









BOWL FOOD

Example Menus

Please choose from the lists below, prices are all subject to vat.

Choose 3 for £16.50 per person

Choose 5 for £25 per person

Choose 7 for £32 per person

The options below are examples only and the menu can be designed to fit in with any company theme or request.











Meat

Chicken Caesar salad with aged parmesan and croutons

Lightly spiced lamb leg with cous cous, pomegranate and coriander

Bourbon glazed pork belly with mustard slaw and chive crème fraiche

Maple glazed picked Ham with crushed peas, crumbled egg and pea salad

Crispy duck with mango and endive salad, chilli sauce and toasted sesame

Slow cooked beef casserole with pearl barley and cheese croutons

Soy marinated Beef rump with braised mooli, sesame beansprouts, red pepper and coriander

Chicken katsu with curry sauce and Jasmine rice salad

Fish

Ginger marinated salmon in sushi ball with panko crumb, wasabi emulsion, beansprouts and micro coriander

Smoked haddock fishcake with smashed peas and chunky tartare

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Tuna seared with tarragon crust, courgette and fennel salad, olive tapenade

Tiger prawns with Thai basil dressing, mango, chilli and papaya salad

Teriyaki salmon with Asian slaw and puffed rice

Seabass fillet with red pepper risotto and cress salad

Cod fillet with baby potato and pea salad, white wine and parsley sauce

Prawns with baby gem, diced cucumber, baby vine tomato, Mary rose sauce, crispbread









Vegetarian

Butternut squash, chick pea and spinach curry with spring onions and baby coriander

Beetroot, goat's cheese, pine nut, tomato and shoot salad

Pearl barley stew with root vegetable crisps and feta

Charred halloumi with roasted Mediterranean vegetables, basil dressing and fine beans

Edamame and julienne cucumber salad with tomato, toasted sesame and ginger-soy Vinaigrette

Quinoa salad with smashed avocado, chilli, lime, coriander and egg

Mushroom risotto with garlic fried mushrooms and tarragon salsa verde

Vegetable and tofu chilli con carne with kidney beans and fresh herb salad

Dessert

Eton mess made with vanilla cream fresh berries, meringue and coulis

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Chocolate brownie, burnt white chocolate, orange creme fraiche and dehydrated raspberry

Lemon posset with lemon gel and zesty sponge

Vanilla and raspberry cheesecake with raspberry sauce

Honey cake with honeycomb and vanilla and honey cream



