

# Bowl Food

## Winter 14/15



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>Smoked Fisherman's Pie</b><br>Smoked Haddock, salmon, mackerel and prawns with double cream and mash, served with seasonal vegetables  | £4.70 | £9.60 |
| <b>Lamb Rogan Josh</b><br>Toasted cumin and coriander seeds give depth to the classic curry; served with rice, chutney, yoghurt & naan bread  | £4.55 | £9.30 |
| <b>Sausage &amp; Mash</b><br>Pork & Leek sausages with mustard mash and caramelised onion gravy.  | £4.35 | £8.85 |
| <b>Beef in Red Wine</b><br>Beef slowly braised in red wine with bouquet garni, celery, onion, carrot & button mushrooms. Served with whole grain mash                                       | £4.55 | £9.15 |
| <b>Japanese Chicken &amp; Rice</b><br>Chicken breast with coconut, peanuts & cumin. Finished with avocado and served with rice (d, n)   | £4.35 | £8.85 |
| <b>Fish Cakes</b><br>Salmon, haddock, mackerel and prawns with parsley and spinach fill these cakes. 2 per portion. Served with seasonal vegetables and a béarnaise sauce                   | n/a   | £8.80 |
| <b>Lasagne Bolognese</b><br>A traditional lasagne with minced steak, celery, carrot, oregano and parmesan.  | n/a   | £8.70 |
| <b>Shepherd's Pie</b><br>Minced lamb with carrot, swede and parsley topped with light mash. Served with seasonal vegetables (g)   | £4.80 | £8.70 |
| <b>Meat Balls &amp; Pasta</b><br>Beef meatballs cooked in rich tomato sauce with fresh egg papperdelle and shaved parmesan  | n/a   | £8.70 |
| <b>Chicken Korma</b><br>Chicken thigh gently cooked in our own garam masala, coconut, garlic and natural yogurt. Served with a pilaf rice and herb salad (n)                                | £4.35 | £8.85 |
| <b>Moroccan Chicken &amp; Rice</b><br>Chicken breast with tomato and aubergine caponata, turmeric & cinnamon rice (g)   | £4.60 | £9.40 |
| <b>Chilli Con Carne</b><br>Chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican. Served with sour cream, grated cheddar and rice. (g) | £4.40 | £9.10 |
| <b>Tarragon Chicken</b><br>tarragon, cream, lemon and rice makes this dish sound too simple. It's a delicious Jocelyn Dimpleby recipe. Served with long grain rice.                         | £4.60 | £9.40 |

## vegetarian hot bowls

|   | Mini  | Meal  |
|---|-------|-------|
| <b>Cannelloni</b><br>Spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream. Served with seasonal vegetables (v)                                      | n/a   | £8.20 |
| <b>Moroccan Vegetable Stew</b><br>Pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin. Served with minted couscous. (vegan)                | £4.30 | £8.80 |
| <b>Butternut Risotto **</b><br>Butternut squash risotto made with white wine, parmesan cheese and double cream. Served with seasonal vegetables (v, g)                      | £4.20 | £8.50 |
| <b>Fusilli with Mushroom</b><br>Oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, parmesan and cream, served with fusilli pasta (v)             | £4.10 | £8.30 |
| <b>Vegetarian Paella</b><br>With mushrooms, peppers, artichoke hearts and fresh parsley. Served with a green salad (vegan, g)   | £4.30 | £8.70 |
| <b>Macaroni Cauliflower Cheese Bake</b><br>The wonderful classic everyone's Mum made but lovelier with parmesan, crème fraiche and chopped parsley (v)                      | £4.20 | £8.50 |
| <b>Thai Green Vegetable Curry</b><br>Peppers, babycorn and cashew nut in a lime and coriander chilli coconut sauce. Served with rice (v, d, g, n)                           | £4.20 | £8.50 |
| <b>Moussaka</b><br>A delicious vegetarian version of this Greek classic. Aubergine & peppers with cardamom, cinnamon, fresh thyme and a grana padano cheesy topping (v, g). | £4.25 | £8.50 |
| <b>Teriyaki Noodles with Cashews</b><br>Chinese egg noodles with teriyaki, sesame seeds, cashew nuts and peppers. Served with cucumber strips (v, d, contains nuts)         | £4.30 | £8.80 |

## salad bowls

|  | Mini       | Meal |
|--|------------|------|
| <b>Salmon with Celeriac Salad</b> poached salmon with celeriac remoulade, beetroot and watercress (g)                            | £3.75 each | n/a  |
| <b>Cranberry Chicken Salad</b> Sliced chicken breast with cucumber, red onion, dried cranberries and a cranberry dressing (d, g) | £3.75 each | n/a  |
| <b>Pear, Blue &amp; Pecan Salad</b> pear, blue cheese with caramelised pecan nuts and rocket (v, n)                              | £4.00 each | n/a  |
| <b>Pomegranate &amp; Orange Salad</b> with coriander, sea salt and micro leaf (vegan, g, d)                                      | £3.80 each | n/a  |

\*\* chef recommended for service



everything on this menu is homemade by our chefs

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e: orders@eden-caters.co.uk  
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To order: Express website or email  
Order deadline: 12:00 prior working day  
This menu is served from 1st Oct 2014 to 31st Jan 2015

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  
Please see our full terms and conditions on our website