



*Bowl Food Menu*

# Bowl Food Menu

**Our bowls are priced @£8.50 per bowl.**

We advise a choice of 3 bowls including one vegetarian option. Average allocation is 3 bowls of each per person. Naturally this varies up and down subject to your menus and dining plan. We have waiting staff built into the price, however a chef on sight would be £22.50 per hour and the number of chefs would be reflective of the number of guests.

**Minimum spend £300 + VAT.**

## **What is bowl food?**

Bowl food is an informal but still very classy way of eating. It allows guests a chance to mingle with other guests and still be well fed by the end of the night. It allows a diverse choice of food to be served and includes some great options on presentation.

## **Can this be dropped off?**

Yes it can, only if it is a cold option and the bowls would have to be returned.

## **Is creating the bowls on site preferred?**

Yes it gives you a wider choice of food and saves you the hassle of washing and returning equipment. We also provide waiting staff included in the price.

# Meat

## **Moroccan Lamb**

Slow Cooked Moroccan tagine with fresh apricots, and vegetable butter cous-cous.

## **Beef Bourguignon**

Slow cooked beef in classic French onion sauce served with chive and Dijon mustard mash.

## **Steak & Chips**

Prime fillet steak served with chunky triple cooked chips asparagus spears and peppercorn sauce.

## **Belly Pork**

Slow cooked pork rubbed with Chinese five spice served with crisp rice noodles and salted caramel sauce.

## **Apple & Sage chipolatas**

Sweet and smoky sausages served with grain mustard mash and redcurrant and cranberry jus.

## **Chicken Katsu Curry**

Breaded chicken fillets with sticky jasmine rice and a rich curry sauce.

## **Chicken Chow Mein**

Asian flavoured noodles mixed with pan fried chicken and Chinese vegetables.

# Vegetarian

## **Artichoke Rogot**

Mixed potatoes, fresh artichokes, green beans, olives served with sauce vierge.

## **Risotto Verde**

Fresh peas, mint & rocket mixed with creamed risotto and finished with parmesan cheese.

## **Thai style sweet potato**

Mixed with bean sprouts yellow peppers fresh coriander and fresh chillies.

# Fish

## **Garlic Butter King Prawns**

Jumbo prawns tossed in garlic and herb butter served with firecracker rice.

## **Crayfish & Smoked Salmon Salad**

Dressed leaves with avocado, spring onions, potato quarters, feta, black olives and heritage tomato.

## **Cajun Salmon**

Spicy salmon supreme served with butter new potatoes, and chilli and redcurrant jam.

## **Cod & Chips**

Fresh loin of cod in homemade batter and served with French fries, tartar sauce and pea shoots.

# Sweet Treats

## **White Chocolate Cheesecake**

Served with fresh raspberries and Chantilly cream.

## **Apple & Sultana Crumble**

Served with fresh custard and garnished with mint.

## **Lemon Posset**

Served with homemade shortbread, fresh mint and wild berries.



**We've got you catered for!**

[flamebluecatering.co.uk](http://flamebluecatering.co.uk) | [info@flamebluecatering.co.uk](mailto:info@flamebluecatering.co.uk)

+44 (0) 1737 555 781 (EXT 4) | +44 (0) 7818 589 504