per person

per person



Bowl Food

Cold Meaty Bowls

Chicken Caesar salad £6.30 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 £6.30 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 £6.30 per person

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

Thai beef salad £6.30

per person Served with a crunchy soba noodle salad with lime & chilli dressing [DF] GLU

Smoked duck £6.30 per person

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

Cold Fishy Bowls

(WHEAT), FIS, SOY

Moroccan grilled salmon £7.30

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

Mediterranean prawn salad £7.30

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

Blackened shrimp £7.30 per person

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

Salad Nicoise £7.30 per person

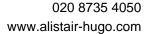
Grilled tuna served on a bed of new potatoes, olives, tomatoes, shallots, green beans and quails eggs [NG] [DF] FIS, EGG, MUS





MIL, EGG

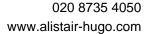
Prawn cocktail £7.30 per person Shredded iceberg topped with prawns and marie rose sauce, garnished with slivers of cucumber and cherry tomatoes [NG] [DF] EGG, MUS, CRU, CEL £7.30 Poached salmon per person Poached Scottish salmon served on a cucumber and dill salad [NG] [DF] FIS £8.40 Seared Thai tuna 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** £6.30 Pesto pasta salad per person Marinated bocconcini, cherry tomatoes, black olives, rocket & shaved parmesan [V] GLU (WHEAT), MIL **Greek salad** £6.30 per person Marinated feta with cucumber, tomatoes, peppers, Kalamata olives & lemon mint dressing [V] [NG] MIL £6.30 Mediterranean couscous salad per person Saffron couscous, grilled vegetables with lemon & coriander dressing [V] GLU (WHEAT), MIL **Hot Meaty Bowls** £8.40 Bangers & mash per person Traditional Cumberland sausages on creamy mash with rich caramelised onion gravy [NG] MIL, SUL £8.40 Thai beef curry per person Stir-fried strips of beef with coriander, lemongrass, ginger, red coconut curry sauce served with steamed rice [NG] [DF] £8.40 Steak & chips per person Grilled Scotch fillet steak, chips, vine roasted tomatoes & béarnaise sauce [NG]





Daube of Beef £8.40 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 £8.40 **Nurnberg Sausages** per person Traditional Bavarian sausages served on potato salad with wholegrain mustard [NG] MIL, MUS, EGG £8.40 Kashmiri lamb curry per person Fragrant lamb with saffron, almonds, fresh spices & cream served with pilaf rice [N] [NG] TRE (ALMONDS), MIL **Beef Chilli** £8.40 per person Served with steamed rice, sour cream, guacamole and corn tortilla chips [NG] MIL Moroccan lamb tagine £8.40 per person Aromatic slow cooked lamb with fresh spices served with lemon & pomegranate couscous [DF] GLU (WHEAT) Catalan chicken cassoulet £8.40 per person Slices of tender chicken breast and chorizo served in a white bean and tomato sauce [NG] [DF] Coq au vin £8.40 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** £8.40 Fish 'n' chips per person Beer battered cod with chips & tartar sauce [DF] GLU (WHEAT), EGG, MUS, SUL, FIS £8.40 Seafood coconut curry per person Succulent chunks of monkfish & king prawns in a red coconut curry sauce with steamed rice [NG] [DF] FIS, CRU

Hot Veggie Bowls





£8.40 Szechuan noodles per person Baby corn, spring onions, bamboo shoots and carrots stir-fried with noodles in a spicy Szechuan sauce [V] [DF] GLU (WHEAT), EGG £8.40 Roasted red pepper & courgette risotto per person Topped with shaved parmesan, rocket salad and truffle oil [V] [NG] MIL £8.40 Chickpea & aubergine curry per person With tomatoes, coriander, fresh spices, cucumber yoghurt & saffron pilaf rice [V] [NG] MIL **Sweet Bowls Tiramisu** £6.30 per person Light coffee sponge, mascarpone mousse, Tia Maria & cocoa powder [V] GLU (WHEAT), MIL, EGG, SOY £6.30 Sherry trifle per person Layered sponge soaked with sherry, raspberry jelly and fresh vanilla custard, topped with whipped cream GLU (WHEAT), MIL, EGG £6.30 Chocolate mousse per person Rich milk chocolate mousse with white chocolate shavings (contains raw egg & alcohol) [V] MIL, EGG, SOY £6.30 **Eton Mess** per person Crushed meringue, fresh berries, whipped cream & raspberry sauce [V] [NG] MIL, EGG £6.30 Lemon posset per person Creamy lemon mousse with fresh cream & strawberries [V] [NG] MIL, EGG £6.30 Black forest gateau per person Layers of chocolate sponge, cherries & cream [V] GLU (WHEAT), MIL, EGG, SOY £6.30 Blueberry cheesecake per person Layers of fresh blueberries, lemon mascarpone mousse & biscuit crunch [V] GLU (WHEAT), MIL, EGG





Crème brûlée £6.30

per person

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

Fruit salad £5.25

per person

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