

# COLD BOWLS FOOD

## VEGETARIAN & VEGAN

### 1. Heritage Tomatoes And Burrata.

vibrant heirloom tomato paired with creamy burrata cheese, aged balsamic and basil pesto dressing.

*(veggie, dairy)*

### 2. Quinoa Salad Vegan.

Quinoa tossed with oven roasted vegetables, marinated artichoke, sun dried tomatoes fished with fresh herbs orange dressing.

*(vegan)*

### 3. Roasted Butternut Squash.

Roasted butternut squash cubes, fresh green beans wild rocket blended with brown rice harissa drizzles vegan.

*(vegan)*

### 4. Moroccan Couscous Salad.

Couscous with roasted vegetables, chickpeas, grated carrots, raisins parsley, mint and olive oil lemon dressing.

*(vegan, gluten)*

### 5. Grilled Halloumi And Olive.

Grilled halloumi olives, pickled baby beets confit cherry tomatoes red onion Jam tarragon and basil sauce.

*(veggie, dairy)*

### 6. Beetroot And Goat Cheese.

Paper thin slices of ruby beetroot served with fluffy goat cheese mousse, candied walnuts and aged balsamic drizzles.

*(dairy)*

### 7. Tabouleh Salad.

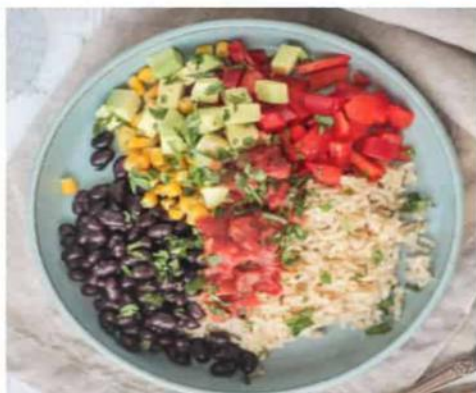
Quinoa and couscous mixed with finely chopped fresh mint parsley, red onion and tomato fished with lemon juice.

*(gluten)*

### 8. Mediterranean Chickpeas Salad.

Slow boiled chickpeas mixed with soft boiled potatoes cherry tomatoes, roasted assorted peppers and grilled artichoke basil and olive dressing.

*(Pine nuts)*



# MEAT AND CHICKEN

- 1. Game Meat Salad.** (soy)  
Seasonal assorted wild game meat, herbs potatoes, roasted peppers, peel onion and cress.
- 2. Hoisin Duck Salad.** (soy)  
Pulled duck meat blended with Asian salad sprouts bean hoisin sauce, sesame seeds.
- 3. Stuffed Red Point Pepper Quinoa Courgettes Brown Rice.** (dairy)  
Sliced chicken supreme, creamy coleslaw, cherry tomatoes and basil cress.
- 4. Roasted Chicken And Coleslaw..** (dairy)  
Fresh tomatoes, cucumber, red onions and mint dressing.
- 5. Charcuterie And Antipasto Bow.** (sulphur dioxide, gluten, dairy)  
Selection of cured meats, cheese, olive, fig jam and crispy croutons.
- 6. Mint Roasted Lamb Salad.**  
Slow cooked lamb meat, roasted vegetables, five beans and mint dressing.
- 7. Chicken Pasta Salad.** (dairy)  
Slow roasted chicken breast mixed with basil pesto cherry tomato assorted peppers black olive served with Parmesan shavings.
- 8. Mediterranean Kofta.**  
Grilled Lamb kofta with Mediterranean herbs and spices served cold with Greek salad.



# FISH AND SHELLFISH

1. Wild Caught Salmon Tartare Wakame Salad. (sulphur dioxide, dairy, fish)

Hand cut salmon mixed with tangy ponzu, caper and cream served alongside a refreshing wakame seaweed salad.

2. Tuna Niçoise Salad. (fish)

Tuna flakes, green beans, peeled baby potatoes cherry tomatoes, black olives, egg.

3. Atlantic Prawns Cocktail. (crustacean)

Prawns, avocado, cherry tomatoes baby gem lettuce served with rosemary sauce.

4. Sea Bass Ceviche And Peruvian Salad. (fish)

Fresh line caught sea bass marinade in zesty lime juice, combine with Peruvian rocoto pepper red onion and cilantro lime dressing.

5. Grilled Octopus And Quinoa. (sulphur dioxide)

Grilled octopus, soft quinoa pickled radish and rainbow beetroots wild rocket.

6. Teriyaki Salmon Asian Salad. (soy, sesame seeds)

Salmon chunks roasted with sticky teriyaki glaze, beans sprouts soya beans and pak Choi.

7. Seafood Mix. (fish, crustaceans, mollusc)

Seafood mixed blend with grilled broccoli, roasted peppers and lime and orange dressing.



# HOT BOWLS FOOD

## VEGAN AND VEGETARIAN:

1. Thai Green Vegetables Curry. *(vegan)*  
Mixed vegetables cooked in silky Thai green curry sauce served with jasmine rice.
2. Tarka Daal And Pilau Rice. *(vegan)*  
Mixed Lentils cooked in Indian spices with onion and garlic finish with chilli coriander served with pilau rice.
3. Wild Mushroom Ragu Veggie. *(egg, gluten)*  
Roasted gnocchi with sautéed wild mushrooms and grilled artichoke with onion gravy.
4. Vegetarian Spring Roll Bowl. *(vegan, gluten)*  
Spring rolls with sweet chilli sauce and scallions.
5. Leeks And Onions Pie. *(veggie, gluten)*  
Vegetarian pie serve with velvety mush potato and onion gravy.
6. Sweet And Sour Vegetables Curry. *(vegan)*  
Assorted fresh vegetables slow cooked in sweet and sour sauce served with white steamed rice.
7. Veggie Chow Mein Veggie. *(gluten, eggs)*  
Stir fried asian vegetable blended with chow mein sauce and egg noodles.
8. Veggie Sausages And Mash. *(veggies, dairy)*  
Vegetables grilled sausages served with velvety mash potatoes and onion gravy.



## MEAT AND CHICKEN

- 1. Steak & hand cut chips** (gluten, soy)  
Charcoal grilled Aged Beef sirloin steak served with hand cut chips & creamy mushroom sauce
- 2. Steak And Ala Pie.** (gluten, soy)  
Steak ala pie served with creamy mash potatoes and gravy.
- 3. Swedish Meatballs.** (crustacean)  
Homemade meatballs served with velvety mashed potatoes savoy cabbage tomato sauce.
- 4. Chicken And Tarragon Pie.** (gluten)  
Hand made chicken pie folded in creamy tarragon sauce served with velvety mash and gravy.
- 5. Chicken Tikka Masala Pilau Rice.** (dairy)  
Chicken cubes slow cooked with Indian tikka sauce finish with cream and coriander presented with steamed basmati rice.
- 6. Mixed grill bowl** (dairy)  
Charcoal grilled lamb kabab, chicken kabab & tender chicken tikka cubes served with mint yogurt sauce
- 7. Chicken And Mushroom Pasta..** (dairy,egg, gluten)  
Tagliatelle pasta , chicken strips cooked in silky white mushroom sauce finished with fresh chopped herbs and Parmesan cheese.
- 8. Fried Crispy Chicken.** (gluten,eggs)  
Southern fried crispy chicken served with french fries and lemon parsley drizzles.



# FISH AND SHELLFISH

## 1. Classic Fish & Chips.

Fresh caught fish, mini fillets deep fried with batter flour serve with hand cut chips and home made tartare sauce and lemon.

*(gluten, fish)*

## 2. Smoked Haddock And Prawns Cake.

Haddock and prawns blended with creamy sauce and fresh herb bind with creamy mash potatoes, panko breadcrumbs & fried served with mashed peas & lemon.

*(crustacean, fish, gluten, dairy)*

## 3. Teriyaki Salmon..

Wild caught salmon slow roasted with sticky teriyaki sauce & toasted sesame seeds served with cream leeks and cabbage.

*(soy, fish)*

## 4. Prawns bowl

Fluffy prawn stirred fried rice blended with Pak Choi and sugar snap served with lightly fried tempura king prawns.

*(gluten, crustacean)*

## 5. Spanish Authentic Paella Mixta.

Traditional Spanish paella mixta featuring chicken, chorizo and medley of seafood.

*(all mixed seafood)*

## 6. Dorset Crab Spaghetti.

Spaghetti cooked with Crab meat chilli garlic and cherry tomato finish with fresh basil.

*(crustacean)*

## 7. Seafood Mixed And Crispy Polenta.

Seafood mixed blend with grilled broccoli, roasted peppers and lime and orange dressing.

*(fish, crustaceans, mollusc)*

