



THE FLAVOUR KITCHEN BOWLS MENUS 2024

Bowl dishes are little meals on their own and are a great alternative to full sit-down lunch or dinner. you may wish to combine a few canapés with some bowls for a well balanced meal for your guests.

Drop off versus Onsite Chef

We offer a drop off service for selected cold bowls & manapes or a chef onsite service for a wider range of cold and hot dishes.

Pricing & Packages

Bowls are £4.25+VAT per item

For **Drop Off Menus**, we charge delivery (and parking if required).

Staffing

For Onsite Chef menus, chef fees are £25.00+VAT p/h for the lead chef and £20.00 p/h for additional chefs (1 chef per 25-30 guests). We may also charge a delivery and parking charge.

You may wish to combine with our Canapes menus.

Waiting Staff are £17.00+VAT per hour (minimum of 4 hours). For an event of 50 PAX we recommend 3 waiting staff as a minimum (4 if also serving drinks).

Allergies/Dietary Requirements

Many of our dishes can be adapted to be gluten or dairy free – please advise if this is required when ordering

BOWLS - COLD

Vegan

Japanese Aubergine Salad (Se, S) Chickpea & Squash Tagine w, Vegan Buttered Couscous (G, Ce)
Caponata w, Bruschetta Toasts Lentil Shepherd's Pie w Sweet Potato Mash (Ce, Mu)

Vegetarian

Marinated Mozzarella and Slow Roast Tomato Salad (M)
Butternut Squash, Pecan and Feta Barley Salad (M, N, G)

Meat

Crispy Duck, Cashew Feta & Watermelon Salad (S, Se, G, M, N)
Cajun Chicken w, Mango and Pepper Sauce & Dirty Rice Salad (Mu, Ce)
Peppercorn Beef w, Salsa Verde & Crushed Herb New Potatoes
Korean Beef Salad w, Pickled Vegetables & Baby Gem Lettuce (S, G, Se)

Fish

Hot Smoked Trout & New Potato Salad w, Dill Mustard Dressing (M, E, F)
Za'atar Salmon w, Tahini Yoghurt, Walnut Relish & Persian Potato Salad (F, Se, M)
Mexican Prawn Coctel (C)
Fish Koftas w, Spiced Yoghurt & Persian Potato Salad (E, F, M, Se)

BOWLS - HOT

Vegan

Vegetarian Indonesian Butternut Squash Curry w, Lime & Coriander Rice (Ce)

Chickpea & Squash Tagine w, Vegan Buttered Couscous (G, Ce)

Lentil & Sweet Potato Shepherds Pie (Ce)

Vegetarian

Potato & Feta Koftas w, Roasted Red Pepper Sauce (N, M, G, E)

Truffled Mushroom Risotto w, Parmesan Crisp (M)

Squash Tortellini w, Rocket Pesto (Vegan Version Available) (M, G, E)

Fish

Posh Fish Pie w, King Prawns, Crayfish and Scallops (G, E, M, F, C, Mo)

Smoked Haddock Beignet with Orange and Fennel Salad (G, E, F, M)

Sea Bass w, Romesco Sauce, Patatas (F, N, G)

Thai Green Salmon Curry w, Steamed Rice (F, S, Se)

Meat

Confit Shoulder of Lamb Shepherd's Pie (Ce, M)

Vietnamese Lamb Stew w, Lime & Coriander Rice & Naan (F, G, M, Se, S)

Beef in Barolo w, Risotto Milanese (M, Ce)

Katsu Chicken w, Kare Kare Sauce & Steamed Rice (G, S, Se)

Chilli Chocolate Beef Chilli w, Tortilla Chips & Pico de Gallo (G)

Spanish Meatball, Rich Tomato Sauce & Patatas Brava (Ce, G, E)

Swedish Meatballs w, Mustard Mash and Lingonberry Cream Sauce (Mu, G, M)

Dessert

Sticky Toffee Pudding w, Whisky Toffee Sauce (Hot) (Vegan version available) (G, E, M)

Tiramisu (M, G, E)

Chocolate Caramel Brownies w, Clotted Cream (Vegan version available) (G, E, M)