



*Bowl food offers an alternative to canapés, ideal for functions with limited seating or an event requiring something a little more substantial. Small individual dishes served in rice bowls for guests to eat while standing, we recommend 3-5 dishes per person.*

*Please see below for a selection of what's available. Menus can be tailored to suit individual clients' tastes and budget, alternatively quote your desired budget per person and allow us to suggest a few sample menus.*

*Menus start from £3.85 per bowl, but dependant on the number of guests attending and the number of bowls required per person, the same dishes can also be scaled up to provide a suitable wedding meal, menu for a banquet or a hot buffet.*

*Pan seared Corn-fed chicken pieces fused with chorizo and lemon on a bed of champ mash with a chablis sauce.*

*\*\*\**

*Merguez chipolatas with sweetened shallots roasted red peppers whole grain mustard and honey with sour cream*

*\*\*\**

*Traditional roasted Turkey pieces with seasoned sausage & onion stuffing.*

*\*\*\**

*Baked salmon fillet strips & watercress sauce, served with a leek mash.*

*\*\*\**

*Sea bass with a spicy crust Lemon grass reduction with lime noodles.*

*\*\*\**

*Trofie pasta with pine nuts fresh basil pesto marinated aubergine cherry tomatoes and olives*

*Fillet pieces of monkfish in a Thai green sauce*

\*\*\*

*Fillet pieces of pork, pan-fried with garlic & roquefort with apple crisps*

\*\*\*

*Chunky olive oil chips and roasted beef fillet with wild mushroom and whisky fricasee*

\*\*\*

*Chestnut mushrooms in a garlic cream sauce with Shropshire blue and a chunk of fresh baked ciabatta*

\*\*\*

*King prawn and avocado cocktail with shredded iceberg lettuce slices of cherry tomatoes with anchovy and tomato dressing*

\*\*\*

*Small chunks of teriyaki salmon fillet with udon noodles spring onions sugar snap peas fresh coriander and toasted sesame seeds*

\*\*\*

*Seared tuna loin with purple sprouting broccoli anja potatoes spinach basil and parmesan with anchovy vinaigrette*

\*\*\*

*Roasted monkfish wrapped with parma ham, soy beans gem lettuce new potatoes with tomato pesto*

\*\*\*

*Basil Pesto chicken fillets with blanched French beans chives thin crisp ciabatta toast and crème fraiche*

\*\*\*

*Coconut and Cajun Spiced chicken thighs roasted tomatoes shredded iceberg lettuce avocado and sour cream*

\*\*\*

*Sag Aloo with spice crusted Lamb fillet and raita*

\*\*\*

*Warm salad of goats' cheese marinated artichokes roasted red peppers and balsamic onions with fresh basil*

\*\*\*

*Braised venison mash potato and red wine sauce with watercress*

### *Bowl menu ideas from £2.95 per dish*

*Wild mushroom risotto or Sausage & mash with onion gravy*

\*\*\*

*Home-made Mini fish and chunky chips or Thai red or green curry*

\*\*\*

*Vegetable curry with rice or chunky chips or Beef stew and dumplings*

\*\*\*

*Sweet and sour chicken with egg fried rice*

\*\*\*

*Swedish meatballs in a vine tomato & Basil sauce*

\*\*\*

*Baked Salmon, Smoked haddock & Cod Fisher-mans pie*

\*\*\*

*Oyster mushroom & Leek Cappelletti pasta*

\*\*\*

*Chicken, Beef or King Prawn stir fry with bean sprouts.*

## *Sweet bowl ideas....*

*Strawberries and cream.*

\*\*\*

*Creamed filled Profiteroles with a warm Belgium chocolate sauce.*

\*\*\*

*Mixed fresh fruit salad with clotted cream.*

\*\*\*

*Bailey's, croissant bread and butter pudding*

\*\*\*

*Apple, apricot and raisin snow shots.*

\*\*\*

*Banana and rum soaked sultana trifles.*

\*\*\*

*Raspberry and chocolate mousse cups.*

\*\*\*

All prices quoted are exclusive of VAT.

The cost per head includes the relevant number of chefs required and any mobile kitchen equipment, the final cost per head is determined by the final menu choice as well as the number of guests attending, we do where we can build service into the final cost per head but subject to final numbers and requirements.

The published costs per head are based on minimum criteria.

We are available without obligation to meet and discuss the finer points of your plans, view the intended venue if possible and offer advice wherever we can. Through selected partnering we can also help with the hiring of a marquee and the provision of a mobile bar, please ask for further details.

Catered-Events limited reserve the right to change the published menu selection and or cost per head without prior notice.

Vegetarian, Vegan, Gluten free and other dietary requirements catered for, please discuss this when booking.

Catered-Events Ltd registered for England & Wales No 7198407

VAT Registration 970 2214 44

Copyright catered-events 2010