

BOWL STYLE MENUS:

BOWL MEALS | BOWL MEALS WITH CANAPES | BOWL MEALS WITH DESSERTS



CHOOSE TWO OPTIONS & SINGLE SALAD:

[Char - Grilled chicken thighs](#) in a sweet apricot sauce
with Asian green salad

[Sliced stuffed chicken breast served](#) on Pearl Coos Coos
with white gravy

[Chicken korma curry](#) served on a bed of steamed
fragrant basmati rice. Perfectly baked

[Lasagne served perfectly baked](#) splashed with
Napolitano sauce.

[Authentic Thai Chicken](#) in Coconut Cream Served with
Basmati

[Rump espetada skewers](#) on a mustard mash potato
topped with a red wine jus.

[Chicken breasts stuffed](#) with spinach & feta served on
mash

[Grilled Chicken breasts](#) served with a lemon & herb
sauce on the side and wedges

[Honey & apricot chicken kebabs](#) with chips

[Pork chops](#) with honey glazed dark sauce and sweet
potato wedges

[Thai style fish cakes](#) and baby potatoes

[Mini beef Prego](#) rolls with chips

[Beef curry](#) and sambals in mini bunny chow

[Steak grilled served with creamy mushroom](#) sauce with
mash or baby potatoes

[Hungarian Goulash](#) tender cubes of beef simmered in a
rich and hearty
paprika sauce drizzled with yoghurt with mash or baby
potatoes

[Slices of tender Beef](#): sautéed with mushrooms &
onions, finished with sour cream with Couscous with
green beans and sage butter
Cottage pie

[Thai honey ginger chili wok- Fried:](#)

[Fried chicken thighs](#) with cubed peppers and peanuts,
Asian salad

[Pan fried hake](#) with a zesty lemon butter sauce and
carrot cubes with baby potatoes in rosemary

ACCOMPANYING SALAD OPTIONS:

Roasted Pumpkin Salad with buckwheat, chickpeas, feta, pine nuts, pumpkin seeds, thyme, pomegranate, rocket and pickled red onions. Served with a pomegranate vinaigrette dressing

Wild Rice Salad with roasted mushrooms, fresh coriander, feta, green apples, baby spinach and pumpkin seeds. Served with a tangy yoghurt dressing.

Coos Coos Tabbouleh with parsley, cherry tomatoes, cucumbers, grilled honey glazed carrots and baby marrow - tangy vinaigrette dressing.

Gorgonzola and Frappe Salad - Green Salad with Blue Cheese Dressing

Curried Couscous with Dried Sweet Cranberries – Cous cous salad with cranberries and dressing

Creamy Dijon Dill Potato Salad – Creamy potato salad with chives

Romaine Summer Salad – Fresh summer salad with carrots and baby marrow

Greek Salad with Oregano Marinated Chicken - Traditional Greek salad with grilled sliced chicken breasts

Roasted Sweet Potato Salad with Chutney Dressing – sweet salad

SWEET TREATS: CHOOSE TWO.

Chocolate mousse jars with brownie

Pecan nut jars with whipped cream

Banana caramel & sponge pudding shots

Lemon fridge tart jars with crumble base

Apple crumble jars with crème Anglaise

Mini Cinnamon doughnut, chocolate mousse jars

Chocolate brownie triangles

Fruit skewers with a raspberry reduction

Malva pudding & custard jars

Baked apple tart and custard

Cheese cake jars with crumble

Assorted mixed dessert platter – milk tarts, brownies, pecan nut tartlets & condense tarts

BOWL MENU TWO:

[Cannelloni](#) - (v) Spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream. Served with seasonal vegetables

[Butternut Risotto](#) (v, g) Butternut squash risotto made with white wine, cheese and double cream. Served with seasonal vegetables (v)

[Moroccan Vegetable Tagine](#) & Couscous - Pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin. Served with minted couscous. (v)

[Lamb Rogan Josh & Rice](#) - 1 bowl meal or 1 mini bowl
Toasted cumin and coriander seeds give depth to the classic curry; served with rice, chutney, yoghurt & naan bread. Including bowls and forks

[Chilli Con Carne & Rice](#) - Chilli, cumin, oregano, thyme and chocolate flavoured minced with chillies Served with mash

[Tarragon Chicken & Rice](#) - tarragon, cream, lemon and rice makes this dish sound too simple. Served with long grain rice. Including bowls and forks.

[Tarragon Chicken & Rice](#) - tarragon, cream, lemon and rice makes this dish sound too simple. It's a Delicious, Served with long grain rice.

[Spanish Style Lamb with Turmeric Rice](#) - bowl (g, d) Slow cooked lamb with olives, tomato & paprika served with tomato based rice

[Sticky Soy and Ginger Chicken](#) on Rice

[Chicken and Leek Potpie](#) with steamed basmati

[Beer Battered Fish Goujon](#), Lemon and Herb Yoghurt, Sweet Potato Fries and Lemon Wedge

[Slow Roasted Oxtail](#), Mashed Potatoes, Baby C

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