

Bowl Meal Options

Fish and Chips

Fillets of cod in a light tempura batter served with chips and crushed peas sprinkled with flaked sea salt

Bangers and Mash

Nottinghamshire sausages served on a creamy leek and chive mash, speared with a bamboo skewer of tempura rings, drizzled with a reduced port sauce

Thai Green Chicken Curry

Breast of chicken in a light Thai green curry paste with coconut milk on a bed of jasmine rice with coriander and served with steamed pak choi

Chilli Con Carne

With red kidney beans on a bed of herb rice and served with a slice of garlic bread

Beef Goulash

A rich beef dish with paprika and soured cream, served on a bed of oven-roasted potatoes with chopped chives and served with a slice of rye bread

Bolognaise

A rich minced beef bolognaise sauce, served on a bed of spaghetti drizzled with olive oil, garnished with shavings of Parmesan and served with garlic bread

Mushroom Stroganoff

Assorted field and wild mushrooms, in a reduced cream and chive sauce with garlic served on mixed white and brown rice, with herbs on a bed of steamed pak choi

Chicken Korma

A rich mild chicken curry dish with coconut milk, served on a bed of pilau rice and sprinkled with chopped coriander and served with a sliced of Naan bread

Fillet of Sea bass

Bombay Potatoes, fresh spinach, saffron cream sauce, garnished with a lemon grass skewer of pan fried prawns, topped with deep fried spinach

Seared Fillet of Beef

Tiny oven roasted potatoes, oven roasted vegetables, with a reduced port and red wine gravy

Roasted Breast of Corn Fed Chicken

On a fondant potato, with fine beans, roasted pine nuts and drizzled with a reduced cream and chive sauce

Cannon of Smoked Lamb

Dauphinoise potato on a bed of curly kale with lemon pepper, with oven roasted beetroot with a light rosemary jus

Spiced Grilled Chicken

Breast of chicken with paprika and garlic, grilled and sliced, served on a bed of chickpea tagine with coriander, topped with deep fried aubergine garnished with long chives

Roast Belly of Pork

Slow roasted belly of pork sliced and served on a bed of creamy mash with sautéed savoury cabbage with long shards of pork crackling and drizzled with a reduced cider and apple sauce with fresh thyme

Saffron Ravioli (V)

Filled with sun blushed tomatoes, ricotta and spinach, on a bed of baked peppers with pan fried courgettes served with a bamboo skewer of courgette fritters with herb oil

Pan fried Loin of Cod

Served on a creamy mash with chives on a bed of wilted spinach, topped with a quenelle of pea and mint puree and drizzled with Beurre Blanc sauce and garnished with long chives

Roasted Loin of Cod

With a Verdi herb crust with capers, served on a bed of bubble and squeak with crispy Pancetta, topped with mixed pods in chive butter, drizzled with a light reduced saffron cream sauce, garnished with a long strip of crispy Pancetta

Monkfish Prosciutto

Three medallions of monkfish wrapped in Prosciutto, served on three halves of cured slow roasted tomatoes, on a bed of steamed pak choi, drizzled with a basil cream and garnished with long chives

Chicken Wrapped in Pancetta

Breast of chicken stuffed with wild and field mushrooms, wrapped in Pancetta on a bed of tiny oven roasted potatoes with olive oil, sea salt and chives, served with blanched fine beans and drizzled with a reduced crème fraîche and chive sauce speared with a sprig of rosemary

Roasted Breast of Guinea Fowl

Served on a bed of crushed potatoes with spinach, sautéed leeks and spring onions and topped with deep fried leeks, served with caramelised thyme shallots, speared with thyme and drizzled with a reduced port and quince sauce and garnished with a sprig of fresh thyme

Chump of Lamb

Marinated sliced and served pink on a bed of rosemary roasted potatoes with a little sea salt, topped with mixed summer pods and sprig of redcurrants, speared with a sprig of rosemary and drizzled with a redcurrant and port sauce

Spiced Marinated Fillet of Beef

Sliced fillet of beef served medium rare rolled in cumin seeds and chopped chives, served on a bed of rosemary roasted potatoes, with a tagine of vegetables on wilted spinach