



## BOWL FOOD | MINI MEALS

£4.50 per bowl

### MEAT & GAME

#### Hot

- Smoked Bbq Chicken Wings, Cajun Sweet Potato Wedges
- Piri Piri Chicken Thighs, Fries, Radish & Fennel Slaw
  - Chicken Souvlaki, Mini Pita, Tzatziki, Greek Salad
- Cajun Chicken Goujons, Grilled Sweetcorn, Garlic Aioli
- Mini Chicken, Tarragon, Portobello Mushrooms & Leek Pie
- Confit Duck Leg Salad, Spring Onion, Daikon, Toasted Sesame Seeds, Teriyaki Sauce
- Stir Fried Noodles, Spiced Smoked Duck Breast, Pak Choi, Sweet Chilli & Coriander
  - Tandoori Chicken Lollipop, Raita Dip, Naan Bread
    - Chicken Tikka Masala, Basmati Rice
  - Bbq Pork Ribs, Sweet Potato Fries, Red Cabbage Coleslaw
- Crispy Pork Belly, Spiced Honey Glace, Apple & Celeriac Mash, Cider Jus
- Pulled Pork Croquettes, White Cabbage Slow, Mongo & Papaya Salsa
- Pork Sausage, Colcannon Mash, Caramelised Shallots, Thyme Jus
- Lamb Koftas, Mini Naan, Tomato & Onion Salad, Mint Yogurt
  - Lamb Tagine, Grilled Med Vegetable, Sultana Couscous
- Rare Grilled Flat Iron Steak, Mushroom, Onion, Triple Cooked Chips
- Lamb Cutlets, Cumin Crumb, Mint Mash, Red Currant Jus
  - Braised Lamb, Root Vegetable, Rosemary Jus
  - Beef Bourguignon, Pancetta, Root Vegetables
    - Madras Beef Curry, Cardamom Pilaf Rice
    - Beef Meat Balls Rigatoni In Napoli Sauce
  - Succulent Braised Venison, Root Vegetables

#### Cold

- Grilled Chicken Caesar Salad, Pancetta, Parmesan Shavings, Focaccia Croutons
- Smoked Chicken Salad, Scarmosa Cheese, Roasted Red Peppers, Tabbouleh, Molasses
- Confit Crispy Duck Salad, Cucumber, Spring Onions, Chilli, Lime, Pickled Ginger, Hoisin
  - Spiced Beef Salad, Oriental Vegetables, Teriyaki Sauce, Toasted Sesame Seeds
- Smoked Ham Hock Salad, Pickled Baby Carrots & Radish, Watercress, Honey & Whole Grain Mustard Dressing
- Crispy Pork Belly Salad, Caramelised Apples, Fennel, Bulgur, Mango & Lime Dressing

*Full menu available upon request*

*Dietary requirements available upon request*

*info@aretsi.co.uk*

*0746 848 9816*



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### FISH

#### Hot

- Beer Butter Cod & Chips, Pea Puree, Tartar Sauce
  - Thai Fish Cake, Noodle Salad, Teriyaki Sauce
- Grilled Salmon, Spring Onion, New Potato, Lime Crème Fraiche
- Stir Fried Oriental Vegetables, Black Bean, Chilli King Prawns, Toasted Sesame Seeds
  - Crispy Calamari, Dip Fried Courgettes, Garlic Aioli
  - Pan Fried Sea Bass, Glazed Green Summer Vegetables
    - Seafood Paella, Tiger Prawns, Clams, Mussels
- Crab & Crayfish Tagliatelle, Chilli, Garlic, Cherry Tomatoes, Basil
  - Place Goujons, Fries, Garlic Aioli
- Poached Trout, Saute Potatoes, Green Beans, Butter Challots

#### Cold

- Pickled Squid & Chorizo, Chickpea, Olives & Radicchio Salad
  - Prawns & Crayfish Cocktail, Avocado & Fennel Salad
    - Grilled Tuna Nicoise, Salad
- Poached Smoked Salmon, Wild Rice, Cashew Nuts, Coriander, Honey Yogurt Dressing
  - Smoked Trout, Mango & Fennel, Mint Yogurt
- Smoked Mackerel, Cherry Tomatoes, Orange Segment, Spring Onion, Gremolata
  - Crab, Chilli, Garlic, Avocado, Lime, Fresh Rocket, Pickle Cucumber
- Vodka & Lime Cured Seabass, New Potato, Watercress, Wasabi Mayonnaise



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### VEGETARIAN & VEGAN

#### Hot

- Falafel, Grilled Aubergine & Courgettes, Chilli Manouri Cheese
  - Leek, Spinach & Ricotta Cannelloni, Basil Tomato Sauce
- Greek Moussaka, Fry Aubergines, Courgettes, Kasseri Cheese, Tomato Salsa
  - Rapini Portobello Mushrooms, Spinach, Blue Cheese, Candy Walnut
  - Roasted Butternut Squash, Fennel, Olives, Radicchio, Halloumi Cheese
- Frittata, Grilled Courgettes, Asparagus, Spring Onions & Peas, Lemon Crème Fraiche
  - Wild Mushroom & Butternut Squash Risotto, Parmesan, Truffle Oil
- Grilled Asparagus, Artichoke, Caramelised Red Onions, Grilled Goat Cheese
  - Tomato & Basil Mozzarella Arancini, Rocket Parmesan, Garlic Aioli
  - Roasted Butternut Squash & Dolcelatte Ravioli, Butter Sage
- Caramelised Cauliflower, Lentil Curry, Sweet Potato, Toasted Cashew Nut
- Sicilian Melanzane Parmigiana, Aubergines, Parmesan, Tomato & Basil Sauce
  - Vegetables, Tikka Masala, Cardamom Basmati Rice, Mint Yogurt
  - Macaroni Cheese
- Vegetarian Wellington, Kale, Mushrooms, Sage, Leeks, Brie, Mustard Béchamel
- Puff Pastry Galettes, Roasted Beetroot, Butternut Squash, Apples, Taleggio Cheese
- Thai Vegetables Stir Fry, Ginger, Chilli, Shitake Mushrooms, Pak Choi, Oyster Sauce
- Charred Red Peppers & Spring Onions, Smoked Tofu, Wholegrain Rice, Soy Sauce

#### Cold

- Greek Salad & Dodoni Feta Cheese, Kalamata Olives, Oregano, Lemon & Olive Oil
- Classic Panzanella Salad, Pachino Tomato, Red Onion, Garlic Focaccia, Shallots & Basil
  - Israeli Tabbouleh, Micro Broccoli, Avocado, Pomegranate, Toasted Almonds
  - Heritage Beetroot & Celeriac, Orange Segment, Watercress, Candy Walnut
- Moroccan Couscous, Sultanas, Chickpeas, Peppers, Courgettes, Pumpkin, Olives, Grapefruit
  - Caesar Salad, Focaccia, Parmesan Shavings
  - Spiced Watermelon Salad, Charred Feta, Red Onions, Mint Oil
- Butternut Squash, Beetroot & Barley Salad, Toasted Seeds, Molasses Vinaigrette
  - Curried Yellow Lentils, Chickpeas, Broad Beans, Spinach, Mango Dressing
  - Grilled Halloumi Salad, Fennel, Orange, Rocket & Tarragon Dressing
  - New Potato Salad, Green Beans, Broccoli, Honey & Mustard Dressing
  - Heritage Tomatoes Salad, Basil, Buffalo Mozzarella, Balsamic Reduction

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### DESSERTS

- Tiramisu, Shaved Dark Chocolate
- Banoffee Pie
- Pecan Chocolate Brownie, Salted Caramel Ice Cream
- Sticky Toffee Pudding, Ginger Toffee Sauce, Vanilla Ice Cream
- Peanut Butter Parfait, Caramelised Banana, Candy Hazelnut
- Homemade Profiteroles, Crème Patisserie, Chocolate Sauce, Toasted Almonds
- Apple & Pear Crumble, Crème Anglaise
- Chocolate Mousse, Ginger & Orange Cookie
- Vanilla & Lemon Crème Brulee, Pistachio Biscotti
- Muthca Tea Panna Cotta, Coconut Tuille, Rhubarb Vanilla
- Passion Fruit Cheesecake, Citrus Salad
- Lemon Pudding, Yuzu Custard