

This menu will be served from 1st February to 31st May 2021
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

ALL MENU
ITEMS CAN BE
PACKAGED SUITABLE
FOR SOCIAL
DISTANCING

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

Bowl Food

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

VEGETARIAN

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| Roasted Vegetable Lasagne (v)* <i>peppers, aubergine, courgettes and cheese in a rich tomato and bechamel topped with a basil pesto. Served with rocket salad.</i> | £8.50 | £4.95 |
| Cannelloni - Spinach & Ricotta (v)* <i>spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream</i> | £7.00 | £5.00 |
| Teriyaki Noodles with Cashews (v, d, n) <i>egg noodles rolled in red peppers with mangetout, onion & cashew nuts cooked with a soy, honey, teriyaki and peanut butter sauce</i> | £8.00 | £5.50 |
| Mushroom Stroganoff with Rice (v, g) <i>sautéed flat & button mushrooms with tomato, paprika and crème fraîche served with rice</i> | £7.50 | £5.00 |
| Macaroni Cauliflower with Caramelised Onion (v) <i>the wonderful classic with English cauliflower, mature cheddar, Coleman's English mustard, cayenne pepper, all topped with caramelised onion</i> | £7.00 | £4.50 |
| Panko Breaded Squash with Katsu Sauce & Rice (v, d) <i>the classic Katsu curry sauce with crispy breadcrumb coated squash and rice</i> | £7.50 | £4.90 |

VEGAN

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| Vegan Rogan Josh with Rice (vegan, g, d) <i>an aubergine, squash, peppers and lentils version of this wonderful Kashmiri curry</i> | £8.00 | £5.00 |
| Moroccan Vegetable Tagine & Couscous (vegan, d) <i>pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin</i> | £7.50 | £4.90 |
| Vegetable Thai Green Curry & Rice (vegan, g, d, n) <i>peppers, broccoli & baby corn with lemongrass, ginger, lime, coconut milk and cashew nuts</i> | £7.50 | £4.90 |
| Dhal with Sweet Potato & Coconut Chutney (vegan, g, d) <i>red lentil, spinach, coriander & chilli dhal with cumin crispy sweet potato, coconut & ginger chutney</i> | £7.50 | £4.90 |

FISH

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| Harissa Salmon & Mint Jewelled Couscous <i>harissa crusted salmon with mint jewelled couscous and a harissa yoghurt dressing</i> | £10.50 | £6.90 |
| Thai Panko Fish Cakes with Katsu Sauce & Rice (d) <i>fish poached then combined with mash potato, coriander, chilli, ginger & garlic coated with panko bread crumbs served on rice with Katsu sauce</i> | £10.00 | £6.50 |

BOWL MEAL MINI BOWL

MEAT

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| Lasagne Bolognese* <i>a traditional lasagne with minced steak, celery, carrot, oregano and bella lodi</i> | £9.50 | £6.00 |
| Spaghetti Carbonara with Chicken <i>Mushrooms and chicken thigh pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese</i> | £8.00 | £5.00 |
| Sri Lankan Beef & Potato Curry (g, d) <i>cinnamon, cloves, cardamom and curry leaves with ginger and coconut milk flavour the spinach, potatoes and braised beef</i> | £9.50 | £6.00 |
| Tarragon Chicken & Rice (g) <i>free range chicken with fresh tarragon, cream and lemon. Served with long grain rice</i> | £9.00 | £5.90 |
| Paella with Peppers, Mushroom & Chorizo (g) <i>arborio rice with chorizo, peppers, mushrooms, peas, artichoke hearts, sunblush tomatoes and onion pan fried with paprika, parsley and lemon</i> | £9.50 | £6.00 |
| Chilli Con Carne & Rice (g) <i>chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican, served with rice</i> | £8.50 | £5.50 |
| Vietnamese Chicken Curry with Rice (g, d) <i>classic Vietnamese with lemon grass, ginger, potatoes, spring onion carrot, chilli, fish sauce, bay leaf, coriander and coconut milk</i> | £9.00 | £5.90 |
| Beef Stroganoff with Rice (g) <i>tender beef braised with onion, tomato, red wine, parsley, fish sauce, creme fraîche and served with long grain rice</i> | £11.00 | £6.50 |

SALAD BOWLS delivered in their bowls with a fork

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| Wild Rice Salad with Roasted Roots (vegan, g, d, n) <i>with mint, apricot, pistachio, rocket, spring onion, lemon & garlic, beetroot houmous & almonds with balsamic dressing</i> | £6.10 | £4.10 |
| Oriental Raw Vegetable Salad (vegan, g, d) <i>with peppers, baby corn, mange tout, sesame seeds, spring onion & ginger dressing</i> | £6.10 | £3.95 |
| Kale Salad with Pecans, Bella Lodi and Cranberries (v, g, n) <i>curly kale, cranberry, pecan, new potato, sweet potato puree and bella lodi with lemon dressing</i> | £6.80 | £4.00 |
| Chargrilled Chicken with Beans & Broccoli (g) <i>free range chicken with haricot and butter beans, chargrilled broccoli, baby leaves, dried cranberries & minted yoghurt</i> | £6.90 | £4.10 |
| Smoked Dorset Trout with Edamame Beans & Barley (d) <i>with pickled red onion, edamame beans, pearl barley & lemon dill dressing</i> | £6.80 | £4.20 |

Minimum Order: 6 Bowl Meals or 12 Mini Bowls of any one type

*these items must be sold in multiples of 6 Bowl Meals or 12 Mini Bowls

The chicken meat used in these recipes for this season is not free range.