

Bowl Food

Whether a party, meeting or conference our bowl food provides great tasting food which can be eaten standing or sitting. They are available in two portion sizes. One Main Bowl size provides a main course portion. We suggest three of the Mini Bowls to provide a meal. It is delivered to your premises or venue ready to serve. Staff can be hired to help with service and for some menus, chefs and waiting staff will be required. The menu below is for guest numbers of 30 upwards with at least 3 days notice. If you are catering for fewer people or require it more quickly visit www.eden-express.co.uk. In any event, if you require help deciding what you need or want to know more about how it works, give us a call.

FISH & MEAT BOWLS

| | MINI BOWL | MAIN BOWL |
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| Smoked Fisherman's Pie Smoked Haddock, salmon, mackerel and prawns with double cream and mash, served with seasonal vegetables | £4.70 | £9.60 |
| Lamb Rogan Josh Toasted cumin and coriander seeds give depth to the classic curry; served with chutney, yoghurt & naan bread | £4.55 | £9.30 |
| Sausage & Mash Pork & Leek sausages with mustard mash, caramelised onions and gravy. | £4.35 | £8.85 |
| Japanese Chicken & Rice Chicken breast with coconut, peanuts & cumin. Finished with avocado and served with rice. Served with seasonal vegetables (contains nuts) | £4.35 | £8.85 |
| Fish Cakes Salmon, haddock, mackerel and prawns with parsley and spinach fill these cakes. 2 per portion. Served with seasonal vegetables and a béarnaise sauce | n/a | £8.80 |
| Lasagne Bolognese A traditional lasagne with minced steak, celery, carrot, oregano and parmesan. Served with seasonal vegetables | n/a | £8.70 |
| Shepherd's Pie Minced lamb with carrot, swede and parsley topped with light mash. Served with seasonal vegetables | n/a | £8.70 |
| Meat Balls & Pasta Beef meatballs cooked in rich tomato sauce with fresh egg papperdelle and shaved parmesan | n/a | £8.70 |
| Moroccan Chicken & Rice Chicken breast with tomato and aubergine caponata, turmeric & cinnamon rice | £4.60 | £9.40 |
| Chilli Con Carne Chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican. Served with sour cream, grated cheddar and rice. | £4.40 | £9.10 |

SALADS

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| Butternut squash pecorino & prosciutto Salad | £3.75 | n/a |
| Chicken Caesar Salad | £3.40 | n/a |

Prices are per bowl and subject to VAT.
Depending on time and location, there may be a delivery or collection charge.

VEGETARIAN BOWLS

| | MINI BOWL | MAIN BOWL |
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| Cannelloni Spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream. Served with seasonal vegetables (v) | n/a | £8.20 |
| Moroccan Vegetable Stew Pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin. Served with minted couscous. (v) | £4.30 | £8.80 |
| Butternut Risotto Butternut squash risotto made with white wine, parmesan cheese and double cream. Served with sugar snaps. (v) | £4.20 | £8.50 |
| Vegetarian Paella With Porcini mushrooms, peppers and artichoke hearts. Served with a green salad (v) | £4.30 | £8.70 |
| Macaroni Cauliflower Cheese Bake The wonderful classic everyone's Mum made but lovelier with parmesan, crème fraiche and chopped parsley (v) | £4.20 | £8.50 |
| Thai Green Curry courgette, squash and mange tout in a fennel, cumin and chilli curry sauce with basmati rice (v) | £4.20 | £8.50 |
| Moussaka A delicious vegetarian version of this Greek classic. Aubergine and courgette with cinnamon, fresh parsley and a cheesy béchamel topping. Served with seasonal vegetables (v) | n/a | £8.50 |
| Polenta & Roast Vegetables Aubergine, peppers and courgette roasted with fennel and served with mozzarella and grilled polenta. (v) | £4.30 | £8.70 |
| Teriyaki Noodles with Cashews Chinese egg noodles with teriyaki, sesame seeds, cashew nuts and peppers. Served with cucumber strips (v) (contains nuts) | £4.30 | £8.80 |

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| Puy lentil with goat's cheese & herbs Salad | £3.40 | n/a |
| Red onion & sweet potato frittata with rocket | £4.00 | n/a |

The price includes for hire of china bowls and stainless steel forks.
Staff for service are required for some menus.