

Mediterranean feast of flavours

By JEREMY TAN



EATING OUT

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Grilled meats and seafood are the highlight of the Mediterranean BBQ Buffet. — Photos: JEREMY TAN/The Star

FOOD lovers looking for exotic gourmet experiences in Penang may find Mediterranean cuisine worth exploring.

At Eastern & Oriental (E&O) Hotel, its latest buffet offering has the makings of another popular hit among locals.

Diners can sample the robust flavours of the Mediterranean BBQ Buffet served at the scenic Planters Lounge from 7pm to 10.30pm every Friday and Saturday.

The buffet is priced at RM168 for adults and RM88 for senior citizens (aged above 60) and children (aged six to 12).



Antipasto, dips and Mediterranean-style salads to whet the appetite.

The lounge on Level 6 of the Victory Annexe has sweeping views of the Penang channel and mainland. One can sit in the air-conditioned indoor section or the breezy verandah area.

Start with seafood on ice which usually includes slipper lobsters, crayfish, scallops, prawns and mussels. There are also cold cuts of salmon gravlax, seared ahi tuna and smoked duck breast.



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The must-have antipasto items include roasted capsicum, asparagus, artichokes and olives as well as haloumi and feta cheese in herbed oils.



The bountiful seafood on ice section.



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Grab some bread or crackers to go with hummus, baba ganoush, toum and tzatziki. Otherwise, help yourselves to the tabbouleh, fattoush, Tuna Nicoise Salad and Roasted Pumpkin with Pesto.

Warm the palate with a bowl of Roma Tomato and Basil Soup, then head to the outdoor grill for your pick of cooked-to-order meats and seafood with various sauces and condiments.

Minute steaks, lamb chops, chicken kebabs, lamb kofta, prawn skewers, slipper lobsters, sausages, salmon and red snapper fillets as well as Seafood Cartoccio are the typical offerings.

Complement these with hot entrees such as Truffle Scented Mousseline Potato, Vegetable Lasagne and Roasted Root Vegetables with Pesto.

Finish with desserts such as Baklava, Strawberry Flan, Panacotta with Passionfruit Coulis, Creme de Catalana, Mango Vacherine and Tiramisu. Free flow of fruit punch completes the offerings.

Seating is limited, so reservations are advised.

Eastern & Oriental Hotel,

10, Lebuhr Farquhar, George Town,

Penang (Tel: 04-222 2000).

This is the writer's personal observation and not an endorsement by StarMetro.