

## HOW IT WORKS

- Great for parties, meeting or conferences
  - Can be eaten standing or sitting
- Bowl & fork for each guest is included in the price
  - 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.
- 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

This menu will be served from 1st February 2019 to 31st May 2019  
Allergen information is available on our website and is supplied with your order  
Dietary legend: v = vegetarian, g = gluten free, d = dairy free, n = contains nuts  
Full Ts & Cs on our website

# Bowl Food

Delicious, wholesome and warming bowl meals - great for events & more

## HOT BOWLS

six bowl meals or twelve mini bowl meals baked in a tray

### FISH & MEAT

#### Smoked Fisherman's Pie

smoked haddock, salmon, mackerel and prawns with double cream and mash, served with seasonal vegetables

#### Lasagne Bolognese

a traditional lasagne with minced steak, celery, carrot, oregano and bella lodi

#### Shepherd's Pie with Seasonal Vegetables

minced lamb with carrot, peas, onion and parsley topped with smooth mash

BOWL MEAL  
MINI BOWL

£64.20 £72.00

£56.30 N/A

£54.00 £61.25

### VEGETARIAN

#### Cannelloni (v)

spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream. Served with seasonal vegetables.

#### Roasted Vegetable Lasagne with Rocket (v)

peppers, aubergine, courgettes and cheese in a rich tomato and bechamel topped with a basil pesto. Served with rocket salad.

#### Macaroni Cauliflower Cheese Bake (v)

the wonderful classic with English cauliflower, mature cheddar, Coleman's English mustard with cayenne pepper

BOWL MEAL  
MINI BOWL

£51.00 N/A

£52.30 N/A

£49.80 £57.00

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

### FISH & MEAT

#### Beef in Red Wine with Mash (g)

Aberdeen Angus Beef slowly braised in red wine with bouquet garni, celery, onion, carrot & button mushrooms

#### Javanese Chicken & Rice (d, n)

free range chicken breast with coconut, peanuts & cumin, finished with avocado and served with rice

#### Baked Trout with Mashed Potato (g, d) **NEW**

baked rainbow trout with slow cooked peppers & tomatoes, served with mashed potato

#### Moroccan Chicken with Turmeric Rice (g, d)

free range chicken breast with caraway, cumin, paprika, cinnamon, fresh chilli, dried fruit and tomato, served with turmeric rice

#### Lamb Rogan Josh & Rice

toasted cumin and coriander seeds give depth to the classic curry; served with rice

#### Chilli Con Carne & Rice (g)

chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican, served with rice

#### Roast Salmon & Mint Jewelled Cous Cous

harissa roasted salmon with mint jewelled cous cous and a harissa yoghurt dressing

#### Spanish Style Lamb with Turmeric Rice (g, d)

slow cooked lamb with olives, tomato & paprika served with turmeric rice

#### 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

#### Tarragon Chicken & Rice (g)

free range chicken with fresh tarragon, cream and lemon, served with long grain rice

#### Chicken Korma & Rice (g, n)

free range chicken thigh gently cooked in our own korma garam masala, coconut, cream, garlic and natural yogurt, served with a pilaf rice

#### Sausage & Mash

cumberland sausages with mustard mash and caramelised onion gravy

MIN 6 MIN 12

£10.45 £5.95

£10.60 £5.95

£10.50 £5.70

£9.95 £6.15

£11.95 £6.55

£9.80 £5.65

£12.25 £6.70

£9.95 £5.55

£9.90 N/A

£10.35 £5.85

£9.85 £5.65

£9.15 £5.20

### VEGETARIAN

#### Butternut Risotto (v, g)

butternut squash risotto made with white wine, bella lodi cheese and double cream. Served with seasonal vegetables.

#### White Bean, Coconut & Roast Red Pepper Stew (vegan, g, d) **NEW**

peppers, broccoli & babycorn with lemongrass, ginger, lime, coconut milk and cashew nuts

#### Moroccan Vegetable Tagine & Cous Cous (vegan, d)

pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin

#### Fusilli with Mushroom (v)

oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream

#### Vegetarian Paella (vegan, g, d)

arborio rice with peppers, mushrooms, peas, artichoke hearts, sunblush tomatoes and onion pan fried with paprika, parsley and lemon

#### Thai Green Vegetable Curry & Rice (vegan, g, d, n)

peppers, broccoli & babycorn with lemongrass, ginger, lime, coconut milk and cashew nuts

#### Teriyaki Noodles with Cashews (v, d, n)

egg noodles rolled in red peppers with mangetout, onion & cashew nuts cooked in a soy, honey, teriyaki and peanut butter sauce

#### Dhal with Crispy Sweet Potato & Coconut Chutney (vegan, g, d)

red lentil, spinach, coriander & chilli dhal with cumin crispy sweet potato, coconut & ginger chutney

MIN 6 MIN 12

£9.20 £5.25

£8.95 £5.15

£8.90 £5.00

£8.60 £4.95

£8.80 £4.95

£8.60 £4.90

£8.90 £5.30

£8.95 £5.15

### SALAD BOWLS *delivered in their bowls with a fork*

#### Kale Salad with Pecans, Bella Lodi and Cranberries (v, g, n)

curly kale, cranberry, pecan and bella lodi with lemon dressing

#### Chargrilled Chicken with Beans & Broccoli (g)

free range chicken with haricot and butter beans, chargrilled broccoli, baby leaves, dried cranberries & minted yoghurt

#### Chorizo with Roasted Peppers and Rocket (g)

with roasted peppers and rocket, olives and capers

#### Smoked Dorset Trout with Edamame Beans & Barley (d)

with pickled red onion, edamame beans, pearl barley & lemon dill dressing

#### Wild Rice Salad with Roasted Roots (vegan, g, d, n) **NEW**

with mint, apricot, pistachio, rocket, spring onion, lemon & garlic, beetroot houmous & almonds with balsamic dressing

MEAL  
MINI (min 12)

£6.30 £3.90

£6.30 £4.00

£6.70 N/A

£6.20 £4.10

£6.00 £4.00

## MEAT

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Chilli & Maple Duck with Pak Choi & Shitake (d)	£6.90
Thai Spiced Beef with Coriander and Spring Onion Noodles (d)	£6.40
Herb Crusted Lamb, Roasted New Potato, Baby Onion & Carrot Puree	£6.20
Vietnamese Chicken Curry with Sticky Rice (g, d)	£5.20
Minted Braised Lamb & Root Vegetables with Grain Mustard Mash	£5.20
Duck Leg Confit with Pancetta, Baby Onion & Bean Cassoulet (g)	£6.20

## FISH

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Soy Cooked Salmon & Japanese Salad (d)	£6.10
Salmon, Tomato, Shallot Stew with Basil, Spring Greens & Crusty Bread (d)	£7.50
Cornish Crab & Tea Smoked Mackerel Salad with Quail Egg (d)	£6.30
North Atlantic Prawn Agnolotti with Prawn Cream & Vanilla Foam	£6.10
Marinated Seafood Salad (g, d)	£5.50
Tempura Fried Haddock & Salmon with Homemade Tartar Sauce & Chunky Chips (d)	£5.50
Chilli & Crab Risotto with Coriander (g)	£6.70
Chilli & Courgette Israeli Couscous with Maple Smoked Salmon (d)	£5.80

## VEGETARIAN

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Tempura Vegetable with Nam Jim (vegan, d)	£5.00
Wild Mushroom Risotto with Shaved Bella Lodi (v, g)	£5.60
Pickled Baby Vegetable Salad with Chargrilled Sour Dough (vegan)	£5.00

*Crockery is not included with your food. Please select your Bowl & Fork from the options below:*

## CROCKERY

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Premium Pastel Mini Bowl & Fork	£2.35
White Mini Bowl & Fork	£1.55

Prices are not inclusive of service staff, chefs or cooking equipment.  
Glassware is also available for hire.

 Chef required

All prices are subject to VAT