



## Bowls & Salads

Our wide selection of salads are designed as an accompaniment to be enjoyed with any of our other menus.

Whilst we aim to cater for every taste and occasion our complete list of salads cannot be shown in this space. Please ask about other alternatives which you would like us to include in your choices.

If you have any specific requirements not shown here please feel free to discuss your ideas with us.

### Bowl Food

#### Hot Chinese Style Beef

- Fried chilli crispy beef fillet with Chinese vegetables and soy
- Lime and sweet chilli

#### Chicken Jalfrezi

- Tender pieces of chicken in a curry tomato based sauce and rice with nann bread

#### Lamb Koftes

- Minced lamb with herbs and spices cooked on a skewer with lemon and coriander Cous Cous

#### Beef Chilli

- Medium spiced chilli con carne with potato wedges and sour cream

#### Chicken and Chorizo Paella

- Tender chicken and spicy chorizo sausage cooked with saffron rice and smokey paprika

#### Shellfish Paella

- A selection of mussels, tiger prawns and salmon cooked with smoked paprika and saffron rice

#### Pasta Carbonara

- Fresh pasta with smoked bacon, field mushrooms a touch of white wine and finished with cream and egg yolk

#### Sausage and Mash

- Mini pork and apple sausages with a rich onion gravy

#### BBQ pulled pork

- Slow roasted pork with "bubble and squeak" and a piquant apple sauce

### Salads

#### Salads

- Greek Salad
- Beetroot salad
- Mixed Leaves
- Curried rice and mango salad
- Celery and apple slaw
- Nicoise salad
- Classic Caesar Salad
- Lebanese salad
- Traditional coleslaw
- Roasted vegetable salad
- Bacon, lettuce and cherry tomato salad with honey and mustard dressing
- Pasta salad with pesto and flaked salmon
- Orzo pasta with goat's cheese, roasted pepper and a tomato dressing
- Jewelled salad of pomegranate, crispy bacon, mozzarella, rocket and pomegranate dressing
- Traditional potato salad with spring onion and mayonnaise
- Rocket salad with olive oil and parmesan shavings
- Chef's salad
- Tomato and red onion with balsamic vinegar
- Watermelon and feta salad
- Asian slaw with sesame
- Quinoa with roasted asparagus, egg and capers
- Charred corn, chicken and tortilla with chipotle yoghurt dressing
- Lebanese fattoush salad

### Vegetarian

#### Butternut Squash Risotto

- Butternut squash slow roasted and finished in a risotto with Parmesan cheese and pumpkin oil

#### Three Bean Chilli

- With rice and guacamole in a soft tortilla

#### Sweet Potato and Red Pepper Curry

- With naan bread and mango

Bowl food is a great alternative to an evening buffet or BBQ.

Cooked on-site in our large pans and served in handy size bowls. Great for all occasions.

From £9.00 plus VAT depending on numbers. Bowls and forks supplied with all orders.

#### Allergen Disclaimer

Our menu may contain some or all of the following ingredients:  
Cereals, Wheat Flour (containing gluten) Egg Fish (fish sauce) Soybeans Peanut Milk Nut (almonds, hazelnuts, cashew, seeds, etc) Celery Mustard Sulphur dioxide (preservative vegetable, dried fruit) Sesame Lupin Crustaceans (prawns, crabs, lobster, & crayfish) Mollusc (clams, mussels, oyster, squid, octopus) Oil (peanut oil, sunflower oil, sesame oil).

Allergic to food not on the list:  
If you are allergic to a food that is not on the regulatory list shown above, it may not be included on the allergen information provided. If in doubt, speak to a member of staff. Please kindly inform us of any food allergies prior to ordering your food. To the best of our knowledge, our suppliers do not use GM foods.