

## **Bowl Food Sample Menu**

### **Served Hot**

Roast leg of lamb, crushed buttered new potatoes, sugar snap beans and rosemary jus  
Fillet of sea bass, asparagus, mange tout, mango, peas and bean salad with lemon and parsley dressing  
Herb crusted salmon fillet, crushed jersey royals, sautéed mushrooms and caper sauce  
Braised chicken with sauté potatoes with onions, mushrooms, leeks and Bordeaux  
Lemon and thyme baked chicken with roast butternut squash, broccoli and crispy spring onion  
Confit of duck, creamy vegetables and crispy Serrano ham  
Tempura salmon with stir fried vegetables and wasabi mayo  
Navarin of lamb, gratin potatoes, sauté beetroot and mushroom  
Parma ham wrapped chicken breast stuffed with semi dried tomatoes  
Tian of roasted mix pepper and mushroom with salsa verde  
Mushroom, spinach, feta and shallots filo parcels on sauté creamy leeks  
Linguini, courgette, sprouting broccoli, ricotta and rocket

### **Served Cold**

Crispy duck salad, crispy Asian vegetables and a sweet and sour dressing  
Roast sirloin of beef, mixed leaf salad, stilton and English mustard dressing  
Smoked chicken, Asian salad with soy dressing  
Smoked salmon on crushed jersey royals with lemon crème fraîche dressing  
Poached citrus chicken breast, wild rice salad and tapenade  
Chicken rillette, poached pear, caramelised apples, broccoli and a light Dijon dressing  
Poached salmon, beetroot salad with coriander, red onion, and lime dressing  
Vegetable terrine, rocket, red chard and garlic sprout salad  
Wild, red and basmati rice salad with fennel  
Teriyaki beef, red pepper, lemongrass, fresh chilli, papaya, and coriander

### **Desserts**

Papaya and strawberry salad with homemade short bread  
Brioche and butter pudding with vanilla cream  
Lemon cake and chocolate mousse layers  
Summer pudding topped with caramelized pistachio  
Sticky banana crumble with crème anglaise  
Brioche and butter pudding with vanilla cream  
Chocolate fudge cake, chocolate fudge icing topped with caramelized pistachio