

EAT FIVE STAR



SAMPLE BOWL FOOD 2017

Cold

- Raw Vegetable Thai Style Salad - V
- Puy Lentil, Pumpkin, Feta, Chilli & Coriander Salad - V
- Crispy duck Asian salad
- Quinoa, spinach, roasted butternut squash, beetroot, roasted shallot, mixed cress - V
- Mackerel rillettes, apple, beetroot & walnut salad, melba toast
- Grilled panzanella salad with bell peppers, summer squash, and tomatoes - V
- Tomato-watermelon salad with Feta and toasted almonds - V
- Ziti with roasted peppers, green olives, and spicy salami
- Summer garden salad with chili-garlic shrimp
- House chopped salad, avocado, pecans, bacon, blue cheese dressing - V
- Wood roasted peppers, buffalo mozzarella, salsa verde - V
- Smoked salmon, pea shoots, capers, lemon
- Salted watermelon, peach & basil salad - V
- Vegetable crudities, dipping sauces - V

Hot

- Pan fried gnocchi, apple, roasted celeriac, walnuts with a stilton cream - V
- Moroccan tagine, with apricot, chick pea, coriander, chilli & shallot - V
- Gnocchi with sun blushed tomatoes, pine nuts, goats cheese & basil - V
- Pan fried sea bass with roasted beetroot, potato cream and buttered savoy cabbage
- Scottish salmon, purple spouting broccoli, truffled potatoes, celeriac and garlic cream
- Gilt head sea bream on a butternut squash risotto with balsamic reduction
- Slow braised shoulder of beef, warm English garden pea and mint salad with tomato jus
- Pressed belly of suckling pig, crushed apples and kohlrabi, pine nut and sage sauce
- Tenderloin of beef with sweet potato puree, confit shallots and crispy curly kale
- Goat's cheese & beetroot salad with poached pear and walnut dressing - V
- Shredded confit of duck, oriental noodles and Chinese vegetable stir-fry
- Grilled corn fed chicken, Asian coleslaw with a lime & peanut dressing
- Teriyaki Tenderloin of Beef with Bean Sprouts and Sugar Peas
- Malaysian lamb curry with potato
- Newton St Loe sausage & mash with a red wine onion jus
- Jerk chicken, rice & peas with mango chutney
- Seared tuna on wilted Nicoise salad

