

# BLOCK MENU®

Fresh cuisine



ASIAN CUISINE AND  
CREATIVE BOWLS

Our special offers

# CONSOMMÉS AND SOUPS

## Consommé of beef

with 25 kg beef per 100 kg beef stock



24 x 200 g

2110 000

5 x 2,000 g

2210 001

## Vegetable velouté

basic stock for your vegan sauces and soups



24 x 80 g

2115 182

5 x 2,000 g

2215 230

## Carrot and ginger soup

creamy, with a light texture. Perfectly seasoned, with a fine and aromatic taste



24 x 200 g

2110 121

5 x 2,000 g

2210 115

## Tom Kha basis

traditional Thai basic soup vegan, newly interpreted



5 x 2,000 g

2210 144

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

### Curry sauce yellow

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

### 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

### Sesame ginger dressing

sweet and sour seasoned for your aromatic cuisine



5x 1,000 ml 2219 137

### Peanut Sauce Satay Style

creamy sauce, finely balanced with aromatic flavours and a hint of coconut. Versatile for Asian dishes - adds aromatic and full-flavoured intensity to vegetable, rice and pasta dishes



5x 2,000 g 2215 259

# MEAT

## 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!



5x 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



5x 400 g 2120 000

## Goulash Szechuan Style NEW

goulash with aromatic Asian spices and a delicate spiciness due to Szechuan pepper. Deliciously balanced between sweet and hearty, with tender meat and vegetable pieces. Ideal for spicy pasta dishes



24x 200 g 2121 257  
5x 2,000 g 2221 329

## Chicken steak with crunchy coating

juicy meat from the chicken thigh with a crunchy coating



5x 2,000 g 5721 047

## Duck breast, plain

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



approx. 3,800 g 2721 109

## Fried turkey medallions

fried turkey medallions, tender and juicy, finely seasoned



4x 2,500 g 5721 025



## CHICKEN KARAAGE BOWL

### Recipe idea



**Basis:** Udon noodles (BM/2120112)

**Topping:** Chicken Karaage (BM/2221289)

**Addition:** Spinach leaves in peanut sauce (BM/2113058)

**Sauce:** Miso cream (BM/1219220)

**Extra:** Sesame and spring onions

**Preparation:** Heat the Udon noodles. Fry the Chicken Karaage and place it on the noodles together with the spinach leaves and the peanut sauce. Top it with miso cream and garnish it with sesame and spring onions.





## SPICY CHICKEN & VEGGIE BOWL

### Recipe idea

**Basis:** Freekeh quinoa mix (BM/2120110)

**Topping:** Crispy chicken escalope (BM/5721051)

**Addition:** Beetroot vegetable and Asia vegetable mix (BM/2113131 + BM/2113167)

**Sauce:** Sour cream (BM/1219002)

**Extra:** Chopped chili and fresh coriander leaves

**Preparation:** Heat the Freekeh quinoa mix. Cut the crispy chicken escalope and arrange it with the beetroot vegetable and the Asia vegetable mix. Refine it with sour cream and garnish it with fresh coriander leaves and chopped chili.



<b>Pulled beef</b> “slow cooked” and marinated in an aromatic BBQ sauce. Ready pulled!	❄️	🚫	5 × 1,000 g	2221 176
<b>Asia Beef Rib Fingers</b> <span>NEW</span> tender meat from the intermediate ribs, braised in a viscous aromatic-sweetish marinade	❄️	🔪	5 × 2,000 g	2221 328
<b>Beef skewer “Gaucho”</b> the satay skewer in BLOCK HOUSE style. Premium beef, ideally suited with our teriyaki sauce	❄️	🚫 🔪	20 × 80 g	1320 2080
<b>Fried chicken breast strips</b> juicy, tender, fried chicken meat	❄️	🚫 🔪	5 × 1,000 g	2221 153
<b>Beef Steak Strips, natural</b> <span>NEW</span> tender fried beef strips	❄️	🚫 🔪	3 × 2,000 g	2221 321
<b>Block Balls</b> <span>NEW</span> top beef, finely minced, gently seasoned. Ready for the pan	❄️	🚫 🔪	6,500 g	1000 5017
<b>Beef Tenderloin Stroganoff</b> made of finest BLOCK HOUSE tenderloin	❄️	🚫 🔪	4,500 g	1290 2045



## BEEF & BROCCOLI WOK

### Recipe idea



**Ingredients:** Beef steak strips, natural (BM/2221321), Asia vegetable mix/broccoli-beans-peas (BM/2113167 + BM/2113138)  
**Addition:** Soy sauce, ginger, garlic, chili, rice

**Preparation:** Sear the beef steak strips and take them out of the pan. Fry the broccoli and other Asia vegetables in the wok and flavour with soy sauce, ginger and garlic. Add the beef steak strips and the rice. Stir it well and serve it.

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

## Salmon fillet, cooked

juicy, cooked, for your fast cuisine

❄️ 🌿 🔄 24 × approx. 120 g 2122 088

## Salmon Tartare

NEW

finely diced salmon

❄️ 🌿 🔄 24 × 80 g 5122 062

## 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

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

❄️ 3,000 g 5722 036



## MISO SHRIMPS BOWL

### Recipe idea

**Basis:** Basmati rice (BM/2120043)

**Topping:** King prawns in garlic broth (BM/2722003)

**Addition:** Asia vegetable mix (BM/2113167)

**Sauce:** Miso cream (BM/1219220)

**Extra:** Fresh lime and chili flakes

**Preparation:** Heat the basmati rice. Arrange the prawns in garlic broth and heat the Asia vegetable mix. Top it with miso cream and refine it with lime slices and chili flakes.



# VEGETARIAN AND VEGAN

## Avocado tartare

NEW RECIPE

creamy and chunky, refined with garlic and lime



24 x 120 g 2119 041

## Falafel balls

crispy, pre-fried chickpea speciality



5 x 1,000 g 5213 003

## 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

## Wok Pan with noodles

sweet and slightly spicy seasoned Mie noodles with crispy vegetables



5 x 2,000 g 2220 051



## SALMON & AVOCADO BOWL

### Recipe idea

**Basis:** Basmati rice (BM/2120043)

**Topping:** Fillet of salmon, cooked (BM/2122088)

**Addition:** Avocado tartar (BM/2119041)

**Sauce:** Miso cream (BM/1219220)

**Extra:** Spring onions and sesame

**Preparation:** Heat the basmati rice. Cut the fillet of salmon into slices and arrange it together with the avocado tartar. Top it with miso cream and garnish it with spring onions and sesame.



## VEGGIE CHICKEN TERIYAKI WITH RICE

### Recipe idea

**Ingredients:** Veggie chicken teriyaki (BM/2121219), basmati rice (BM/2120043), teriyaki sauce (BM/1219194)

**Addition:** Carrots, sesame seeds, broccoli-beans-peas (BM/2113138)

**Preparation:** Fry the veggie chicken teriyaki in teriyaki sauce and serve it with steamed basmati rice. Fry the carrots and the broccoli-beans-peas and serve them as side dish. Sprinkle with sesame seeds.

## SIDE DISHES

### Udon Noodles NEW

thick, soft and wonderfully al dente.  
This pasta specialty is ideal for soups, wok dishes or as side dish for hearty sauces

12x 175 g 2120 112

### Beetroot vegetable

seasoned to a spicy and fruity taste,  
gently sous vide cooked

24x 150 g 2113 131

### Vegetable mix

asian vegetable mix. Ideal for wok dishes!

5x 1,000 g 2213 023

### Leaf spinach in peanut sauce

our fine leaf spinach in creamy peanut  
sauce, seasoned with chilli and ginger

24x 150 g 2113 058

### Freekeh quinoa mix

colourful mix of freekeh quinoa and different vegetables.  
Perfect, trendy side dish or basis for a bowl!

24x 110 g 2120 110

### Broccoli-beans-peas

green, tender garden vegetables, sous vide cooked

24x 150 g 2113 138

### Basmati rice

traditionally cooked Asian rice

24x 140 g 2120 043



## THAI CURRY BOWL

### Recipe idea

**Basis:** Freekeh quinoa mix (BM/2120110)

**Topping:** Pumpkin curry "Thai" (BM/2117000)

**Addition:** Asia vegetable mix (BM/2113167)

**Sauce:** Peanut sauce Satay style (BM/2215259)

**Extra:** Fresh coriander leaves and lime slices

**Preparation:** Heat the Freekeh quinoa mix. Then heat the pumpkin curry and spread it over the quinoa. Fry the Asia vegetable mix and put it on top of it. Garnish it with peanut sauce and fresh coriander.





## VEGGIE BUDDHA BOWL

### Recipe idea

**Basis:** Freekeh quinoa mix (BM/2120110)

**Topping:** Falafel balls (BM/5213003)

**Addition:** Pumpkin curry "Thai" and broccoli-beans-peas (BM/2117000 + BM/2113138)

**Sauce:** Peanut sauce Satay style (BM/2215259)

**Extra:** Fresh avocado and coriander

**Preparation:** Heat the Freekeh quinoa mix. Fry the falafel balls and put them on top of the quinoa layer together with the pumpkin curry and the broccoli-beans-peas. Top it with peanut sauce and garnish it with avocado and fresh coriander.







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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