



EVENT CATERING

## BOWL FOOD MENU

Price is determined by on site facilities and guest numbers

### BREAKFAST BOWLS

The most important meal of the day!

Cereals

Fat free natural greek yoghurt with fresh berries and nuts

Scrambled eggs and smoked salmon

Kedgeree

Fruit salad

### COLD BOWLS

A few ideas - we have a full product list available.

Chicken Caesar salad with white anchovies and parmesan

Herbed grains with feta and green beans

Salmon with potatoes, mange tout and pea puree

Tuna Nicoise with soft boiled quails eggs and olives

Greek salad with fresh herbs and balsamic

Pesto pasta with spinach and pine nuts

Bowl food is great for standing room only parties and events.

Mix it up a bit with canapés and cocktails.

### HOT BOWLS

A few ideas - we have a full product list available.

Salmon and French peas

Potato and chick pea curry with brown rice

Thai green chicken curry with rice

Beef bourguignon with mash potato

Chicken tandoori masala with rice

Chorizo and red onion pasta

Sausage meatballs with tomato pasta

Mac & Cheese with blackened lobster or without.

Woodland mushroom gnocchi with spinach

Smoked haddock risotto with parmesan

### SWEET BOWLS

A selection of dessert - we have a full product list available.

Chocolate brownie with vanilla mascarpone

Pistachio blondies with fresh raspberries

Lemon posset with blueberry jam and fresh berries

Sticky toffee pudding chunks and salted caramel

Eaton mess

Fresh fruit and berry salad

Booking is easy! Simply call us on 07939907371 or email [mike@takefood.co.uk](mailto:mike@takefood.co.uk)