



Bowls Food - Cold

Bowl food offers an exciting and unique service style that allows your guests the delight of sampling a range of delicious and complementary dishes without interrupting the party. Networking can carry on undisturbed as waiting staff circulate with delicious mini main courses that can easily be eaten with a fork while standing. Your guests are happy and well fed and buffet queues are a thing of the past.

Thai Marinated Salmon on a Bed of Wild Rice with a Coriander, Yoghurt & Mint Dressing

Seared Tuna on an Asian Slaw Salad with a Peanut & Tamarind Dressing

Prawn Cocktail with Slivers of Cucumber, Cherry Tomatoes & a Touch of Lemon Juice

Seared Tuna Nicoise Salad with Quail Eggs & Green Beans

Poached Salmon with Dill Marinated Ribbons of Cucumber Salad served with a Lemon Mayonnaise

Rare Roasted Beef with Char Grilled Artichokes, Roasted Red Pepper & Balsamic Shallots on a Bed of Rocket Drizzled with Truffle Oil

Thai Style Beef with Coriander, Mint, Lime & Peanut Salad

Fried Mustard & Rosemary Chicken Served on a Potato, Rocket & Parsley Salad with a Sweet Mustard Dressing

Char Grilled Chicken, Spinach, Avocado, Crouton & Crispy Bacon Salad

Smoked Chicken, Fresh Mango, Avocado & Rocket Salad with a Mint & Yoghurt Dressing

Baby Mozzarella & Plum Tomatoes with Homemade Pesto & a Balsamic & Olive Oil Dressing

Rocket, Mint & Buffalo Mozzarella with Oven Roasted Cherry Plum Tomatoes & Oven Dried Prosciutto

Char Grilled Chicken Caesar Salad with a Homemade Dressing

Traditional Caesar Salad with a Homemade Dressing

Super Food Salad, Quinoa, Spinach, Roasted Butternut Squash, Beetroot, Mung Beans, Alfalfa,
Mixed Cress, Pumpkin Seeds and a Thick French Dressing

Asian Marinated Chicken Rice Paper Roll, with a Julienne of Red Pepper, Cucumber, Bean
Sprouts, Coriander & Mint

Fresh Tuna, Avocado, Carrot, Basil & Mint Wrapped in Rice Paper Rolls served with a Sweet Spicy
Dipping Sauce

Super Food Rice Paper Roll – Baby Spinach, with a Julienne of Carrot, Fennel, Green Beans, Pea
Shoots,

Mung Beans & Alfalfa Sprouts served with Sweet Dipping Sauce

Crispy Duck Rice Paper Roll with Iceberg, Julienne Cucumber & Spring Onion served with Hoisin
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