



## 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

## 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

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

**BOWL MEAL** **MINI BOWL**

**£62.10** **£68.10**

**£56.10** **N/A**

**£52.80** **£58.85**

### VEGETARIAN

#### Cannelloni

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

#### Roasted Vegetable Lasagne with Rocket

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

#### Macaroni Cauliflower Cheese Bake

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

**BOWL MEAL** **MINI BOWL**

**£49.80** **N/A**

**£51.10** **N/A**

**£48.60** **£54.60**

*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

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

#### Javanese Chicken & Rice

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

#### Moroccan Chicken with Turmeric Rice

*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

*chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican. Served with rice, sour cream and parsley*

#### 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

*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

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

#### Chicken Korma & Rice

*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*

**MINI 6** **MINI 12**

**£9.85** **£5.45**

**£9.80** **£5.75**

**£9.75** **£5.95**

**£11.30** **£6.20**

**£9.60** **£5.35**

**£11.80** **£6.45**

**£9.85** **£5.35**

**£9.35** **N/A**

**£9.85** **£5.45**

**£9.65** **£5.40**

**£8.95** **£5.00**

### VEGETARIAN

#### Butternut Risotto (v, g)

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

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

*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)

*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 & baby corn 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) **NEW**

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

**MINI 6** **MINI 12**

**£9.00** **£5.05**

**£8.90** **£5.00**

**£8.40** **£4.75**

**£8.80** **£4.95**

**£8.60** **£4.90**

**£8.90** **£5.30**

**£8.80** **£4.95**

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

**Watermelon & Tomato (vegan, g)** *chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts with mixed leaf and lemon vinaigrette*

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

**Rainbow Salad with Chargrilled Free Range Chicken (g, d)** *free range chicken fillets marinated in chilli & coriander tossed with mint, chick peas, quinoa, julienne of raw carrot & rocket with a lime & smoked paprika dressing **NEW***

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

**Hot Smoked Honey Salmon Niçoise (g, d)** *hot roast smoked salmon with hard boiled egg, new potatoes, olives, mixed leaves and a Dijon mustard dressing*

**MEAL** **MINI (min 12)**

**£5.65** **£3.80**

**£6.10** **£4.00**

**£6.40** **£3.95**

**£5.95** **£3.95**

**£8.25** **£4.10**

## MEAT

Chilli & Maple Duck with Pak Choi & Shitake (d)	£5.80
Thai Spiced Beef with Coriander and Spring Onion Noodles (d)	£5.90
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
Broccoli, Chicken, Alfalfa & Braised Baby Fennel with Chia Seed (d)	£5.00

## FISH

Soy Cooked Salmon & Japanese Salad (d)	£6.10
Pea & Mint Soup with Scallop Garnish & Truffle Oil (g, d)	£8.90
Cornish Crab & Tea Smoked Mackerel Salad with Quail Egg (d)	£5.30
North Atlantic Prawn Agnolotti with Prawn Cream & Vanilla Foam	£6.10
Marinated Seafood Salad (g, d)	£4.80
Tempura Fried Haddock & Salmon with Homemade Tartar Sauce & Chunky Chips (d)	£4.50
Chilli & Crab Risotto with Coriander (g)	£6.70
Chilli & Courgette Israeli Couscous with Maple Smoked Salmon (d)	£5.80

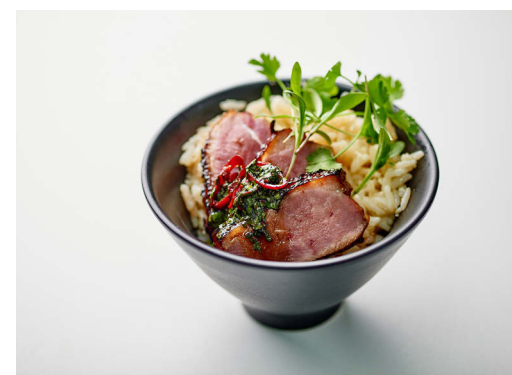
## VEGETARIAN

Tempura Vegetable with Nam Jim (vegan, d)	£4.50
Basil, Slow Roast Tomato & Mozzarella Risotto (v, g)	£5.00
Greek Salad with Grilled Marinated Feta & Glazed Red Onions (v)	£4.80

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

## CROCKERY

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