EAT FIVE STAR

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BOWL FOOD SAMPLE MENU 2019

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