

Bowl Food

Cold Meaty Bowls

Chicken Caesar salad

£6.60

per person

Grilled chicken crisp romaine lettuce, garlic croutons tossed in Caesar dressing topped with shaved parmesan **GLU (WHEAT), MIL, EGG, MUS, SUL, FIS**

Sweet glazed chicken

£6.60

per person

Oven-baked chicken glazed with balsamic vinegar and sweet chilli served on a sugar snap and bean shoot salad **[DF] SOY**

Lemon roast chicken

£6.60

per person

Served with a potato & watercress salad **[NG] [DF]**

Thai beef salad

£6.60

per person

Served with a crunchy soba noodle salad with lime & chilli dressing **[DF] GLU (WHEAT), FIS, SOY**

Smoked duck

£6.60

per person

With mixed salad, celeriac remoulade, cornichons & radishes **[NG] [DF] SUL, CEL**

Cold Fishy Bowls

Moroccan grilled salmon

£7.70

per person

Served with preserved lemon tabouli & mint yoghurt dressing **GLU (WHEAT), MIL, FIS**

Mediterranean prawn salad

£7.70

per person

Served with lemon & herb rice salad **[NG] [DF] CRU**

Blackened shrimp

£7.70

per person

Cajun spiced prawns served on crisp red and green leaves & pineapple salsa **[NG] [DF] CRU**

Salad Nicoise

£7.70

per person

Grilled tuna served on a bed of new potatoes, olives, tomatoes, shallots, green beans and quails eggs **[NG] [DF] FIS, EGG, MUS**

Prawn cocktail **£7.70**
per person

Shredded iceberg topped with prawns and marie rose sauce, garnished with slivers of cucumber and cherry tomatoes **[NG] [DF] EGG, MUS, CRU, CEL**

Poached salmon **£7.70**
per person

Poached Scottish salmon served on a cucumber and dill salad **[NG] [DF] FIS**

Seared Thai tuna **£8.90**
per person

Marinated tuna on a bed of pak choy and coriander noodle salad with a lemongrass, chilli and lime dressing **[DF] GLU (WHEAT) EGG, FIS, CRU, SES, SOY**

Cold Veggie Bowls

Pesto pasta salad **£6.60**
per person

Marinated bocconcini, cherry tomatoes, black olives, rocket & shaved parmesan **[V] GLU (WHEAT), MIL**

Greek salad **£6.60**
per person

Marinated feta with cucumber, tomatoes, peppers, Kalamata olives & lemon mint dressing **[V] [NG] MIL**

Mediterranean couscous salad **£6.60**
per person

Saffron couscous, grilled vegetables with lemon & coriander dressing **[V] GLU (WHEAT), MIL**

Hot Meaty Bowls

Bangers & mash **£8.90**
per person

Traditional Cumberland sausages on creamy mash with rich caramelised onion gravy **[NG] MIL, SUL**

Thai beef curry **£8.90**
per person

Stir-fried strips of beef with coriander, lemongrass, ginger, red coconut curry sauce served with steamed rice **[NG] [DF]**

Steak & chips **£8.90**
per person

Grilled Scotch fillet steak, chips, vine roasted tomatoes & béarnaise sauce **[NG] MIL, EGG**

Daube of Beef	£8.90 per person
Slow braised beef in red wine, garlic, rosemary and thyme with glazed baby onions, mushrooms and bacon lardons & parsnip puree [NG] MIL, CEL, SUL	
Nurnberg Sausages	£8.90 per person
Traditional Bavarian sausages served on potato salad with wholegrain mustard [NG] MIL, MUS, EGG	
Kashmiri lamb curry	£8.90 per person
Fragrant lamb with saffron, almonds, fresh spices & cream served with pilaf rice [N] [NG] TRE (ALMONDS), MIL	
Beef Chilli	£8.90 per person
Served with steamed rice, sour cream, guacamole and corn tortilla chips [NG] MIL	
Moroccan lamb tagine	£8.90 per person
Aromatic slow cooked lamb with fresh spices served with lemon & pomegranate couscous [DF] GLU (WHEAT)	
Catalan chicken cassoulet	£8.90 per person
Slices of tender chicken breast and chorizo served in a white bean and tomato sauce [NG] [DF]	
Coq au vin	£8.90 per person
Sautéed strips of chicken breast with mushrooms, baby onions and bacon lardons sautéed with brandy, red wine and garlic [DF] SUL, GLU (WHEAT)	
Hot Fishy Bowls	
Fish 'n' chips	£8.90 per person
Beer battered cod with chips & tartar sauce [DF] GLU (WHEAT), EGG, MUS, SUL, FIS	
Seafood coconut curry	£8.90 per person
Succulent chunks of monkfish & king prawns in a red coconut curry sauce with steamed rice [NG] [DF] FIS, CRU	

Hot Veggie Bowls

Szechuan noodles **£8.90**
Baby corn, spring onions, bamboo shoots and carrots stir-fried with noodles in a spicy Szechuan sauce **[V] [DF] GLU (WHEAT), EGG**
per person

Roasted red pepper & courgette risotto **£8.90**
Topped with shaved parmesan, rocket salad and truffle oil **[V] [NG] MIL**
per person

Chickpea & aubergine curry **£8.90**
With tomatoes, coriander, fresh spices, cucumber yoghurt & saffron pilaf rice **[V] [NG] MIL**
per person

Sweet Bowls

Tiramisu **£6.60**
Light coffee sponge, mascarpone mousse, Tia Maria & cocoa powder **[V] GLU (WHEAT), MIL, EGG, SOY**
per person

Sherry trifle **£6.60**
Layered sponge soaked with sherry, raspberry jelly and fresh vanilla custard, topped with whipped cream **GLU (WHEAT), MIL, EGG**
per person

Chocolate mousse **£6.60**
Rich milk chocolate mousse with white chocolate shavings (contains raw egg & alcohol) **[V] MIL, EGG, SOY**
per person

Eton Mess **£6.60**
Crushed meringue, fresh berries, whipped cream & raspberry sauce **[V] [NG] MIL, EGG**
per person

Lemon posset **£6.60**
Creamy lemon mousse with fresh cream & strawberries **[V] [NG] MIL, EGG**
per person

Black forest gateau **£6.60**
Layers of chocolate sponge, cherries & cream **[V] GLU (WHEAT), MIL, EGG, SOY**
per person

Blueberry cheesecake **£6.60**
Layers of fresh blueberries, lemon mascarpone mousse & biscuit crunch **[V] GLU (WHEAT), MIL, EGG**
per person

Crème brûlée

£6.60
per person

Served in espresso cups with almond biscuits **[V] [N] GLU (WHEAT), MIL, EGG, TRE (ALMONDS)**

Fruit salad

£5.50
per person

Fresh seasonal chopped fruit with fresh passion fruit juice **[V] [VG] [NG] [DF]**