

# Bowl Food

## Spring 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. They are available in two portion sizes. The "Meal" size provides a main course portion. We suggest two to three of the "Mini" size to provide a meal. It 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 some menus, chefs are required. Chafing dishes are also recommended to be hired to ease service, if service will not be soon after delivery or if it will be over an extended period. There is a minimum order of 6 of any one bowl meal and 12 of any mini bowl, If you require help deciding what you need or want to know more about how it works, give us a call.

## fish & meat hot bowls

	Mini	Meal
<b>Meat Balls with Pasta</b> beef meatballs cooked in rich tomato sauce with fresh egg pappardelle and shaved bella lodi	n/a	£8.90
<b>Lasagne Bolognese</b> a traditional lasagne with minced steak, celery, carrot, oregano and bella lodi.	n/a	£9.25
<b>Fish Cakes with Seasonal Vegetables</b> salmon, haddock, mackerel and prawns with parsley and spinach to fill the cakes, 2 per portion, served with seasonal vegetables and a Bearnaise sauce	n/a	£9.25
<b>Lamb Rogan Josh &amp; Rice</b> toasted cumin and coriander seeds give depth to the classic curry; served with rice, chutney, yoghurt & naan bread	£4.75	£10.50
<b>Beef in Red Wine with Mash (g)</b> Aberdeen Angus Beef slowly braised in red wine with bouquet garni, celery, onion, carrot & button mushrooms.	£4.55	£9.75
<b>Chilli Con Carne &amp; Rice (g)</b> chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic Mexican. Served with rice.	£4.40	£9.50
<b>Shepherds Pie with Seasonal Vegetables</b> minced lamb with carrot, peas, onion and parsley topped with smooth mash.	£4.80	£8.70
<b>Sausage &amp; Mash</b> Cumberland sausages with mustard mash and caramelised onion gravy.	£4.35	£8.85
<b>Moroccan Chicken with Caponata &amp; Rice (g)</b> free range chicken breast with tomato and aubergine caponata, turmeric & cinnamon rice	£4.60	£9.75
<b>Javanese Chicken &amp; Rice (d, n)</b> free range chicken breast with coconut, peanuts & cumin. Finished with avocado and served with rice	£4.35	£9.50
<b>Chicken Korma &amp; Rice (g, n)</b> free range chicken thigh gently cooked in our own Korma garam masala, coconut, cream, garlic and natural yogurt. Served with a pilaf rice	£4.35	£9.25
<b>Tarragon Chicken &amp; Rice (g)</b> free range chicken with fresh tarragon, cream and lemon. Served with long grain rice.	£4.60	£9.75
<b>Smoked Fishermans Pie with Seasonal Vegetables</b> smoked haddock, salmon, mackerel and prawns with double cream and mash served with seasonal vegetables	£4.70	£10.25

## vegetarian hot bowls

	Mini	Meal
<b>Cannelloni with Seasonal Vegetables (v)</b> spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream. Served with seasonal vegetables	n/a	£8.20
<b>Butternut Risotto (v, g)</b> butternut squash risotto made with white wine, bella lodi cheese and double cream. Served with seasonal vegetables	£4.20	£8.90
<b>Thai Green Vegetable Curry &amp; Rice (vegan, g, d, n)</b> peppers, broccoli and baby corn with the lemongrass, ginger, lime, coconut milk and cashew nuts. Served with long grain rice.	£4.20	£8.50
<b>Vegetarian Paella (vegan, g, d)</b> Arborio rice with peppers, mushrooms, peas, artichoke hearts, sunblush tomatoes and onion pan fried with paprika, parsley and lemon	£4.30	£8.70
<b>Teriyaki Noodles with Cashews (v, d, n)</b> egg noodles rolled in red peppers with mangetout, onion and cashew nuts cooked with a soy, honey, teriyaki and peanut butter sauce.	£4.30	£8.80
<b>Moroccan Vegetable Tagine &amp; Couscous (vegan, d)</b> pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin. Served with minted couscous.	£4.30	£8.80
<b>Fusilli with Mushroom (v)</b> oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream, served with fusilli pasta	£3.75	£8.30
<b>Macaroni Cauliflower Cheese Bake (v)</b> the wonderful classic with English cauliflower, mature cheddar, Coleman's English mustard and cayenne pepper.	£4.20	£8.00

## salad bowls

	Mini	Meal
<b>Smoked Dorset Trout with Edamame Beans &amp; Barley (d)</b> with pickled red onion, edamame beans, pearl barley & lemon dill dressing	£4.10 each	n/a
<b>Chargrilled Chicken with Beans &amp; Broccoli (g)</b> free range chicken with haricot and butter beans, chargrilled broccoli, baby leaves, dried cranberries & minted yoghurt.	£4.00 each	n/a
<b>Broccoli &amp; Cauliflower Salad with Feta Mini Bowl (v, g)</b> cauliflower and broccoli tiny florets with feta, tomato, black olives and Italian dressing	£3.95 each	n/a
<b>Orange, Walnut &amp; Stilton Salad Mini Bowl (v, g, n)</b> chopped walnut with crumbled Colston Basset stilton, orange segments and pousse leaves drizzled with olive oil	£3.85 each	n/a
<b>Cous Cous with Roasted Roots Mini Bowl (vegan, d)</b> celeriac, beetroot, squash, pomegranate and pumpkin seeds with vinaigrette	£3.90 each	

\*\* chef recommended for service



everything on this menu is homemade by our chefs

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To order: Express website or email  
Order deadline: 12:00 prior working day  
This menu is served from 1st Feb 2017 to 31st May 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