



BOWL FOOD (Hot and Cold)

Meat Bowls Main Course (hot) £6.95 each

Cumberland sausage served with creamy mashed potatoes and caramelized red onion sauce

Thai red beef steak curry cooked with fresh vegetables and coconut rice

Steak and ale stew with herb dumplings

Chilli con carne served with sour cream, grated cheddar and rice

Chicken and chorizo paella with saffron rice and lemon wedges

Butter chicken with tomato, cream, fenugreek and spices with basmati rice

Vegetarian Bowls Main Course (hot) £6.50each

Penne salad, roasted vegetables, baby spinach, mozzarella and spicy tomato sauce

Thai green vegetable curry with fragrant rice

Macaroni cheese, gruyere, leek & chestnut mushroom

Vegetable lasagne with herbed garlic bread

Fish Bowls Main Course (hot) £6.95 each

Classic fish pie with cod fillets, prawns, salmon topped with cheesy mash

Pan-fried sea bass with crushed new potatoes drizzled with herb dressing

Spanish seafood paella with chorizo, prawns, squid and mussels in paprika saffron rice

Smoked haddock kedgeree, quail eggs with basmati rice

Garlic & chilli tiger prawns with mango, coriander and lime salsa (+£1.00)

Cold Salad Bowls £6.50 each

Cherry tomato, basil, buffalo mozzarella and rocket salad (v)
Grilled halloumi, peppers, aubergine and courgette salad with pesto dressing (v)
Classic caesar salad with crunchy crutons and shaved parmesan (v)
Pan fried chilli prawns with rice noodles with ginger, lime, soy, honey dressing (+ £1.00)
Teriyaki sirloin beef noodle salad, crunchy vegetables with sesame soy dressing
Marinated beetroot and goats cheese salad with rocket and roasted pine nuts (v)

Dessert £6.75each

Lemon posset with cream and fresh raspberries
Tiramisu with marsala wine, chocolate and mascarpone
Seasonal fruit salad with Greek yoghurt, honey and passion fruit
Profiteroles with dark chocolate sauce

Minimum order of £350.00 and 20 of each item (Monday to Friday)

Minimum order of £550.00 and 20 of each item (Weekend)

All prices exclude VAT