 30 Guests

8-Course Lunch Buffet

\$28

Summer Salad with Sesame Ginger Dressing (Vegan, GF)
 Aglio Olio with Mushrooms (Veg)
 Slow Cooked Chicken Cacciatore (GF)
 Lemon Butter Baked Fish (GF)
 Roasted Garden Vegetables (Vegan, GF)
 3-Cheese Mash Potatoes (Veg)
 Assorted Cakes by *Metta Cafe*
 Homemade Pink Lemonade and Citrus Water

8-Course Premium Lunch Buffet

\$48

Burrata Salad with 100% Italian Extra Virgin Olive Oil Dressing (Veg, GF)
 Aglio Olio with Mushrooms (Veg)
 Slow Cooked Chicken Cacciatore (GF)
 Lemon Butter Baked Salmon (GF)
 Roasted Garden Vegetables (Vegan, GF)
 3-Cheese Truffle Mashed Potatoes (Veg)
 Assorted Cakes by *Metta Cafe*
 Homemade Pink Lemonade and Citrus Water

Package includes:

- Complete buffet setup
- Full set of Biodegradable utensils
- Thematic decoration and colour theme

10% Service Charge and Delivery Charge applies

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Classic Seminar Menu

Full Day Seminar (Breakfast, Lunch, Tea) \$38+ Per Guest, Minimum 30 Guests

Half Day Seminar (Breakfast OR Tea, Lunch) \$32++ Per Guest, Minimum 30 Guests

Breakfast

Fresh Fruit Platter

Egg Mayo Croissant

Pandan French Toast with Kaya

Coffee & Tea with Fresh Milk and Non-Dairy Milk

8-Course Lunch Buffet

Summer Salad with Sesame Ginger Dressing (Vegan, GF)

Aglia Olio with Mushrooms (Veg)

Slow Cooked Chicken Cacciatore (GF)

Lemon Butter Baked Fish (GF)

Roasted Garden Vegetables (Vegan, GF)

3-Cheese Mash Potatoes (Veg)

Assorted Cakes by *Metta Cafe*

Homemade Pink Lemonade and Citrus Water

Afternoon Tea

Curried Samosa

Turkey Ham & Cheese Pinwheel

Assorted Cakes by *Metta Cafe*

Coffee & Tea

Package includes:

- Complete buffet setup
- Full set of Biodegradable utensils
- Thematic decoration and colour theme

10% Service Charge and Delivery Charge applies

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Premium Seminar Menu

Full Day Seminar (Breakfast, Lunch, Tea) \$58+ Per Guest, Minimum 30 Guests

Half Day Seminar (Breakfast OR Tea, Lunch) \$52++ Per Guest, Minimum 30 Guests

Breakfast

Premium Fruit Selection

Egg Mayo Croissant

Pandan French Toast

Coffee & Tea with Fresh Milk and Non-Dairy Milk

8-Course Premium Lunch Buffet

Burrata Salad with 100% Italian Extra Virgin Olive Oil Dressing (Veg, GF)

Aglia Olio with Mushrooms (Veg)

Slow Cooked Chicken Cacciatore (GF)

Lemon Butter Baked Salmon (GF)

Roasted Garden Vegetables (Vegan, GF)

3-Cheese Truffle Mashed Potatoes (Veg)

Assorted Cakes by *Metta Cafe*

Homemade Pink Lemonade and Citrus Water

Afternoon Tea

Curried Samosa

Pesto Chicken Pinwheel

Assorted Cakes by *Metta Cafe*

Coffee & Tea with Fresh Milk and Non-Dairy Milk

Package includes:

- Complete buffet setup
- Full set of Biodegradable utensils
- Thematic decoration and colour theme

10% Service Charge and Delivery Charge applies

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Beverage List

Priced Per Guest | *Minimum 30 Guests*

add on to Afternoon Tea/Breakfast/Lunch/Dinner Menus | served in a dispenser

All-Time Favorites

☐ Hot Coffee & Tea with Fresh Milk and Non-Dairy Milk	\$2
☐ Citrus-Infused Water	\$2
☐ Homemade Sparkling Lemonade	\$3
☐ Pink Pomegranate Lemonade	\$4

Premium Beverages (Barista-Brewed)

☐ Cold-Brew Japanese Green Tea	\$4
☐ Cold White Coffee	\$4
☐ Cold Oat White Coffee	\$4.50
☐ Organic Matcha Latte	\$5
☐ Organic Matcha Oat Latte	\$5.50
☐ Organic Acai Berry Oat Smoothie	\$5

Priced Per Bottle | *No MOQ*

Individually Bottled

☐ Cold-Brew Japanese Green Tea	\$5
☐ Cold White Coffee	\$5
☐ Cold Oat White Coffee	\$5.50
☐ Organic Matcha Latte	\$6
☐ Organic Matcha Oat Latte	\$6.50
☐ Organic Acai Berry Oat Smoothie	\$7
☐ Homemade Sparkling Lemonade	\$5
☐ Pink Pomegranate Lemonade	\$6
☐ Coriander Lemonade	\$6

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