

Bowl Food

Winter 17/18



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 food which can be eaten standing or sitting. The food is delivered to your premises or venue ready to serve complete with a bowl and fork for each portion ordered. Staff can be hired to help with service and for larger quantities chefs are recommended. If service will not be soon after delivery or if it will be over an extended period we recommend hiring chafing dishes from us to keep any hot food warm. Some dishes can only be ordered in 6 meal portions as they are oven baked in 6 portion trays.

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

vegetarian

	Bowl Meal	Mini Bowl
Cannelloni - 6 bowl meals (v) Spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream. Served with seasonal vegetables.	£49.20	n/a
Macaroni Cauliflower Cheese Bake - 6 bowl meals or 12 mini bowls (v) The wonderful classic everyone's Mum made but lovelier with bella lodi, crème fraiche and chopped parsley	£48.00	£54.00

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
Beef in Red Wine with Mash - 1 bowl meal or 1 mini bowl 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
Javanese Chicken & Rice - 1 bowl meal or 1 mini bowl (d, n) Chicken breast with coconut, peanuts & cumin. Finished with avocado and served with rice. Including bowls and forks.	£9.70	£5.15
Moroccan Chicken with Turmeric Rice - 1 bowl meal or 1 mini bowl (g, d) 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
Lamb Rogan Josh & Rice - 1 bowl meal or 1 mini bowl Toasted cumin and coriander seeds give depth to the classic curry; served with rice, chutney, yoghurt & naan bread. Including bowls and forks.	£11.20	£6.20
Chilli Con Carne & Rice - 1 bowl meal or 1 mini bowl (g) 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
Roast Salmon & Mint Jewelled Cous Cous - 1 bowl meal or 1 mini bowl Harissa roasted salmon with mint jewelled cous cous and a harissa yoghurt dressing	£11.70	£5.85
Spanish Style Lamb with Turmeric Rice - 1 bowl meal or 1 mini bowl (g, d) Slow cooked lamb with olives, tomato & paprika served with turmeric rice	£9.50	£4.75
Fish Cakes with Seasonal Vegetables 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
Tarragon Chicken & Rice - 1 bowl meal or 1 mini bowl 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
Chicken Korma & Rice - 1 bowl meal or 1 mini bowl (n) 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
Sausage & Mash - 1 bowl meal or 1 mini bowl Pork & Leek sausages with mustard mash and caramelised onion gravy. Including bowls and forks.	£8.85	£4.40

vegetarian

	min 6	min 12
Butternut Risotto - 1 bowl meal or 1 mini bowl (v, g) Butternut squash risotto made with white wine, bella lodi cheese and double cream. Served with seasonal vegetables	£8.90	£4.45
Moroccan Vegetable Tagine & Couscous - 1 bowl meal or 1 mini bowl (vegan) Pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin. Served with minted couscous.	£8.80	£4.40
Fusilli with Mushroom - 1 bowl meal or 1 mini bowl (v) Oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream, served with fusilli pasta	£8.30	£4.15
Roasted Vegetable Lasagne with Rocket - Bowl Meal (v) peppers, aubergine, courgettes and cheese in a rich tomato and bechamel topped with a basil pesto. Served with rocket salad.	£8.75	£4.40
Vegetarian Paella - 1 bowl meal or 1 mini bowl (vegan, g) With mushrooms, peppers, artichoke hearts and fresh parsley. Served with a green salad.	£8.70	£4.35
Thai Green Vegetable Curry & Rice - 1 bowl meal or 1 mini bowl (d, n) Peppers, babycorn and cashew nut in a lime and coriander chilli coconut sauce. Served with rice.	£8.50	£4.30
Teriyaki Noodles with Cashews - 1 bowl meal or 1 mini bowl (v, d, n) 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 complete with a fork

	meal	mini
Pear & Blue Cheese Salad (v, g, n) pear, blue cheese & caramelised pecan with rocket	£6.25 each	£4.00 each
Winter Salad & Beetroot (vegan, g, d) spinach, carrot, red onion, red cabbage, pepper & beetroot with a chilli & honey dressing	£5.10 each	£3.90 each
Cranberry Free Range Chicken Salad (g, d) with mixed leaves, caramelised onion & cucumber	£5.75 each	£3.90 each
Smoked Mackerel, Beetroot & Puy Lentil Salad with mixed leaves, lemon & crème fraiche	£5.95 each	£3.90 each
Asian Kale & Steamed Trout Salad with Ginger & Peanut Dressing (d, n) with red cabbage, carrot, red pepper, flaked almonds and coriander	£6.25 each	£3.80 each

To order: Express website or email

Order deadline: 12:00 prior working day

This menu is served from 2nd Oct 2017 to 31st Jan 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