

## 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 (WHEAT), FIS, SOY**

#### Smoked duck

**£6.30**

per person

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

### Cold Fishy Bowls

#### Moroccan grilled salmon

**£7.30**

per person

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

#### Mediterranean prawn salad

**£7.30**

per person

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**

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### **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**

### **Poached salmon**

**£7.30**  
per person

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

### **Seared Thai tuna**

**£8.40**  
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**

**£6.30**  
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**

### **Mediterranean couscous salad**

**£6.30**  
per person

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

## **Hot Meaty Bowls**

### **Bangers & mash**

**£8.40**  
per person

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

### **Thai beef curry**

**£8.40**  
per person

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

### **Steak & chips**

**£8.40**  
per person

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

### **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**

### **Nurnberg Sausages**

**£8.40**  
per person

Traditional Bavarian sausages served on potato salad with wholegrain mustard **[NG] MIL, MUS, EGG**

### **Kashmiri lamb curry**

**£8.40**  
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**

### **Fish 'n' chips**

**£8.40**  
per person

Beer battered cod with chips & tartar sauce **[DF] GLU (WHEAT), EGG, MUS, SUL, FIS**

### **Seafood coconut curry**

**£8.40**  
per person

Succulent chunks of monkfish & king prawns in a red coconut curry sauce with steamed rice **[NG] [DF] FIS, CRU**

## **Hot Veggie Bowls**

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

**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]**