

# Bowl Foods

## Meat

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Soy braised beef, rainbow chard, oyster mushrooms, crispy wonton

Beef slider, cheese & pickle, wedge fries

Toasted cashew chicken, green tea noodles, Chinese vegetables, yuzu dressing

Barbecue chicken Oishi bun, crunchy Asian slaw

Piri piri chicken, patatas bravas, chilli lime mayo

Chicken shawarma, Israeli salad, toasted pitta

Jerk chicken, 'rice & peas', curried Caribbean sauce, charred sweetcorn

Moroccan lamb tagine, pomegranate & mint couscous

Herbed lamb, pearl barley & black quinoa risotto, minted pea pesto

## Fish

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Saffron cod, parsley & rocket crushed potatoes, basil gremolata

Blackened cod, miso, choy sum, ginger, sticky rice

Wild sea bass, orange, shaved fennel, black olive, avocado salsa

Coconut & lemongrass steamed sea bass, choy sum, citrus coconut dressing

Roasted sea bass, spiced cauliflower, beet crème fraîche

Ahi poke, avocado, asparagus, sesame seeds, yuzu

Thai stone bass, black quinoa, tender stem, heirloom tomato concasse

Sea trout on spinach tagliatelle, pea cream

Salmon, wasabi, dill & lime toasted sesame noodles

Honey glazed salmon, asparagus & broadbean risotto

## Vegetarian

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Spinach, goat cheese & quinoa bites, courgetti, tomato ragu

Sticky Yakitori glazed cauliflower, sesame & tomato courgetti

Crispy tofu, miso aubergine, quinoa, red amaranth

Mac 'n' cheese, roasted tomatoes, parmesan crisp

Butternut squash & black bean chilli, herb pancakes, guacamole & lime salsa

Indian spiced potato cakes, curried cauliflower, tamarind & coriander chutney

'Caponata di Melanzane' (aubergine, capers, olives), buffalo mozzarella, basil drizzle

Thai red vegetable curry, coconut rice, lime, coriander

Tunisian spinach & potatoes, herby poached egg

Pea & mint risotto, parmesan crisp, pea shoots