

This menu will be served from 18th October 2021 to 31st January 2022  
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 & catering



## VEGETARIAN

### Fusilli with Mushroom (v)

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

### Macaroni Cauliflower with Caramelised Onion (v)

the wonderful classic with English cauliflower, mature cheddar, Coleman's English mustard, cayenne pepper, all topped with caramelised onion

## VEGAN

### Vegan Rogan Josh with Rice (vegan, g, d)

an aubergine, squash, peppers and lentils version of this wonderful Kashmiri

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

Squash, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin with a spiced couscous

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

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

### Dhal with Sweet Potato, Coconut Crust & Rice (vegan, g, d)

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

### Aubergine, Tomato & Basil Penne (vegan, d)

roasted aubergine in a rich tomato and basil sauce through penne pasta

## FISH

### Harissa Salmon & Mint Jewelled Couscous

harissa crusted salmon with mint jewelled couscous and a harissa yoghurt dressing

## MEAT

### Lasagne Bolognese\* - Sold in multiples of six only

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

### Sri Lankan Beef & Potato Curry (g, d)

cinnamon, cloves, cardamom and curry leaves with ginger and coconut milk flavour the spinach, potatoes and braised beef

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

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

### Vietnamese Chicken Curry with Rice (g, d)

classic Vietnamese with lemon grass, ginger, potatoes, spring onion carrot, chilli, fish sauce, bay leaf, coriander and coconut milk

### Penne Arrabiata with Chicken

The classic spicy tomato sauce and chicken fillets with penne pasta

BOWL MEAL  
MINI BOWL

£7.00 £4.55

£7.00 £4.55

£8.00 £5.20

£7.50 £4.90

£7.50 £4.90

£7.50 £5.00

£7.00 £4.55

£11.00 £7.15

£10.00 £6.50

£10.50 £6.80

£9.00 £5.90

£8.50 £5.50

£9.00 £5.90

£7.50 £4.90

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

### Asian Kale Salad with Ginger & Peanut Dressing (vegan, g, d, n)

with red cabbage, carrot, red pepper, flaked almonds and coriander

### Winter Salad with Beetroot (vegan, g, d)

spinach, carrot, red onion, red cabbage, pepper & beetroot with a chilli & maple dressing

### Orange, Walnut & Stilton (v, g, n)

chopped walnuts with crumbled Colston Basset stilton, orange segments and pousse leaves drizzled with olive oil

### Cranberry Chicken Salad (g, d)

with mixed leaves, caramelised onion & cucumber

### Poached Trout and Asian Kale Salad with Ginger & Peanut Dressing (g, d, n)

with red cabbage, carrot, red pepper, flaked almonds and coriander

BOWL MEAL  
MINI BOWL

£5.80 £3.80

£5.10 £3.90

£6.50 £3.40

£6.10 £3.90

£6.45 £4.20

## 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

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

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