



BOWL FOOD

*** please choose meat or fish**

*Stir Fried Black Bean Egg Noodles with Oriental Vegetables, Tiger Prawns/Chicken/Beef with Crushed Peanuts, Egg and Beansprouts

Lamb Tagine with Apricots and Almonds with Herbed Couscous

Chicken Tagine with Prunes, Preserved Lemon, Mint and Herbed Couscous

Beef Bourguignon with Baby Onions and Bacon Lardons with Roasted Garlic Mash and Seasonal Vegetables

Basil and Lemon Chicken with Roasted Peppers, Olives and Chorizo with Rice

Sweet and Sour Hong Kong Style Pork with Rice

Peppered Duck Breast with Fondant Potato, Sugar Snaps and Caramelised Orange Dressing

Tandoori Lamb Burgers with Vegetable Curry, Raita and Mini Nan Bread

*Thai Red Curry with Duck/Prawns/Chicken/ with Pea Aubergines and Mushrooms with Egg Noodles

Five Spiced Duck Goujons with Water Chestnuts, Spring Onion with Egg Fried Rice, Hoi Sin Sauce and Cucumber Julienne

Hake Goujons, Fat Chips, Pea Puree and Homemade Tartare Sauce

Greek Style Prawns with Herbed Couscous

Sea Bass Fillets with Crushed New Potatoes, Salsa Verde and Leeks

Smoked Salmon Fishcakes with Dill Hollandaise, Petit Pois a la Francaise and Spinach

Tuscan Sausage, Porcini, Chestnut Mushroom Gnocchi in Cream Sauce

Spinach and Smoked Haddock Roulade with Wilted Greens and Tomato Sauce

Red Mullet with Tomato Compote and Gremolata, Roasted Baby Potatoes and Green Beans

Lemon Sole Pinwheels with Olive and Sunblush Tomato Tapenade and Roasted Vegetables

Crab and Crayfish Linguine with Rocket, Chilli and Lemon

Spaghetti with Butternut Squash and Aubergine Pesto (V)

Paprika Roasted Monkfish with Romesco Sauce, Broccoli and Roasted Baby Potatoes



Vegetable and Lentil Curry with Rice (V)

Tomato and Basil Risotto Cakes with Spinach, Rocket and Parmesan Salad with Pesto Dressing (V)

Fillet Steak and Mushroom Skewers with Fat Chips and Bearnaise Sauce

Indian Lamb Koftes with Tomato and Lentil Dahl, Coconut Rice

Chilli Con Carne with Avocado and Tomato Salsa, Soured Cream and Cheese Quesadilla

Beef Rendang with Rice

Chicken Penang Curry with Rice

Tiger Prawn and Preserved Lemon Tagine with Saffron Potatoes

Vegetable Laksa with Teriyaki Salmon Fingers

Seared Tuna Nicoise (cold)

Shredded Saffron Chicken with Roasted Aubergine Salad with Minted Yogurt (cold)

Baked Salmon with Lemon Hollandaise, Crushed Dill Potatoes Asparagus

Soy and Ginger Baked Salmon with Wilted Pak Choi, Stir Fried Vegetables and Coconut Rice

Slow Roasted Shredded Duck Leg with Braised Puy Lentils and Rocket

Gourmet Sausages with Creamy Mash and Melted Onion and Red Wine Gravy

Paella (choose from a selection of Chorizo, Chicken, Mussels, Squid and Tiger Prawn)

Wild Mushroom Risotto with Mascarpone and Truffle Oil (V)

Spinach and Ricotta Crepes with Tomato and Gorgonzola Sauce (V)

Roasted Tomato and Basil Risotto with Mozzarella (V)

Tiger Prawn, Basil, Asparagus, Pea and Mint Risotto (prawns can be omitted to make this vegetarian)