



## E&O Buffet Lunch At Sarkies Restaurant 2021

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### E&O BUFFET LUNCH AT SARKIES RESTAURANT 2021

An E&O Buffet Lunch is the best girlfriend's luncheon one can attend in Penang.

With the festive season around the corner, there are two things you mustn't miss when you visit Penang.

The six-meter tall classic Christmas tree at the E&O Heritage Wing Lobby, and you've guessed it – an E&O Buffet Lunch to celebrate.



The six-meter tall classic Christmas tree at the E&O Heritage Wing Lobby

### EASTERN & ORIENTAL HOTEL (E&O) (C. 1885)

Fondly revered as the Grand Dame of Penang, **the Eastern & Oriental Hotel**, a visit to George Town is not complete without dropping by the E&O.

Founded by the Sarkies Brothers in 1884, the white-washed E&O has stood the test of time in Penang.



Dating back to 1885, the bright white colonial-style hotel by the sea is the most iconic in George Town.

The E&O Hotel has everything one would expect from a top-end hotel, from big comfortable bathrooms with 24-hours butler service to an impressive six dining options!


## E&O BUFFET – ANOTHER REASON TO DINE AT THE E&O HOTEL

Locals know it as the 'E&O Hotel,' but the rest of the world will know it from the opening scenes of Crazy Rich Asians.

The Eastern and Oriental Hotel fondly referred to as the E&O, has many reasons guests check-in or visit it.



**Give a thoughtful gift**



“ One of them is the notoriously enormous E&O Buffet.

There is a simple reason why you will need reservations to dine at Sarkies Restaurant.

It is always full, even on a weekday!

Penangites and visitors love the abundant Malaysian, and international options and the E&O Buffet is reputed as the best in town.



Let's check out Sarkies Restaurant in our review.

## THE AMBIANCE AT THE SARKIES RESTAURANT


E&O Buffet is served daily at the modernized Sarkies oozing with colonial charm.

Once you check in with your MySejahtera app, you are issued plastic gloves and ushered to your dining table.

It is easy to navigate the self-service zone from any table in the restaurant or even the alfresco area.



**Give a thoughtful gift**



There is a side door for easy access, and carrying your food outside is no problem.

The restaurant seat 250 pax comfortably.

The majority of food is right in front of the open kitchen action.

Many tables give you a vantage point if you like to watch chefs in action.


You can opt to sit next to the large windows for a distant ocean view.

My dining companion and I prefer to sit in the alfresco area – soft breeze and look out to the sea.


MySejahtera is an application developed by the Government of Malaysia to monitor the COVID-19 outbreak in the country.



## E&O BUFFET REVIEW




# SARKIES



INTERNATIONAL LUNCH

**Monday to Friday**  
**12:00 pm – 2:30 pm**  
RM99 nett (Adult)  
RM50 nett (Child/Senior Citizen)\*



SCAN TO BOOK

For enquiries: call +604 222 2000 ext.3151  
or email [fbcentral.resv@eohotels.com](mailto:fbcentral.resv@eohotels.com)

\*Children below 6 years old dine for free. Special price for senior citizen is only applicable for Malaysian citizens, permanent residents and MM2H holders. For group bookings (10 persons and above), we require a security deposit of 50% from the total bill. All nett prices are inclusive of 10% Service Charge and 6% Service Tax. Not valid with any other offers or discounts. Terms & conditions apply.

## E&O BUFFET PRICE

The Sarkies at the E&O Penang reopens with an unlimited International Lunch at **RM99 net (Adult)**, and **RM50 net (Child/Senior Citizen)** is excellent value for money.


## E&O BUFFET RESERVATIONS


The buffet is trendy and fully booked. To avoid disappointment, please call ahead. For Reservation: contact F&B at 016-419 8363

## THE FOOD AT THE E&O BUFFET


What we love most about our hump week E&O Buffet is the choice of different local and international classics.

For me, I prefer to start with the all-you-can-eat luxury food; delicious items like seafood on ice and Sashimi!





### Pizzas, Sides And More



Both the Tuna and Salmon Sashimi are right next to four Sushi varieties.

If you are a massive fan of boiled seafood, many condiments and sauces go well with your favorite items like fresh shellfish.

Of course, we went for our favorite seafood – fresh boiled prawns with a squeeze of fresh lemon to give it a tangy lift and the best tartar sauce with pickles and relish!



My starters.

Before you get too excited, the focus on the E&O buffet lunch is the homemade dishes.

## SOUPS AT THE E&O BUFFET

If you have a thing for bread and soups, you'll be in seven heavens.

There are over four types of different soups – yes, creamy, delicious Mushroom Soup is on the buffet.

If you go to the buffet early, you will get piping hot, oven-fresh buns.

When there is soup, there are always noodles nearby.

There is a selection of Pasta and sauces at the Pasta section that you can ask the chef to cook to order.

My go-to without thinking is Pesto Spaghetti.

The E&O version is a tad too oily. I think that [Otto](#) makes the best fresh Pesto Pasta to this day.

You can stop at the Noodle Station and select your favorite noodles, vegetables, seafood, Tofu, and Fish Balls.

Many pass the soupy version and head straight for the Char Koay Teow for Malaysian noodles.




If you love your meats!


## PROTEINS AT THE E&O BUFFET

The hot plate corner or grille has many juicy meats like lamb & beef.




There are sausages galore and grilled chicken and Salmon.





## Pizzas, Sides And More



If you prefer, you can opt for the roasted duck with roasted duck sauce.

My focus at the E&O buffet lunch was on the grilled meat, and everything I had was delicious.

I had the baked Penne au Gratin for my carbs – full of cheesy goodness.

And that is one big plate!



## SALADS AND CONDIMENTS AT THE E&O BUFFET

The salad bar offers a great selection of fresh, healthy greens and many sauces.

With the many salads available, I still go for my favorites – Potato Salad.

Adding some Rosemary Sun-Dried Tomato and Olives to my salads is always a good idea.

Others may like the sweet fermented young mango or papaya.

I prefer to munch on the crispy, crunchy ASMR “Keropok.”

It depends on what you prefer in terms of freestyling your salads.

We agreed that the moment we stepped into Sarkies, we would eat whatever we liked and not stick with a healthy diet.

I would want an all-you-can-eat E&O buffet meal where I eat what I want and all I can (without bursting my belt)



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E&O Buffet Lunch At Sarkies Restaurant  
**PENANG, MALAYSIA**

My favourite crispy, crunchy ASMR "Keropok."

## CURRIES AT THE E&O BUFFET

Unique to Malaysia, Curry Fish head is an iconic dish typically from stewing a red snapper head in a fragrant pot of curry with assorted vegetables.

At the E&O buffet, there is a vast wok brimming with Salmon heads.

The fragrant Fish curry is thick and not too overwhelming or too spicy.

It leaves a pleasantly sweet aftertaste in your mouth.

I would've preferred a more distinct sourness from the Assam.

However, the whole Salmon Fish head is a generous serving of fish.

We were worried that the Salmon would carry a slightly stronger fishy taste, but it turned out quite good.

For something heavier, there is also a buffet spread of hot cooked dishes for your selection.

If you must eat rice to feel like you've had a meal, load up on white steamed rice or fried rice, local stir-fried, curried, or sweet and sour version of Fish, Chicken, Beef, Lamb, and Chinese Stir-Fried Veggies with light soya sauce.

I loved the flavorsome Lamb Stew; however, it was slightly salty. However, overall every dish tastes delicious.



Salmon Fish Head Curry



Rice with Dishes and Salmon Fish Head Curry



## VEGETABLES AT THE E&O BUFFET

If you are a vegetarian, do not worry, you can find meat-free dishes at the E&O buffet.

There are many options from tasty potato salad, Pasta cooked without meats or seafood and plenty of salads, soups, bread, and dessert options.

Take a look around, don't stick just to the salad bar.

You can have Noodles, and Char Koay Teow cooked without meat and eggs.



Char Koay Teow

## SWEET TREATS AND DESSERTS AT THE E&O BUFFET

I don't know about you, but I always save space for mouthwatering desserts and fresh fruits in my tummy.

From queuing for "Ais Kacang," a shaved-ice dessert, to western treats of bakes and cakes, there is always room for an extra cheesecake or festive cookies or two.

We returned to the table a few times for seconds of our newly discovered favorites!



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**PENANG, MALAYSIA**

Lovely little one-bite cakes!

## HONEST REVIEW OF THE E&O BUFFET AT SARKIES RESTAURANT

Sarkies is famed for its splendid buffet spread that offers a wide selection of Malaysian and international delights.

Though it is known as International Lunch, seafood lovers will love a whole load of fresh seafood

from poached tiger prawns, New Zealand green mussels, Australian black mussels, poached king crab, Fresh oysters with salsa and yabbies.

You can have your fill of unlimited Sushi and Sashimi and assorted Sushi Maki, Handrolled Sushi, Salmon Sashimi, Tuna Sashimi, Talapia Sashimi.

These two luxury seafood items alone are well worth the price you pay to dine.

My review is as a paying customer and not as a blogger to promote on behalf of the E&O Hotel.

With the wide variety of appetizers, main dishes, desserts, and beverages, the E&O Buffet is well worth the price.

Everything on the buffet line is irresistible, and if I were younger, I would have had several more rounds of food.



#### About

Sarkies Restaurant at the E&O is famed for its splendid buffet spread that offers a wide selection of Malaysian and international delights.

#### **Sarkies Restaurant,**

Eastern & Oriental Hotel, Penang

Lobby Level, Victory Annexe

Address: 10, Lebuhraya Farquhar, 10450 George Town, Penang

Buffet Lunch: Noon to 2:30 PM (daily)

Buffet Dinner 6.30 PM to 10.00 PM (daily)

Dress Code: Casual

For Reservation: contact F&B at 016-419 8363