



## SAMPLE BOWL FOODS

### COLD

Tuna Nicoise with Green Beans, Olives, New Potatoes and Quails Eggs

Tiger Prawns with Mango, Sweet Chilli, Ginger, Coriander and Rocket

Oriental Sesame Duck Salad

Citrus Cured Salmon with English Peas and Pomegranate

Super food Salad with Little Gem, Quinoa, Crumbled Feta, Broad Beans,  
Petits Pois Pomegranate and Lemon

### HOT

Thai Green Curry, Vegetable/Chicken, with Jasmine Rice, Mini Poppadoms and Mango Chutney

Classic Coq au Vin with Crisp Pancetta and a Rich Red Wine Sauce

Chilli Con Carne with Guacamole, Sour Cream and Grated Cheese and Rice

Bangers and Mash with Onion Gravy

Classic Fish Pie

Lemon and Asparagus Risotto with Wilted Rocket

Mac & Cheese