

Bowl Food Menu Ideas

Please have a look through some sample ideas for bowl foods. We recommend 3 bowls per person, however this can be reviewed accordingly. Should you need further ideas we are happy to discuss options with you. We can meet all dietary requirements.

With a selection of 3 bowls the average cost for this, including service and staffing, based on 50 covers, would be £21 per person +VAT.

Chicken

Chicken Stroganoff, Pilaf Rice

Butter Chicken Masala Cumin scented Basmati Rice, roasted Cashew Nuts

Umami Chicken with Coconut Rice

Chicken Katsu with Coconut Steam Rice

Creamy Chicken & Asparagus Pie Chicken Balti Pie

Chicken Satay on Nutty Brown Rice garnished

Tandoori Chicken with Mint Raita Chicken Tikka Masala with Coriander Pilau

Vegetarian & Plant Based

Quinoa with Super Green Vegetables and Roasted Tomatoes

Wild Mushroom & Crispy Leek Risotto

Asparagus Risotto with Peppery Rocket Leaves

Creamy Mac n Cheese Bowl

Slow Roast Aubergine, served with Giant Jewelled Couscous

Asparagus & Beet Falafel served with Honey & Mint Yoghurt

Kabuli Chickpea & Potato Curry on Basmati Rice

Sweet Potato Katsu Curry with Coconut Rice

Seasonal Vegetable Frittata, Tomato sauce, on a bed of Peppery Rocket Seasonal Roasted Vegetables with Feta & Pomegranate

Mediterranean Grilled Kebab Skewers Ratatouille served with Fried Polenta

Orzotto, with Pine nuts and Slow Roast Seasonal Vegetables

Thai Curried Vegetables with Jasmine Rice

Vegan Rainbow Buddha Bowl

Grilled Tofu & Sweet Potato on Cauliflower Rice Vegan Burrito Bowl

Butternut & Tofu Laska Vegetable Tagine with Cauliflower Couscous

Warm Teriyaki Tofu with Edamame, Spring Onion & Carrot Super Nutty Quinoa, Sprout & Seeds Salad

Fish

Smoked Haddock and Charlotte Potato Stew,

Crème Fraiche Chermoula Salmon on Roasted Butternut & Rocket Salad

Salmon, Sorrel Sauce, Green Beans, Sliced Charlotte Potatoes

Sriracha Salmon Poke Bowl

Poached Salmon Pave served with compressed Fennel & Cucumber Salad

Seared Trout & Asian Noodles with Ponzu

Smoked Haddock Kedgeree topped with Quail Egg & Chives