



House of El

Corporate Group Lunch Menu Options

TT\$60 per person

Please choose one meal option. All salads come with greens and all soups come with bread.

Creole

Braised 'stewed' chicken/ fish
Red bean ragu
Macaroni casserole
Soup: Calaloo

Italian

Garlic & lemon chicken/ fish
Pigeon pea ratatouille
Creamy soft polenta with cheese
Salad: Caprese

Trini Indian

Geera roast chicken/ fish
Coconut-curry lentils
Herbed rice
Soup: Split pea

Asian

Sesame-ginger chicken/ fish
Vegetable stir fry
Cauliflower fried rice
Salad: Noodle

French

Herbed roasted chicken/ fish
Braised cabbage, mushrooms & caramelized onions
Roasted root vegetables
Soup: Pumpkin

American

Southern fried chicken/ fish
Corn & wilted kale
Mashed potatoes
Salad: Cabbage slaw

Moroccan

Chicken/ Fish tagine
Roasted vegetables
Steamed cous cous
Soup: Tomato & chick pea

Mediterranean

Greek meatballs (beef or chicken)/ Pan seared fish
Steamed green vegetables
Turmeric spiced pasta
Salad: Greek

Indian

Tandoori roasted chicken/ fish
Chick pea curry
Vegetable pilaf
Soup: Lentil soup

Thai

Thai (beef or chicken)/ fish with soy and fish sauce
Vegetables in a coconut milk and ginger
Lemon rice
Salad: Papaya salad

This cost includes delivery service for 10+ orders. For under 10 orders, a delivery fee will be applied. Please send an email to thehouseofel3@gmail.com to make a booking 48 hours in advance.