

GREEN ISLAND BUFFET INGREDIENTS

Honey Soy Ginger Chicken	Diced Chicken thighs, Diced Onions, Fresh Ginger, Crushed Garlic, Fresh Capsicums, Sesame Oil (Sesame Seed), Vegetable Oil and Corn Flour. Sweet soy sauce ingredients: Sugar, Water, Salt, Soybean (2.1%), Wheat and Preservative (E211). Chicken Booster (Salt, Sugar, Maltodextrin (from Maize), Chicken fat, Flavour, Onion powder, yeast extract, Chicken powder, flavour enhancer (635), Colour (Turmeric, Caramel IV) and Herb extract.
Chinese Five Spice Beef	Diced Chuck Steak, Diced Onions, Ginger, Garlic, Potatoes, Corn Flour, Cinnamon stick, Vegetable Oil and Chinese five spices (Star Annis, Cloves, Cassia bark , Szechuan pepper and Fennel seed), Kikkoman Soy Sauce (Water, Soybean (18%), Wheat, Salt and Contain 3.2%alcohol from the natural brewing process), Sweet Chilli Sauce (Sugar, Chilli 22%, Water, Garlic 8.5%, Distilled Vinegar, Salt Tapioca Starch, Citric Acid:E330, Acetic Acid: E260, Xanthan Gum:E415 and Preservative :E202)
Japanese Vegetable (Chic Peas) Curry	Chic peas, Diced tomato. Diced Onions, Vegetable Oil and garlic. Japanese curry paste, please see below for ingredients: Wheat flour, Edible Oils (Palm oil/Soy and Canola oil), Salt, Sugar, Curry powder, Spice, Caramel colour, Monosodium Glutamate, Malic acid, Disodium Guanylate and Disodium Inosinate.
Sliced Smoked Ham	Pork (78%0, Water, Modified Starch (1442), Food Acid (325), Ham Cure Sucrose, Mineral Salts (450, 451, 452), Dextrose Salt, Antioxidant (318),Sodium Nitrite (250)I salt, Sucrose, Vegetable Gum (407), Flavour Enhance (635), Emulsifier (433), Fermented Rice) Smoked.
Bread Rolls	Wheat Flour, Vitamin (Thiamine), Water, Gluten, Compressed Yeast, Salt, Vegetable Oil, Soy Flour, Vegetable Shortening, Starch (1450, Enzymes). May contain Poppy or Sesame Seeds and milk / soy products.
Potato Salad	Potatoes, roasted capsicum, red onion, seeded mustard, Mayonnaise (see below) salt, pepper, sugar, Salt, Food Acid, Pepper. Parsley or spring onions garnish. Fish and egg products present, may contain traces of soy.
Pasta Salad	Pasta in sun dried tomato & Pesto dressing, garnished with parsley / spring onions. Pasta (Durum Wheat semolina), Vinegar , Sun dried Tomato Strips (semi dried tomatoes 60%, water, canola oil, salt, garlic, herbs, spices, Citric acid 330, preservative 220), Pesto (Canola oil, Soy, spinach, Water, Parmesan cheese {9% - Milk, salt, cultures, rennet, tapioca starch}, cashew nuts (6%), Basil (2%), vinegar, Salt, Garlic, Acidic Regulators (270,330), Preservatives(202, 211)), Fried Garlic (garlic 88%, Palm oil 12%) , Salt , Food Acid (330), Herbs , vegetable Oil , Sulphites , Durum Wheat (contains Whey Protein & Egg) Garlic , Pepper . Garnish Parsley, spring onion. Contains Milk, Soy and Nuts. May contain traces of fish & eggs.
Seasonal Garden Salad	Mixed fresh lettuce leaves and Snow peas sprout
Mixed Bean Salad	Cannellini Beans, Butter Beans, Green Baby Lima, Borlotti, Red Kidney Beans, Water, Sugar, Salt, Antioxidant.
Coleslaw	Green Cabbage, Carrots, Parsley, Mayonnaise (see below), Garlic, Pepper, Salt, Vinegar. Fish and egg products present, may contain traces of soy.
Fresh Fruit (Seasonal)	Sliced Watermelon and Orange wedges with Seasonal whole apple, banana etc...
Steamed Rice	Rice, water, fried onion garnish (onion, vegetable oil).
Mayonnaise	Vegetable oil, water (with dashi no moto: glucose syrup, salt, 621, powdered bonito shavings, shitake mushroom powder, powdered kelp, hydroly – zed protein), vinegar, egg, Dijon mustard, salt, pepper, sodium bisulfate. Fish and egg products present and may contain traces of soy.
Salad Dressing Soy Sauce Tomato Sauce BBQ Sauce Sweet Chilli Sauce Chilli Sauce	Dressing : Vegetable oil, Vinegar, honey, Sugar, Dijon Mustard, Salt, Pepper, Water Soy Sauce: Water soybeans (18%), wheat, Salt. 3.2% alcohol present Tomato Sauce: Concentrated tomatoes, sugar, salt, food acids(acetic acid, citric acid), natural flavours (eg garlic) Chilli Sauce: Wheat, sugar, food acid (Acetic), Mustard Seed, Chilli (3%), Salt, Paprika, Vegetable Gum (Xanthan / soy), Natural colour (Paprika oleoresin), spice extract, turmeric. May contain peanuts. BBQ Sauce: Concentrated tomatoes, Apple puree, sugar Maize thickener (1414), Salt, Food Acids (Acetic Acid, Citric Acid), Colour (caramel III), Natural flavours (Garlic, hickory smoke), and spices. Sweet chilli Sauce: Sugar, Chilli 22%, Water, Garlic 8.5%, Distilled Vinegar, Salt, Tapioca starch, Citric Acid: E330, Acetic Acid: E260, Xanthan Gum: E415, Preservative E202. Sauces May contain soy, wheat, gluten, fish and eggs.
Mixed Vegetable Soup.	Onions, Garlic, Vegetables (potato, tomato, mushroom etc...) water, Chicken stock powder (Salt, sugar maltodextrin maize, chicken fat, flavours, onion powder, yeast extract, chicken powder, flavour enhancer (635), colours (tumeric, caramel IV), herbs, Cream, Salt, pepper. May contain soy, wheat, gluten, fish and eggs.
Pumpkin Soup	Dried Vegetable, Dairy Solids, Potato Starch, Sugar, Salt, Vegetable Fat, Hydrolysed Vegetable Protein, Canola Oil, Flavour Enhancer (621,635), Colour (122,102) Chicken stock, Onion, Pumpkin, Cream May contain soy, wheat, gluten, fish and eggs.