



COLD & HOT BOWLS



HOT BOWLS



HOT BOWLS

BEEF

Beef Bolognese with Linguine

Braised Beef Stew, with either mashed Potatoes or rustic bread

Chillie Con Carne, with Kidney Beans, Fresh Chillies, Crème Fraîche, Long Grain Rice and Cheddar Cheese

CHICKEN

Chicken Curry with Basmati Rice

Lemon and Herb Roasted Chicken Thighs with Smashed New Potatoes, Cabbage and Carrots

Creamy Chicken and Mushroom with linguine

Chicken Caesar Salad

FISH

Prawn & Chorizo Linguine

Battered Cod with Chunky Chips, garden peas and tartar sauce

PORK

Sausages with Onion Gravy served on Creamy Mashed Potatoes

Pulled Pork Burrito Bowl, Pinto Beans, Smashed avocado, Sour Cream, Mild or Hot Salsa, Fresh Chillies, Cheddar Cheese and Long Grain Rice

VEGETARIAN

Mushroom Stroganoff with Rice or Linguine

Tomato Soup with Bread

Winter Vegetable Soup with Bread

VEGAN

Chickpea Curry and Rice

Mediterranean Falafel bowl, with hummus, pickled vegetables and chillies, salad and couscous

COLD BOWLS



COLD BOWLS

MEDITERRANEAN COUSCOUS (V)

Tomato Couscous, Mixed Vegetables and Feta

BEAN SALAD (VG)

Mixed beans, Lemon Dressing, Avocado, Tomatoes and Fresh Mint

PESTO PASTA (V)

Pine Nuts, Parmesan Shavings and Spinach

BUDDHA BOWL (VG)

Falafel, Grains, Hummus, Tenderstem Broccoli, Mixed Beans, Pickled Cabbage and Avocado

SPICY NOODLES (V)

Spring Onions, Carrots and Baby Corn

POKE BOWL (VG)

Avocado, Edamame beans, Pickled Vegetables, Spring Onions, Fresh Lime and Sticky Rice

CHICKPEA SALAD (VG)

Chickpeas, Cucumber, Bell Peppers, Spring Onions, Fresh Lemon Dressing

BURRITO BOWL (VG)

Chiptole Salsa, Smashed Avocado, Sweet Potatoes, Pinto Beans, Fresh Lime, Salad and Long Grain Rice

ADDITIONAL ITEMS

Add Chicken, Salmon, Halloumi or Tofu to your bowl.