

# BLOCK MENU®

Fresh cuisine



ASIAN CUISINE AND  
CREATIVE BOWLS

Our special offers

# CONSOMMÉS AND SOUPS



<b>Consommé of beef</b> with 25 kg beef per 100 kg beef stock	☼ ✕ 🚫	24× 200 g 5× 2,000 g	2110 000 2210 001
<b>Vegetable velouté</b> basic stock for your vegan sauces and soups	☼ 🌱 🚫	24× 80 g 5× 2,000 g	2115 182 2215 230
<b>Vegetable jus</b> dark basic sauce based on root vegetables and button mushrooms with a fine note of lovage. For your creative cuisine, whether vegan, vegetarian or conventional	☼ 🌱 ✕ 🚫	24× 60 g 5× 2,000 g	2115 192 2215 241
<b>Carrot and ginger soup</b> creamy, with a light texture. Perfectly seasoned, with a fine and aromatic taste	☼ 🌱 ✕	24× 200 g 5× 2,000 g	2110 121 2210 115
<b>Coco and chili soup</b> creamy coconut milk with typical asian flavours	☼ 🌱 ✕ 🚫	24× 200 g	2110 119
<b>Tom Kha basis</b> traditional Thai basic soup vegan, newly interpreted	☼ 🌱 ✕ 🚫	24× 200 g 5× 2,000 g	2110 174 2210 144
<b>Poultry stock</b> poultry carcasses, vegetables and exquisite spices - that's all it takes. For your creative cuisine!	☼ ✕ 🚫	5× 2,000g	2215 076



WITH OUR DELICIOUS  
RECIPE IDEAS FOR ASIAN  
BOWLS YOU CAN PAMPER  
YOUR GUESTS IN AN EASY,  
FAST AND DELIGHTFUL WAY.

## Symbols



Deep-frozen products



Vegetarian products



Vegan products



Glutenfree products



Lactosefree products

(BM) Block Menu products





## SAUCES AND DRESSINGS

### Asian sauce sweet chili

butter sauce refined with ginger, chili and sesame oil



24x 80 g 2115 173  
5x 1,000 g 2215 024

### Asia sauce

fruity and curry-yellow sauce made of stock and coconut milk, refined with mango. Ideally suited for Asian wok dishes



24x 80 g 2115 082  
5x 1,000 g 2215 179

### Red curry

authentic recipe based on coconut milk and spicy curry paste



5x 1,000 g 2210 140

### Teriyaki sauce

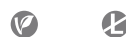
the classic of the Japanese cuisine. Immensely versatile. It adds that special something to sauces, spare ribs, poultry, salmon or steaks!



5x 2,000 g 1219 194

### Miso cream

fermented soybean paste, which has umami as main flavour. Refines burgers, sushi, bowls and everything you fancy!



6x 500 g 1219 220

### Sour cream

made from curd, mayonnaise, chives and parsley



5x 2,000 g 1219 002

### Sesame ginger dressing IMPROVED RECIPE

sweet and sour seasoned for your aromatic cuisine



5x1,000 ml 1219 221

### Caesar dressing

with rapeseed oil, grated parmesan, seasoned with garlic



5x1,000 ml 1219 021

### Italian dressing

slightly emulsified traditional of oil, vinegar, with green olives and basil



5x1,000 ml 1219 014

# MEAT

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## Chicken Karaage

the trend product of the season! Whether as a snack with miso cream or as topping for your salad. Your guests will love it!



5 × 2,000 g

2221 289

## Wok dish with noodles and chicken

a typical wok version made of classical Mie noodles, Asian vegetables and juicily fried chicken meat



5 × 400 g

2120 000

## Fried chicken breast strips

juicy, tender, fried chicken meat



5 × 1,000 g

2221 153

## Chicken steak with crunchy coating

juicy meat from the chicken thigh with a crunchy coating



5 × 2,000 g

5721 047

## Plain breast of duck

medium roasted, sous vide cooked  
(20 pieces/cardboard box)



approx. 3,800 g

2721 109



## POWER BOWL

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### Recipe idea

- Carrot shallots vegetables (BM/1113 121)
- Chicken Karaage (BM/2221 289)
- Mango slices
- Basmati rice
- Teriyakisauce (BM/1219 194)
- Krupuk crunch



## ROME BOWL

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### Recipe idea

- Piccata Milanese (BM/5721 028)
- Romaine lettuce
- Caesar Dressing (BM/1219 021)
- Garlic cream (BM/1219 004)
- Garlic croutons
- Grana Padano (BM/6711 001)
- Grapes red and white





## SPICE UP YOUR LIFE BOWL

### Recipe idea



- Rump Steak (BM/2721 159)
- Vegetable mix (BM/2113 167)
- Sesame ginger dressing (BM/1219 221)
- Basmati rice (BM/2120 043)
- Chinese cabbage
- Miso cream (BM/1219 220)
- Wasabi crunch



<p><b>Rump Steak, cooked</b> sous vide cooked, tender and pink, foolproof, raw weight</p>		<p>approx. 2,700 g 12 x approx. 225 g</p>	<p>2721 159</p>
<p><b>Pulled beef</b> “slow cooked” and marinated in an aromatic BBQ sauce. Ready pulled!</p>		<p>5 x 1,000 g</p>	<p>2221 176</p>
<p><b>Fried turkey medallions</b> tender and juicy, fried medallions, finely seasoned</p>		<p>4 x 2,500 g</p>	<p>5721 025</p>
<p><b>Beef Tenderloin Stroganoff</b> made of finest BLOCK HOUSE tenderloin</p>		<p>4,500 g</p>	<p>1290 2045</p>
<p><b>Hamburger skewers</b> <span style="background-color: #c00000; color: white; padding: 2px;">NEW</span> the satay skewer in BLOCK HOUSE style. Tasty ground beef, neutrally seasoned and immensely versatile</p>		<p>30 x 80 g</p>	<p>1000 5285</p>
<p><b>Beef skewer “Gaucho”</b> <span style="background-color: #c00000; color: white; padding: 2px;">NEW</span> the satay skewer in BLOCK HOUSE style. Premium beef, ideally suited for hearty sauces like our teriyaki sauce</p>		<p>20 x 80 g</p>	<p>1320 2080</p>

IN ALL AREAS WE ARE PIONEERS OF SUSTAINABLE ACTION. OUR OWN REGIONAL CATTLE BREEDING PROGRAM IS ONLY ONE EXAMPLE FOR THIS.





# FISH

## Salmon fillet

raw, marinated with valuable rape oil. Ideally suited for sous vide cooking! (fish weight frozen 160 g)

☼ ☼ ☼ 12 × 180 g 2122 082

## King prawns in garlic stock

sous vide cooked prawns with garlic creme (10 pieces/bag)

☼ ☼ ☼ 12 × approx. 440 g 2722 003

## King prawns in curry saffron sauce

king prawn tails without shell in a sauce made of coconut, curry and saffron

☼ ☼ 12 × 220 g 2122 005

## Crispy prawns NEW

juicy prawns in crispy tempura panko batter (approx. 30 g/piece)

☼ 3,000 g 5722 036



## WILD SEA BOWL

### Recipe idea

- King prawns in garlic stock (BM/2722 003)
- Broccoli-beans-peas (BM/2113 138)
- Wild herb salad
- Fried potato cubes
- Pesto Rosso (BM/2219 109)
- Avocado tartare (BM/2119 041)
- Herb croutons



# VEGETARIAN AND VEGAN





## Falafel balls

crispy, pre-fried chickpea speciality

   5 x 1,000 g 5213 003




## Vegan gyros

vegetable and at least as tasty as the one with meat!  
Strongly marinated for versatile use!

    12 x 250 g 2121 224  
5 x 2,000 g 2221 283





## Vegetarian chicken Teriyaki

classical Asian culinary delight with tender and juicy  
vegetable "chicken" strips

   12 x 250 g 2121 219  
5 x 2,000 g 2221 280

## Vegetable curry

creamy sauce with coconut milk and plenty of  
vegetables, mild fruity flavour

    12 x 400 g 2110 149  
5 x 2,000 g 2210 129

## Pumpkin curry "Thai"

cubes of pumpkin (*Cucurbita moschata*) and tender  
chickpeas. In creamy coconut milk and red seasoning  
mix. Vegan can be so delicious!

    12 x 250 g 2117 000



## TAJ MAHAL BOWL

### Recipe idea

- Freekeh quinoa mix (BM/2120 107)
- Falafel balls (BM/5213 003)
- Yoghurt sauce
- Cucumber slices
- Pomegranate seeds
- Pinsa base natural (BM/5699 005)



## KOS BOWL

### Recipe idea

- Vegan gyros (BM/2121 224)
- Sour cream (BM/1219 002)
- Rice with cubes of assorted  
vegetables (BM/2120 057)
- Coleslaw with  
Italian dressing (BM/1219 014)
- Cherry tomatoes
- Shepherd's cheese
- Olive crunch

## SIDE DISHES

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<p><b>Beetroot vegetable</b> seasoned to a spicy and fruity taste, gently sous vide cooked</p>		24x 150g	2113 131
<p><b>Vegetable mix</b> Asian vegetable mix. Ideal for wok dishes!</p>		24x 150g 5x 1,000g	2113 167 2213 023
<p><b>Freekeh quinoa mix</b> colourful mix of freekeh quinoa and different vegetables. Perfect, trendy side dish or basis for a bowl!</p>		24x 140g	2120 107
<p><b>Broccoli-beans-peas</b> green, tender garden vegetables, sous vide cooked</p>		24x 150g	2113 138
<p><b>Leaf spinach in peanut sauce</b> our fine leaf spinach in creamy peanut sauce, seasoned with chilli and ginger</p>		24x 150g	2113 058
<p><b>Avocado tartare</b> <span style="background-color: #c00000; color: white; padding: 2px;">NEW</span> creamy and chunky, refined with garlic and lime</p>		24x 120g	2119 041
<p><b>Basmati rice</b> traditionally cooked Asian rice</p>		24x 140g	2120 043





## DETOX BOWL

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### Recipe idea

- **Beetroot vegetable (BM/2113 131)**
- Fresh figs
- **Freekeh quinoa mix (BM/2120 107)**
- Red chard
- Nut crunch



## GOA BOWL

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### Recipe idea

- **Vegetable curry (BM/2110 149)**
- **Freekeh quinoa mix (BM/2120 107)**
- Lentils crunch
- Mixed salad
- Apple slices
- Carrot spirals/strips



Fresh cuisine

## CALL US!

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Our service team will be happy to give you more information. Call us on +49 (0) 38851 92-100 from Monday to Friday, from 8:00 am to 5:00 pm.

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