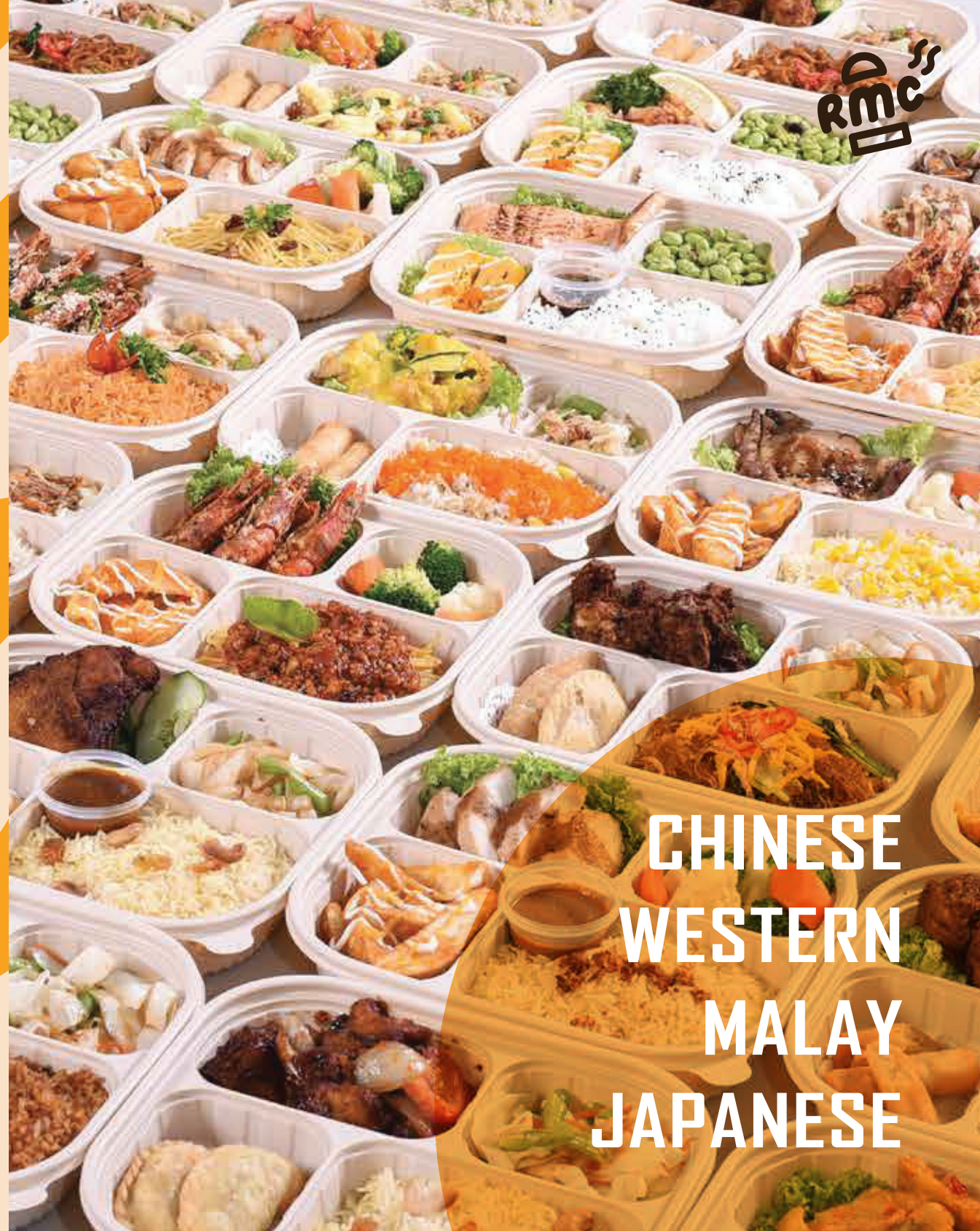


GENERAL

BENTO

BENTO



CHINESE
WESTERN
MALAY
JAPANESE



RAD
Dads

BASIC BENTO

RM17.90
EACH

CHINESE BASIC BENTO

RM 17.90
/BOX

Minimum 10 box per selection

Carb + Protein
Vege + Bites



FRIED CHICKEN

with *Yang Zhou Fried Rice, Vege-of-the-day, Fried Spring Roll*

C1



SWEET & SOUR CHICKEN

with *Teo Chew Pineapple Fried Rice, Vege-of-the-day, Fried Spring Roll*

C4



SESAME BBQ CHICKEN

with *Penang Style Fried Mee, Vege-of-the-day, Fried Spring Roll*

C5



FRIED CHICKEN

with *Penang Style Fried Mee, Vege-of-the-day, Fried Spring Roll*

C2



SESAME BBQ CHICKEN

with *Fried Rice + Silver Anchovies, Vege-of-the-day, Fried Spring Roll*

C6



HONEY ROASTED CHICKEN

with *Fried Rice + Silver Anchovies, Vege-of-the-day, Fried Spring Roll*

C7



SWEET & SOUR CHICKEN

with *Yang Zhou Fried Rice, Vege-of-the-day, Fried Spring Roll*

C3



RED
BENTO

*Images are for illustration purposes only.

WESTERN BASIC RENTO

RM 17.90
/BOX

Minimum 10 box per selection

Carb + Protein
Vege + Bites



W1
ITALIAN ROASTED CHICKEN

with *Spaghetti Aglio Olio,*
Vege-of-the-day, Wedges



W4
HONEY ROASTED CHICKEN

with *Spaghetti Aglio Olio,*
Vege-of-the-day, Wedges



W5
HONEY ROASTED CHICKEN

with *Spaghetti Napolitana,*
Vege-of-the-day, Wedges



W2
ITALIAN ROASTED CHICKEN

with *Spaghetti Napolitana,*
Vege-of-the-day, Wedges



W6
BLACKPEPPER CHICKEN

with *Italian Baked Corn Rice,*
Vege-of-the-day, Wedges



W3
ITALIAN ROASTED CHICKEN

with *Garlic Butter Rice,*
Vege-of-the-day, Wedges



W7
BLACKPEPPER CHICKEN

with *Garlic Butter Rice,*
Vege-of-the-day, Wedges

R&D
DEC

*Images are for illustration purposes only.

MALAY BASIC BENTO

RM 17.90
/BOX

Minimum 10 box per selection

Carb + Protein
Vege + Bites



M1
AYAM MASAK MERAH

with Fried Mee Hoon, Vege-
of-the-day, Curry Puff



M4
AYAM GORENG+SOS INDONESIA

with Nasi Tomato Basmathi,
Vege-of-the-day, Samosa



M5
AYAM GORENG+SOS INDONESIA

with Fried Mee Hoon, Vege-
of-the-day, Curry Puff



M2
AYAM MASAK MERAH

with Nasi Minyak,
Vege-of-the-day, Curry Puff



M6
AYAM GORENG BEREMPAH

with Fried Mee Hoon, Vege-
of-the-day, Curry Puff



M7
AYAM GORENG+SOS INDONESIA

with Mee Mamak Goreng,
Vege-of-the-day, Curry Puff



M3
AYAM PENYET + SAMBAL

with Nasi Minyak,
Vege-of-the-day, Curry Puff

RM 17.90
/BOX

*Images are for illustration purposes only.

ADD-ON

Dessert RM3

Packet Drink RM2

Bottled Drink RM4

Cold-Pressed
Juice RM7



*Images are for illustration purposes only.

RED
C's



CLASSIC BENTO

RM21.90-
RM28.90
EACH

RAD
Dac's

CHINESE CLASSIC BENTO

RM 21.90 /BOX

Minimum 10 box per selection

Carb + Premium Protein + Vege + Bites



C1A
MARMITE SESAME CHICKEN

with *Garlic Golden Fried Rice, Vege-of-the-day, Fried Spring Roll*



C4A

SALTED EGG FISH FILLET

with *Ebiko Fried Rice, Vege-of-the-day, Fried Spring Roll*



C5A

THAI STYLE FISH FILLET

with *Ebiko Fried Rice, Vege-of-the-day, Fried Spring Roll*

C2A

GRILLED ASSAM TIGER PRAWN

with *Garlic Golden Fried Rice, Vege-of-the-day, Fried Spring Roll*



C3A

SALTED EGG FISH FILLET

with *Garlic Golden Fried Rice, Vege-of-the-day, Fried Spring Roll*



RED C's

*Images are for illustration purposes only.

WESTERN CLASSIC BENTO

RM 21.90 /BOX

Minimum 10 box per selection

Carb + Premium Protein + Vege + Bites



W1A GRILLED TERIYAKI CHICKEN

with *Seafood Aglio Olio, Vege-of-the-day, Wedges*



W4A

GRILLED TERIYAKI CHICKEN

with *Thai-Style Spaghetti Bolognese, Vege-of-the-day, Wedges*



W5A

BUTTER & HERBS PRAWN

with *Thai-Style Spaghetti Bolognese, Vege-of-the-day, Wedges*

W2A

BLACKPEPPER CHICKEN

with *Seafood Aglio Olio, Vege-of-the-day, Wedges*



W3A

BUTTER & HERBS PRAWN

with *Seafood Aglio Olio, Vege-of-the-day, Wedges*



*Images are for illustration purposes only.

MALAY CLASSIC BENTO

RM 21.90 /BOX

Minimum 10 box per selection

Carb + Premium Protein + Vege + Bites



M1A THAI-STYLE FISH FILLET

with *Nasi Goreng Kampung, Vege-of-the-day, Samosa*

M1A



M2A 

M2A NYONYA-STYLE FISH FILLET

with *Nasi Goreng Kampung, Vege-of-the-day, Samosa*



M3A FRIED BUTTER CEREAL TIGER PRAWN

with *Nasi Tomato Basmathi, Vege-of-the-day, Samosa*

M3A

M4A

M4A GRILLED ASSAM TIGER PRAWN

with *Nasi Tomato Basmathi, Vege-of-the-day, Samosa*



M5A FISH FILLET+SOS INDONESIA

with *Nasi Tomato Basmathi, Vege-of-the-day, Curry Puff*

M5A



RMDC's

*Images are for illustration purposes only.

JAPANESE CLASSIC BENTO

Minimum 10 box per selection

Carb + Premium Protein + Vege + Bites



RM21.90 /BOX J1

CHICKEN KARAAGE

with Japanese Rice, Tamago Yaki, Edamame

RM21.90 /BOX J2

TEMPURA PRAWN

with Japanese Rice, Tamago Yaki, Edamame



RM21.90 /BOX J3

CHICKEN TERIYAKI DON

with Japanese Ebiko+Sunflower Seed Rice, Agedashi Tofu, Gyoza



J4

RM21.90 /BOX

CHUKA ASARI DON

with Japanese Ebiko+Sunflower Seed Rice, Agedashi Tofu, Gyoza



RM28.90 /BOX J5

SALMON SHIOYAKI

with Japanese Rice, Tamago Yaki, Edamame



RED DOTS

ADD-ON

Dessert RM3

Packet Drink RM2

Bottled Drink RM4

Cold-Pressed
Juice RM7



*Images are for illustration purposes only.



PREMIUM BENTO

RM40-45
EACH

PREMIUM BENTO

Minimum 10 box per selection

RM 40 per box

Blackpepper Chicken Chop

with Spaghetti Aglio Olio, Coleslaw, Mashed Potato, Mushroom Soup, Mango Pudding, Bottled Drink

RM 40 per box

Gulai Kawah Kambing

with Nasi Hujan Panas, Vege-of-the-day, Otak-otak, Mango Pudding, Bottled Drink

Upgrade to Cold-Pressed Juice with **RM3**



RM3

PREMIUM BENTO

Minimum 10 box per selection

RM 45 per box

Unagi Kabayaki

with Japanese Rice
Mixed Salad,
Tamago Yaki,
Konnyaku Jelly,
Bottled Drink

Salted Egg Buttermilk Crispy Chicken

with Golden Egg Ebiko Fried Rice,
Vege-of-the-day,
Nyonya Yam Roll,
Mango Pudding,
Bottled Drink

RM 40 per box



Upgrade to Cold-Pressed Juice with **RM3**

RM3

Vegetarian Bento

Carbs + Vegan Dish + Veggie + Bites

RONNINGMEN
CATERING

Minimum 10 box per selection

RM17.90

VC1

CHINESE

- Vegan Yang Zhou Fried Rice
- Vegan Sweet & Sour Mock Chicken
- Vege-of-the-day
- Fried Spring Roll

VW2

WESTERN

- Vegan Spaghetti Napolitana
- Vegan Mock Meat w. Blackpepper Sauce
- Stir Fried Vegetables
- Wedges with Sauce on Top

RM40

V5

PREMIUM

- Vegan Yang Zhou Fried Rice
- Vegan Sweet & Sour Mock Fish Fillet
- Braised Assorted Mushroom w. Soy Knot & Broccoli
- Nyonya Yam Roll
- Mango Pudding
- Bottled Drink

VC3

CHINESE

- Vegan Yang Zhou Fried Rice
- Vegan Ginger Soy Mock Fish Fillet
- Vege-of-the-day
- Fried Spring Roll

VW4

WESTERN

- Wild Rice Pilaf w. Rosemary, Dried Cranberry & Cashew Nuts
- Mock Meat with Mushroom Sauce
- Garden Salad w. Sesame Sauce
- Wedges with Sauce on Top

VJ5

JAPANESE

- Japanese Rice
- Vegetables Tempura
- Agedashi Tofu
- Edamame



Photo reference for
RM17.90 & RM21.90 Bento

ADD-ON

Dessert	RM3
Packet Drink	RM2
Bottled Drink	RM4
Cold-Pressed Juice	RM7



Photo reference for
RM40 Premium Bento

THANK YOU



FB: [RunningMen.My Catering](#)

IG: [runningmen.my](#)

WEB: [www.runningmen.my](#)