

# Bowl Food

## Spring 2018



EDEN  
caterers

*"First we eat, then we do everything else." - M.F.K. Fisher*

Whether a party, meeting or conference our bowl food provides great tasting meals which can be eaten standing or sitting. They can be ordered anytime up to mid-day for delivery the next working day. Hire of a bowl & fork for each guest is included in the price.

The food will be delivered in stainless steel dishes kept warm during the delivery in a hot box. We recommend service is made within 45 minutes of delivery. We will leave the hot box with you to help keep the food warm until service. If service will be over an extended period we recommend the use of chafing dishes or similar to keep the food warm. These can be hired from us.

For larger guest numbers we recommend waiting staff are hired from us to help with service. The equipment will be collected later in the afternoon of the delivery day or the following day.

## hot bowls

Six bowl meals or twelve mini bowls baked in a tray.

Delivered in a hot box ready to serve complete with bowls and forks for each bowl.

### fish & meat

	Bowl Meal	Mini Bowl
<b>Smoked Fisherman's Pie - 6 bowl meals or 12 mini bowls</b> Smoked Haddock, salmon, mackerel and prawns with double cream and mash, served with seasonal vegetables. Including bowls and forks	£61.50	£67.50
<b>Lasagne Bolognese - 6 bowl meals</b> A traditional lasagne with minced steak, celery, carrot, oregano and bella lodi. Including bowls and forks.	£55.50	n/a
<b>Shepherd's Pie - 6 bowl meals or 12 mini bowls</b> Minced lamb with carrot, swede and parsley topped with light mash. Served with seasonal vegetables. Including bowls and forks.	£52.20	£58.20

Order a minimum of six bowls or twelve mini bowls of any item but then order as many portions as you wish.

### fish & meat

	min 6	min 12
<b>Beef in Red Wine with Mash - 1 bowl meal or 1 mini bowl</b> Beef slowly braised in red wine with bouquet garni, celery, onion, carrot & button mushrooms. Served with whole grain mash. Including bowls and forks.	£9.75	£4.85
<b>Javanese Chicken &amp; Rice - 1 bowl meal or 1 mini bowl (d, n)</b> Chicken breast with coconut, peanuts & cumin. Finished with avocado and served with rice. Including bowls and forks.	£9.70	£5.15
<b>Moroccan Chicken with Turmeric Rice - 1 bowl meal or 1 mini bowl (g, d)</b> free range chicken breast with caraway, cumin, paprika, cinnamon, fresh chilli, dried fruit and tomato, served with turmeric rice. Including bowls and forks.	£9.75	£5.35
<b>Lamb Rogan Josh &amp; Rice - 1 bowl meal or 1 mini bowl</b> Toasted cumin and coriander seeds give depth to the classic curry; served with rice, chutney, yoghurt & naan bread. Including bowls and forks.	£11.20	£5.25
<b>Chilli Con Carne &amp; Rice - 1 bowl meal or 1 mini bowl (g)</b> Chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican. Served with sour cream, grated cheddar and rice. Including bowls and forks.	£9.50	£4.75
<b>Roast Salmon &amp; Mint Jewelled Cous Cous - 1 bowl meal or 1 mini bowl</b> Harissa roasted salmon with mint jewelled cous cous and a harissa yoghurt dressing	£11.70	£5.85
<b>Spanish Style Lamb with Turmeric Rice - 1 bowl meal or 1 mini bowl (g, d)</b> Slow cooked lamb with olives, tomato & paprika served with turmeric rice	£9.75	£4.75
<b>Fish Cakes with Seasonal Vegetables</b> salmon, haddock, mackerel and prawns with parsley and spinach to fill the cakes, 2 per portion, served with seasonal vegetables and a Bearnaise sauce	£9.25	n/a
<b>Tarragon Chicken &amp; Rice - 1 bowl meal or 1 mini bowl</b> tarragon, cream, lemon and rice makes this dish sound too simple. It's a delicious Jocelyn Dimbleby recipe. Served with long grain rice. Including bowls and forks.	£9.75	£4.85
<b>Chicken Korma &amp; Rice - 1 bowl meal or 1 mini bowl (n)</b> Chicken thigh gently cooked in our own garam masala, coconut, garlic and natural yogurt. Served with a pilaf rice and herb garnish. Including bowls and forks.	£9.55	£4.80
<b>Sausage &amp; Mash - 1 bowl meal or 1 mini bowl</b> Pork & Leek sausages with mustard mash and caramelised onion gravy. Including bowls and forks.	£8.85	£4.40

### vegetarian

	Bowl Meal	Mini Bowl
<b>Cannelloni - 6 bowl meals (v)</b> Spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream. Served with seasonal vegetables.	£49.20	n/a
<b>Roasted Vegetable Lasagne with Rocket - 6 Bowl Meals (v)</b> peppers, aubergine, courgettes and cheese in a rich tomato and bechamel topped with a basil pesto. Served with rocket salad.	£49.50	n/a
<b>Macaroni Cauliflower Cheese Bake - 6 bowl meals or 12 mini bowls (v)</b> The wonderful classic everyone's Mum made but lovelier with bella lodi, crème fraiche and chopped parsley	£48.00	£54.00

### vegetarian

	min 6	min 12
<b>Butternut Risotto - 1 bowl meal or 1 mini bowl (v, g)</b> Butternut squash risotto made with white wine, bella lodi cheese and double cream. Served with seasonal vegetables	£8.90	£4.45
<b>Moroccan Vegetable Tagine &amp; Couscous - 1 bowl meal or 1 mini bowl (vegan)</b> Pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin. Served with minted couscous.	£8.80	£4.40
<b>Fusilli with Mushroom - 1 bowl meal or 1 mini bowl (v)</b> Oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream, served with fusilli pasta	£8.30	£4.15
<b>Vegetarian Paella - 1 bowl meal or 1 mini bowl (vegan, g)</b> With mushrooms, peppers, artichoke hearts and fresh parsley. Served with a green salad.	£8.70	£4.35
<b>Thai Green Vegetable Curry &amp; Rice - 1 bowl meal or 1 mini bowl (vegan, g, d, n)</b> Peppers, babycorn and cashew nut in a lime and coriander chilli coconut sauce. Served with rice.	£8.50	£4.30
<b>Teriyaki Noodles with Cashews - 1 bowl meal or 1 mini bowl (v, d, n)</b> Chinese egg noodles with teriyaki, sesame seeds, cashew nuts and peppers. Served with cucumber strips.	£8.80	£4.70

## salad bowls

Delivered in their bowls with a fork

	meal	mini
<b>Cous Cous with Roasted Roots &amp; Beetroot Houmous (vegan, d)</b> celeriac, beetroot, swede and beetroot houmous with pomegranate and pumpkin seeds. Red wine vinaigrette dressing	£5.55 each	£3.90 each
<b>Kale Salad with Pecans, Bella Lodi and Cranberries (v, g, n)</b> curly kale, cranberry, pecan and bella lodi with lemon dressing	£5.40 each	£3.90 each
<b>Chorizo with Roasted Peppers and Rocket Salad (g)</b> with roasted peppers and rocket, olives and capers	£5.75 each	n/a
<b>Chargrilled Chicken with Beans &amp; Broccoli (g)</b> free range chicken with haricot and butter beans, chargrilled broccoli, baby leaves, dried cranberries & minted yoghurt	£5.55 each	£4.00 each
<b>Smoked Dorset Trout with Edamame Beans &amp; Barley (d)</b> with pickled red onion, edamame beans, pearl barley & lemon dill dressing	£5.90 each	£4.10 each

To order: Express website or email

Order deadline: 12:00 prior working day

This menu is served from 1st Feb 2018 to 31st May 2018

dietary legend: v=vegetarian, g=gluten free, d=dairy free, n=contains nuts

Items marked gluten free have no gluten containing ingredients (ngci)

Allergen information is on our website and is supplied with your order

\*\* chef recommended for service