

BOWL FOOD MENU

Plant-Based and Vegetarian Culinary Experiences

HOT VEGETARIAN BOWLS

Hearty, comforting bowls featuring artisanal dairy, fresh eggs, and premium cheeses

- **Falafel and Mediterranean Roasted Vegetables**
Crispy house-made falafel, hummus, grilled aubergines, courgettes, and peppers, finished with a zesty chili-mint-garlic gremolata
- **Spinach and Ricotta Cannelloni**
Creamy spinach and ricotta-filled pasta tubes, baked in a rich basil tomato sauce, served with garlic focaccia bread
- **Greek Moussaka**
Traditional layered bake of potato, aubergines, courgettes, Kasseri cheese, and aromatic tomato sauce
- **Roasted Butternut Squash Macaroni**
Cavolo Nero kale and macaroni tossed in a decadent provolone cheese sauce
- **Gnocchi with Portobello Mushroom**
Pillowy gnocchi in a creamy blue cheese sauce with sautéed spinach and candied walnuts
- **Crispy Halloumi Ribollita**
Golden fried halloumi cheese served over a Tuscan white bean ribollita stew with garlic bread
- **Wild Mushroom and Chestnut Stroganoff**
Umami-rich wild mushrooms and roasted chestnuts in a creamy stroganoff sauce, served with fragrant cardamom long-grain rice
- **Garden Pea, Asparagus and Mint Risotto**
Creamy Arborio risotto with fresh peas and asparagus, topped with grilled ash-rubbed goat cheese
- **Arancini Pomodoro**
Crispy fried risotto balls with tomato, basil, and mozzarella, served over rocket salad with garlic aioli
- **Butternut Squash Ravioli**
Handmade ravioli filled with roasted butternut squash and Dolcelatte cheese, tossed in a butter-sage sauce
- **Caramelized Cauliflower Lentil Curry**
Sweet caramelized cauliflower and red lentil curry with roasted sweet potato, toasted cashews, and warm naan bread
- **Paneer Tikka Masala**
Grilled marinated paneer in a spiced tomato masala sauce, served with cardamom basmati rice and mint yogurt
- **Sicilian Melanzane Parmigiana**
Layers of fried aubergine, tomato basil sauce, and melted Parmesan cheese
- **Root Vegetable Wellington**
Golden puff pastry filled with sweet potato, kale, swede, and carrots in a sharp cheddar and mustard béchamel
- **Thai Stir-Fry with Sticky Seitan Chicken**
Sweet and savory seitan with shiitake mushrooms, pak choi, and rice noodles in a tamarind-chili glaze

- Grilled Fermented Tofu
Miso and agave-glazed tofu with vegetable gyoza and citrusy ponzu dipping sauce
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HOT VEGAN BOWLS

100 percent plant-based bowls packed with bold flavors and wholesome ingredients

- Smoked Chargrilled Tofu Taco Bowl
Smoky tofu over swede and pepper chili, cucumber, parsley, and crisp taco shells
 - Vegan Mac and Cheese
Creamy cashew-cheese sauce with vegan smoked bacon bits, roasted sweet potato, and vegan Parmesan
 - Samosas with Mango-Mayo Dip
Spiced potato, peas, spinach, and spring onion in crispy pastry with vegan mango-mayo
 - Baked Okra Stew
Tender okra and tofu in a fennel-cumin tomato sauce, served with saffron rice
 - Jerk Sweet Potato and Black Bean Curry
Caribbean-spiced curry with fluffy herb dumplings and long-grain rice
 - Katsu Curry Bowl
Crispy seitan chicken in rich vegetable curry sauce over rice noodles
 - Goan Dal Curry
Fragrant yellow split pea dal with coriander, green chili, and lime, served with jasmine rice
 - Vegan Pimento Chorizo Empanadas
Spiced pimento and sweet potato empanadas with chimichurri dip
 - Grilled Artichoke Caesar Salad
Charred artichokes, tenderstem broccoli, cavolo nero, focaccia croutons, and vegan Parmesan
 - Vegan Shawarma Bowl
Amba-spiced seitan shawarma with vegan tzatziki, Greek salad, and warm pita
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COLD BOWLS AND SALADS

Vegetarian Selections

- Greek Salad with Dodoni Feta
Kalamata olives, oregano, fresh lemon, and extra virgin olive oil
- Classic Panzanella
Tuscan bread salad with Pachino tomatoes, red onion, garlic focaccia croutons, basil, and Parmesan
- Heritage Beetroot and Celeriac
Roasted beetroot, celeriac, orange, ash goat cheese, watercress, and walnuts
- Classic Caesar Salad
Crisp romaine, focaccia croutons, and Parmesan shavings
- Spiced Watermelon and Feta
Charred feta, spring onion, fresh mint, and clove-infused olive oil
- Grilled Halloumi Salad
Fennel, orange segments, rocket, and tarragon dressing
- Heritage Tomato and Mozzarella
Buffalo mozzarella, basil, balsamic reduction, and focaccia crisps

- Blue Cheese Waldorf
Classic Waldorf salad with candied walnuts and tangy blue cheese dressing

Purely Vegan Salads

- Israeli Tabbouleh
Parsley, broccoli, avocado, pomegranate seeds, and toasted almonds
- Farro Salad
Cavolo nero, toasted almonds, pomegranate, and mint oil dressing
- Butternut Squash, Beetroot and Barley
Roasted squash and beetroot with pearl barley, toasted seeds, and molasses vinaigrette
- New Potato Salad
New potatoes, green beans, broccoli, rocket, and spring onions in mustard dressing
- Moroccan Couscous
Chickpeas, grilled vegetables, olives, grapefruit, and fresh herbs
- Quinoa Superfood Salad
Quinoa, chickpeas, dill, peppers, cucumbers, cherry tomatoes, sugar snap peas, and spring onion
- Soba Noodle Salad
Chilled soba noodles with grilled tofu, pak choi, and stir-fried vegetables
- Black Bean and Avocado
Mixed leaf, cherry tomatoes, lime dressing, and creamy avocado
- Orange, Peach and Date Salad
Grilled peach, soft dates, fennel, candied pistachio, and mint oil
- Roasted Curry Cauliflower and Kale
Spiced cauliflower, shredded kale, bulgur wheat salad, and lime dressing

OUR CURATED TASTING EXPERIENCES

Minimum 30 guests · Fully serviced packages

The Classic – £35.00 per person

A perfect introduction to elevated bowl dining

- Two Hot Bowl Creations per guest
- One Cold Bowl Creation per guest
- One Decadent Dessert Bowl

The Grand Tasting – £42.50 per person

A complete and immersive culinary journey

- Three Hot Bowl Creations per guest
- One Artisanal Cold Salad Bowl
- One Decadent Dessert Bowl

Your Package Includes

- Curated bowl selection per guest
- Full service with professional staff
- Premium equipment, crockery and cutlery
- Uniformed chef for live presentation
- Complete clear-up and wash-up service

SERVICE AND INFORMATION

Dietary Accommodations

Vegan, vegetarian, and gluten-free options available. Please inform us of any allergies. While we take great care, we cannot guarantee a completely allergen-free environment

Sustainability Promise

We proudly source:

- Meat from accredited British farms
- Seafood from MSC-certified suppliers
- Produce from local growers wherever possible

Pricing

All prices are for 2025 and exclude 20 percent VAT

BESPOKE PACKAGES AVAILABLE

Let us tailor your bowl food journey. We are delighted to customise your experience and create something truly unique for your event
