



INTERCONTINENTAL MEETINGS®

MENUS



INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

REAL  
INTERCONTINENTAL®  
SAN PEDRO SULA

Real InterContinental San Pedro Sula  
Colonia Hernandez y BLVD Del Sur | San Pedro Sula, 3818 | Honduras  
Go to [www.intercontinental.com/meetings](http://www.intercontinental.com/meetings) or [click here](#) to contact us



## INTRODUCTION

Whatever the scale or theme of your meeting, we use our considerable culinary know-how to create authentic, unpretentious lunches, coffee breaks and dinners.

Our Local Origins dishes, for instance, offer signature and provincial recipes that are inspired by the destination, including dishes that showcase some of the finest seasonal ingredients of the area.

Whereas our World Kitchen recipes leverage our global know-how by drawing on the experience of our chefs to offer a collection of authentically prepared classic and contemporary dishes from around the world.

For all of our menus, we source ingredients locally where possible, with the emphasis on fresh and natural produce.

Simply click on the style of menu you require from the bottom navigation bar to view the options available, alternatively our team of Chefs would be pleased to work with you to create your very own Insider menu to ensure a truly memorable experience.

## KEY



### Local Origins

Signature dishes and provincial recipes that are inspired by the destination, including dishes that showcase some of the finest seasonal ingredients of the area.



### World Kitchen

Authentically prepared classic and contemporary dishes from around the world that leverage our global know-how.



### Light



### Vegetarian

*Please contact the hotel directly for specific prices.*



## CATRACHO BREAKFAST (HONDURAN STYLE)

Orange juice

Fruit and yogurt cocktail

Baleadas (Honduran style burrito made with wheat flour tortilla),  
with plain scrambled eggs and sausage

Fried plantains and refried beans

Assorted pastries and sweet rolls

Butter and jelly

Coffee

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

CATRACHO BREAKFAST | CREPES & CREPES BREAKFAST | THEMATIC BREAKFAST BUFFETS



## CREPES & CREPES BREAKFAST

Orange-passion fruit juice

Seasonal fruit plate with rose-hibiscus flower yogurt

Chicken, cheese, and green pepper crepes

Beans and fried plantains

Assorted bread and sweet rolls

Butter and jelly

Coffee



## THEMATIC BREAKFAST BUFFETS



### APPLE CINNAMON BUFFET

Juice bar: orange, apple, green juice (pineapple, orange, prickly pear, parsley and honey)

Whole and skimmed milk

Seasonal fruit slices: papaya, watermelon, pineapple, melon

Apple sauce

Cinnamon whipped cream

Apple and beer syrup

Cinnamon sugar

Apple salad with granola and yogurt served in goblets

Apple yogurt

Plain yogurt

Apple vanilla yogurt

Cinnamon yogurt

Two choices of deli meats and two choices of cheese

Apple strawberry muesli

Cottage cheese

Plain scrambled eggs

Chicken steak fillets in mushroom sauce

Chilaquiles in green salsa

Refried beans

Hash brown potatoes

Breakfast sausage and bacon

Thematic sweet rolls

Assorted bread

Thematic desserts

Thematic sauces, jams and compotes





## THEMATIC BREAKFAST BUFFETS



### PINEAPPLE COCONUT BUFFET

Juice bar: orange, pineapple, green juice (pineapple, orange, celery, parsley and honey)

Whole and skimmed milk

Sliced fresh seasonal fruit: papaya, watermelon, pineapple, cantaloupe

Pineapple lemon grass sauce

Coconut whipped cream

Shredded coconut

Coconut vanilla sugar

Piña colada mousse goblets

Strawberry yogurt

Plain yogurt

Coconut yogurt

Pineapple yogurt

Deli meats and cheese

Pineapple coconut muesli

Cottage cheese

Small chicken thighs with creamy chipotle sauce

Pambazo bread filled with potatoes and chorizo

Grilled ham and pineapple

Plain scrambled eggs

Refried beans

Hash brown potatoes

Thematic sweet rolls

Assorted bread

Thematic desserts

Thematic sauces, jams and compotes



## THEMATIC BREAKFAST BUFFETS



### MEXICAN BREAKFAST BUFFET

Juice bar: orange, pineapple, grapefruit, and papaya

Whole and skimmed milk

Sliced fruit: papaya, watermelon, pineapple, cantaloupe

Yogurt with granola and strawberry served in goblets

Plain yogurt

Strawberry yogurt

Peach yogurt

Plum yogurt

Deli meats and cheese

Mexican-style flank steak fillets

Pibil pork

Chilaquiles in green salsa

Sopes with red salsa and chicken

Plain scrambled eggs

Refried beans

Country-style potato

Green salsa

Red salsa

Molcajete handmade ground salsa

Mexican salsa

Thematic sweet rolls

Assorted bread

Thematic desserts

Thematic sauces, jams and compotes

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

CATRACHO BREAKFAST | CREPES & CREPES BREAKFAST | THEMATIC BREAKFAST BUFFETS

APPLE CINNAMON BUFFET | PINEAPPLE COCONUT BUFFET | MEXICAN BREAKFAST BUFFET



## POPULAR PRIDE HONDURAN BUFFET

Lettuce and pear salad

Green beans and corn salad

Lettuce and spinach salad

Rice salad with sweet peppers and pineapple

Conch soup

Fish fillet with garlic

Grilled chicken with chirmol (fresh chopped tomato, onion and pepper sauce)

Grilled beef

Fried plantains

Casamiento (rice and beans)

Yucca with chicharrón (pork rind)

Banana pudding

Arroz con leche (milk and rice pudding)

Typical candies

Rosquillas (ring-shaped pastries) in brown sugar syrup

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

POPULAR PRIDE HONDURAN BUFFET | "MÉXICO LINDO Y QUÉ RICO" BUFFET | ITALIAN BUFFET | ASIAN BUFFET | BARBECUE | TACO FIESTA |

VEGETARIAN BUFFET | LIGHT BUFFET





INTERCONTINENTAL MEETINGS®



## “MÉXICO LINDO Y QUÉ RICO” BUFFET

Chicharrón (pork rind) salad with lettuce and tomato  
Potato and bacon salad in coriander sauce  
Corn salad with onion and tomato  
Cucumber and carrot cups with chili pepper and lemon  
Tortilla soup  
Pambazo bread filled with potatoes and chorizo  
Cheese empanadas (cheese stuffed pastries)  
Sopes with chicken  
Paper-wrap-cooked fish fillet  
Chicken with mole from Puebla  
Al pastor-style tacos  
Mexican-style rice  
Grilled vegetables  
Potatoes with herbs  
Rompope (eggnog) cake  
Chocolate cake  
Guava mousse with achiote syrup

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

POPULAR PRIDE HONDURAN BUFFET | “MÉXICO LINDO Y QUÉ RICO” BUFFET | ITALIAN BUFFET | ASIAN BUFFET | BARBECUE | TACO FIESTA |

VEGETARIAN BUFFET | LIGHT BUFFET



## ITALIAN BUFFET

Mozzarella salad with basil dressing

Grilled vegetables with olive oil and Mediterranean herbs

Spinach and tomato salad with balsamic vinegar dressing

Cauliflower salad with anchovies and mustard dressing

Tomato soup

Fish fillet with almonds and basil

Pork ribs with balsamic vinegar dressing

Chicken in sweet pepper and white wine sauce

Vegetables with herbed oil

Creamy rice with cheese

Rosemary potatoes

Tiramisu

Amaretto and orange mousse

Viennese apple tart

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

POPULAR PRIDE HONDURAN BUFFET | "MÉXICO LINDO Y QUÉ RICO" BUFFET | ITALIAN BUFFET | ASIAN BUFFET | BARBECUE | TACO FIESTA |

VEGETARIAN BUFFET | LIGHT BUFFET



## ASIAN BUFFET

### JAPAN

Steam cooked vegetable salad with teriyaki sauce

Crab and cucumber sushi

Teriyaki chicken sushi

### CHINA

Rice noodle salad with julienned vegetables and herbed soy sauce

### THAILAND

Lettuce salad with mango and peanuts

### CHINA

Stir fried noodle salad with vegetables, chicken, meat, and sweet soy sauce

| of 2 ►

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

POPULAR PRIDE HONDURAN BUFFET | “MÉXICO LINDO Y QUÉ RICO” BUFFET | ITALIAN BUFFET | **ASIAN BUFFET** | BARBECUE | TACO FIESTA |

VEGETARIAN BUFFET | LIGHT BUFFET



## JAPAN

Breaded fish with teriyaki sauce and apple

## THAILAND

Pork ribs with basil and tamarind sauce

## JAPAN

Steam cooked rice

Steam cooked vegetables

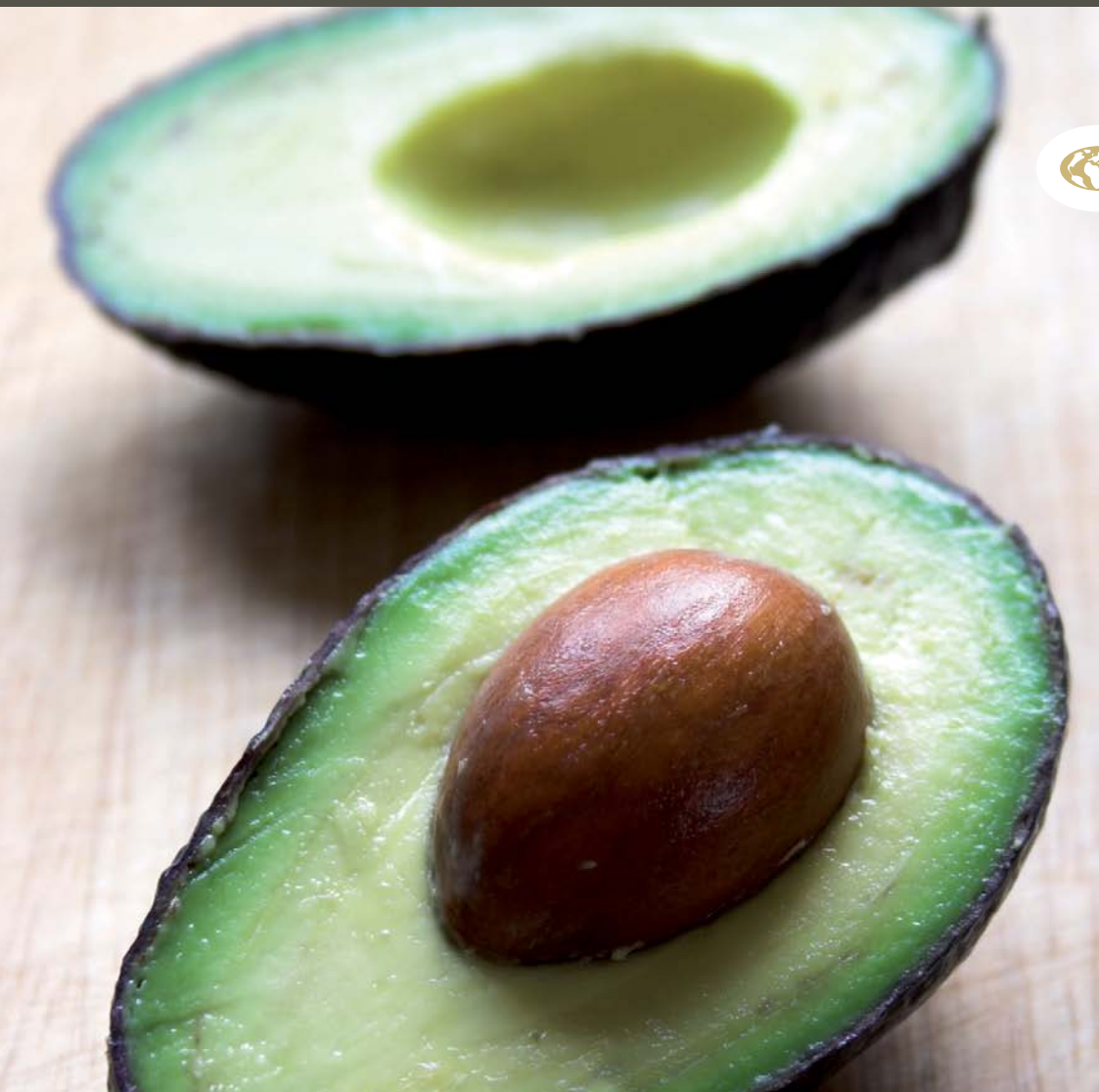
Fried vegetable warm salad

Banana cinnamon fritters

Mango and fruit mousse

Apple won ton, sprinkled with cinnamon and sugar





## BARBECUE

Lettuce mix

Eight garnishes and three dressings

Mustard potato salad with bacon

Grilled vegetable salad with fine herbs

Charro stew beans

Sirloin

Flank steak

New york

Chicken breast

Argentinean sausage

Chorizo

Rice

Sweet peppers with cream

Guacamole and totopos (tortilla chips)

Dessert bar (three choices)

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

POPULAR PRIDE HONDURAN BUFFET | "MÉXICO LINDO Y QUÉ RICO" BUFFET | ITALIAN BUFFET | ASIAN BUFFET | **BARBECUE** | TACO FIESTA |

VEGETARIAN BUFFET | LIGHT BUFFET





## TACO FIESTA

Soup of your choice  
Pastor-style meat  
Chicharrón (pork rind) in green salsa  
Chicken tinga (Mexican Style shredded chicken stew)  
Beef steak fillets in salsa  
Sweet peppers with cream  
Rice  
Refried beans  
Grilled onions  
Grilled vegetables  
Finely sliced fresh cabbage and lettuce  
Three types of salsa  
Corn and wheat flour tortillas  
Guacamole

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

POPULAR PRIDE HONDURAN BUFFET | "MÉXICO LINDO Y QUÉ RICO" BUFFET | ITALIAN BUFFET | ASIAN BUFFET | BARBECUE | TACO FIESTA |

VEGETARIAN BUFFET | LIGHT BUFFET



## VEGETARIAN BUFFET

Lettuce salad with candied nuts  
Rice salad with sweet peppers and pineapple  
Grilled fruit and vegetable salad  
Pasta salad with herbs  
Cream of sweet peppers and olive soup  
Stuffed squash or zucchini au gratin with tomato and basil sauce  
Potato and carrot crepes with cheese sauce  
Fresh cheese and vegetable lasagna with green pepper sauce  
Oven baked rice  
Rosemary potatoes  
Steam cooked vegetables  
Chocolate cake  
Vanilla mousse with kiwi and strawberries  
Apple strudel

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

POPULAR PRIDE HONDURAN BUFFET | “MÉXICO LINDO Y QUÉ RICO” BUFFET | ITALIAN BUFFET | ASIAN BUFFET | BARBECUE | TACO FIESTA |

VEGETARIAN BUFFET | LIGHT BUFFET



## LIGHT BUFFET

Spinach salad with caramelized pears  
Caprese salad  
Pasta and vegetable salad with Mediterranean vinaigrette  
Potato and sweet pepper salad with pepper vinaigrette  
Vegetable soup  
Griddled fish fillet with capers and lemon vinaigrette  
Grilled chicken breast with tomato basil sauce and balsamic syrup  
Griddled beef fajitas with mild spicy salsa  
White rice  
Grilled vegetables  
Oven baked potato  
Fruits with yogurt sauce served in a goblet  
Natural fruit gelatins with strawberries  
Wholegrain vanilla and fruit cake with low calorie frosting

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

POPULAR PRIDE HONDURAN BUFFET | “MÉXICO LINDO Y QUÉ RICO” BUFFET | ITALIAN BUFFET | ASIAN BUFFET | BARBECUE | TACO FIESTA |

VEGETARIAN BUFFET | **LIGHT BUFFET**



## PLATED MENU 1

Cream of mushroom and blue cheese soup

Sliced lamb with mango sauce

Mustard mashed potatoes, and green bean

Bundle with butter

Quince cake with vanilla and passion fruit sauce





## PLATED MENU 2

Line of shrimps with soy and rosemary smoked oil

Cream of three cheese soup in bread crust

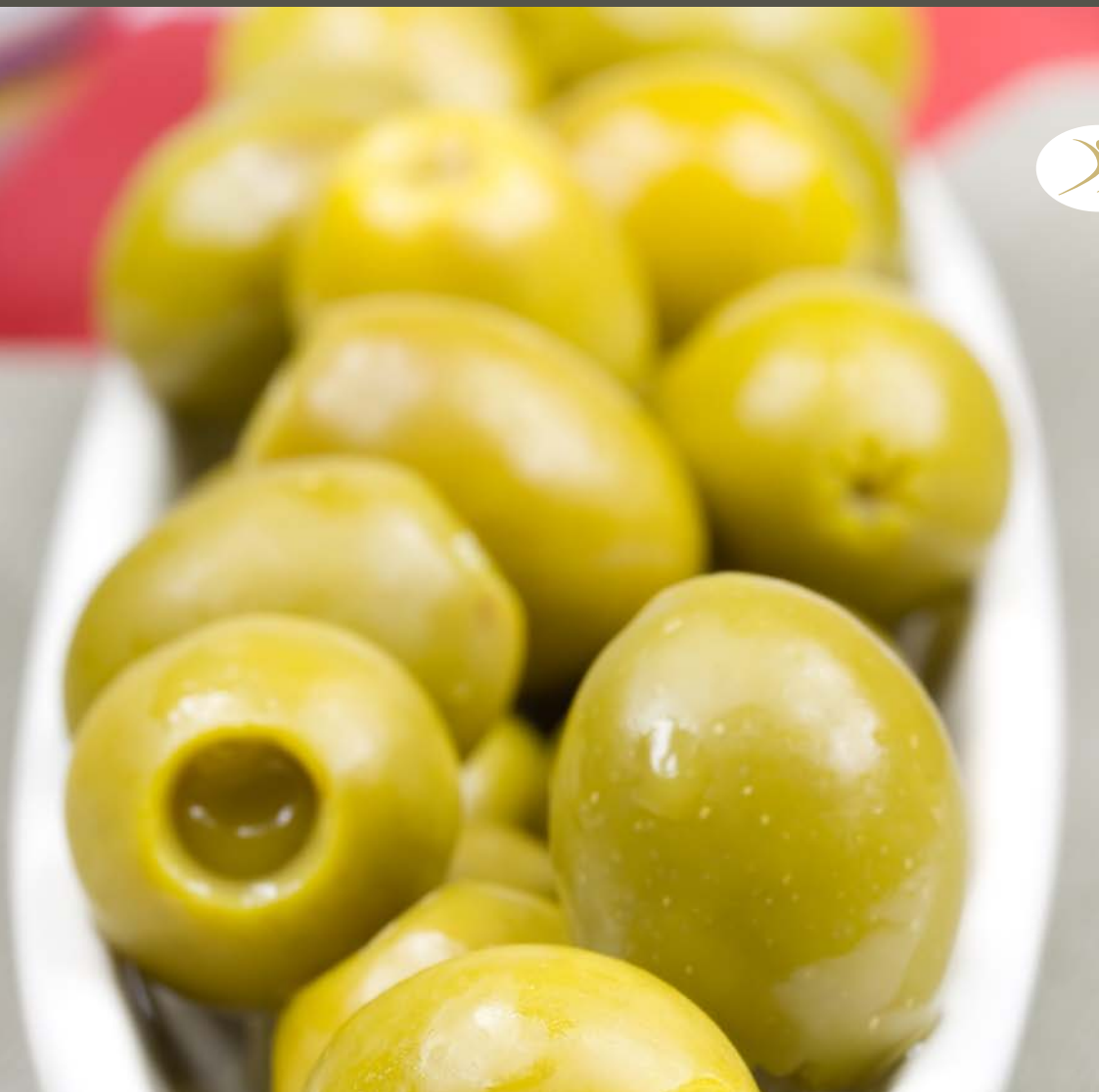
Parmesan hybrid chicken breast with port and grape sauce

Mashed potatoes, steamed vegetables

Tom Collins cake

Lemon cake with gin syrup





## PLATED MENU 3

Cream of smoked olives and sweet pepper soup

Grouper fillet with passion fruit sauce and fried flowers

Light mashed potatoes, and mushroom confit

Choco – coconut

(Small chocolate cake filled with coconut and vanilla cream), Sided with grapefruit sauce



## PLATED MENU 4

Parmesan crab cake with garlic and white wine sauce

Artichoke and peach salad with hibiscus flower vinaigrette

Hybro chicken breast with sautéed mushrooms and cashews,  
sided with asparagus sauce

Jasmine apple tartlet with vanilla pistachio sauce



## HONDURAS POPULAR PRIDE

Mini baleadas

Pupusas de chicharrón

Montucas

Fritas con miel rapadura

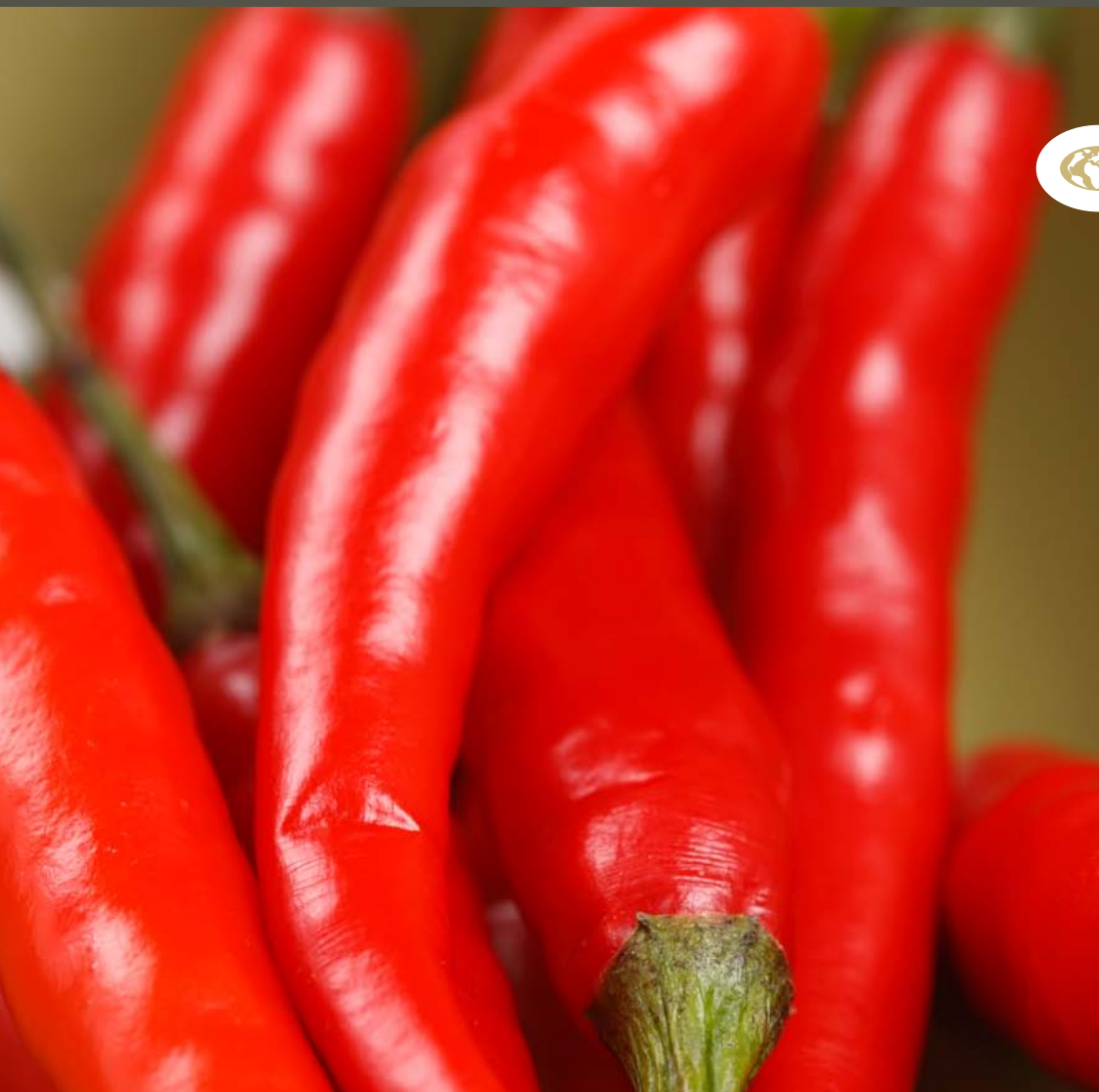
Atole de maíz

Aguas frescas (limonada y horchata )

Coffee, water and soft drink

INTRODUCTION | BREAKFAST | LUNCH & DINNER BUFFET | PLATED LUNCH & DINNER | COFFEE BREAKS | BEVERAGES

HONDURAS POPULAR PRIDE | MEXICAN | STRAWBERRY AND CHOCOLATE | VERY ITALIAN



## COFFEE BREAK – MEXICAN

Mini quesadillas (cheese tortillas)

Small fried potato and cheese tacos

Churros (Spanish fried pastries) with cajeta (milk caramel filling)

“Three milk” cake with fruit sauce

White and dark hot chocolate

Pot coffee (with cinnamon and brown sugar)

Soft drink





## COFFEE BREAK – STRAWBERRY AND CHOCOLATE

Mini chocolate brownies

Strawberries covered with two chocolates

White chocolate mousse with strawberries

Chocolate truffles

Strawberry vanilla tartlets

Strawberries with balsamic reduction, served in goblets

Chocolate lollipops with fruit powder

Coffee, water, and soft drinks





## COFFEE BREAK – VERY ITALIAN

Marguerite mini pizzas

Salmon and cheese mini pizzas

Mini Bolognese calzone

Spinach Florentine mini calzone

Tiramisu served in small goblets

Small almond cakes with lemon cream

Amaretto mousse with orange

Coffee, water, and soft drinks

## WHITE WINES

### CHILE

**Trío Reserva**, Pinot Grigio

**Trío Reserva**, Pinot Blanc

**Trío Reserva**, Chardonay

**Undurraga**, Aliwen Reserva 2007

Casillero del Diablo

### USA

**Francis Ford Copola**, Chardonay

**Francis Ford Copola**, Pinot Grigio

### ARGENTINA

**Fin del Mundo**, Savignon blanc sevilla

1 of 2 ►

ESPAÑA

**Sumarroca**, blanc d'blancs

Marqués de Caceresj)oven 2007

CHAMPAGNE ESPUMOSO

Moet & Chandon

Dom Perignon

ARGENTINA

New Age



## RED WINES

### CHILE

**Santa Rita**, Cabernet sauvignon reserve

**Undurraga**, Merlot

**Frontera de concha y toro**, Cabernet sauvignon

**Casillero del diablo de concha y toro**,  
Cabernet sauvignon-franc-shiraz

### ARGENTINA

**Fin del Mundo**, Malbec shiraz

**Fin del Mundo**, Cabernet sauvignon reserva

**Fin del Mundo**, Malbec reserva

**Navarro correa colección privada**, Cabernet sauvignon

**Navarro correa, colección privada**, Malbec

1 of 2 ►



USA

Francis Ford Copola, Merlot

Francis Ford Copola, Claret

SPAIN

Faustino rivero ulecia- navarra

Farina de castilla y león, fin del rio

Marquez de caceres, gran reserva rioja

Vega Sicilia Alion, rivera del duero

ITALIAN

Montepulciado abruzzo d.O.C

Kroara piemonte babera d.O.C

SPARKLING

ARGENTINA

Valentin

◀ 2 of 2