



Bowl Food

Vegetarian Sausages and mash

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Slow cooked Lentils full of seasonal vegetables

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Salad of glazed baby beets and leeks, sautéed rustic potatoes, and chilli crumbled halloumi scattered with croutons on mixed green leaves

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Pomodoro Melanzane (layers of aubergine, mozzarella and rich slow cooked tomato sauce)

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Fish Pie with fried capers spinach and pine nuts

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Seafood Paella

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King Prawn salsa salad of apple, avocado, celery, grapes, peppers & wild rocket, tossed in a lime, chilli and tarragon oil

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Classic Caesar Salad

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Thai Red Chicken/ Lamb/Beef Curry on Wholegrain basmati

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Lemon and bay chicken fillets tossed in basil and fried bubble and squeak

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Glass noodles topped with Pan fried Breast of Duck in Chinese spices

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Moroccan Lamb Tagine with Classic cous cous and roasted vegetables, scattered with prunes and almonds

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Finely Carved fillet of lamb on celeriac garlic mash with rich gravy, parsnips and carrots

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Spaghetti Bolognese

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Old English Beef Stew