

Bowl Food

Summer 2017



EDEN
caterers

"The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found." Calvin Trillin

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.

If you require help deciding what you need or want to know more about how it works, please give us a call.

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 Mini

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 Mini
Meal 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**

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**

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 Dimpleby 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**

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, baby corn 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

Italian Summer Salad (v, g) mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with a balsamic dressing **£6.10 each £4.00 each**

Watermelon & Tomato (vegan, g, d) chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts and lemon vinaigrette **£5.65 each £3.80 each**

Cajun Chicken Superfood Caesar quinoa, carrot, soya beans, chick peas, beetroot, mint and rocket with cajun roast chicken breast in a Caesar dressing. **£6.50 each £4.10 each**

Steamed Trout Garden Salad (d) steamed Dorset trout with a new potato and chive salad, mixed leaves, green beans, tomato & radish with mint & lemon dressing. **£5.95 each £3.95 each** **NEW**

Hot Smoked Honey Salmon Nicoise (g, d) hot roast smoked salmon with hard boiled egg, new potatoes, olives, mixed leaves and a Dijon mustard dressing. **£8.25 each £4.10 each** **NEW**

To order: Express website or email

Order deadline: 12:00 prior working day

This menu is served from 1st June 2017 to 30th September 2017

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

All items are subject to VAT

Prices may be subject to a venue commission

Please see our full terms and conditions on our website

** chef recommended for service