



chef noha

bowl food menu

MIDDLE EASTERN THEME

Grilled octopus with chickpea stew, sumac, lemon, olive oil and flat parsley

Aubergine fattah, yoghurt, toasted Lebanese bread, pine nuts and paprika

Quinoa and chicken with toasted almonds, ras hanout spices and minted yoghurt

Salmon kebbe naye, radish, mint, chilli and olive oil and toasted pitta melba

Tuna tartare, mint, tomato, zatar, cucumber and Kalamata olives

Lamb kofta on homemade flatbread, pickles, homous, parsley and sumac

Cherry tomato, feta, olive, walnut and lambs lettuce salad with pomegranate molasses dressing

Turkish cheese pie

Lentil, sweet potato and kale stew with lemon, garlic and fried coriander

Smoked aubergine and tomato salad with fresh mint, lemon and olive oil

Spiced chickpea fattah with yoghurt, pine nuts and toasted Lebanese bread

Slow cooked leg of lamb with saffron rice and toasted nuts and spiced yoghurt

Persian aubergine stew with saffron rice and minted yoghurt

Mouloukchieh with chicken, rice, red wine vinegar, shallots and toasted Lebanese bread

Lamb balls stew, tomato and onion sauce, basmati rice

Slow cooked lamb salad, pomegranate, mixed leaves, spring onions, pomegranate molasses dressing

ITALIAN THEME

Risotto (any choice, truffle, asparagus mushroom, prawn, lemon, parmesan, tomato, pumkin, cheese and sausage)

Tomato and mozzarella buffalo salad with basil oil dressing

Pasta (any choice, pesto, pomodoro, Bolognese, parmesan, lobster, ravioli)

Gnocchi tomato, spinach, gorgonzola and sausage)

Melanzane (parmesan, tomato, aubergine)

White asparagus salad with lemon and olive oil dressing

Parma Ham and Melon Salad

Pan seared filet of seabass, with sautéed spinach, potato cake and tomato and basil salsa

Beef carpaccio, rocket and parmesan dressing

Meat Balls (beef, lamb or pork) with fresh homemade tomato sauce

Rocket, parmesan, tomato and avocado salad with balsamic dressing

Tuna Carpaccio, rocket and extra virgin olive oil

Mini Pizzete (tomato, mozzarella, anchovy and olive)

Parmesan and spinach balls with gorgonzola sauce





ASIAN THEME

Thai chicken salad with coriander, avocado, cherry tomato and lime, chilli and ginger dressing

Thai beef salad with green beans, coriander and shallot and lime chilli dressing

Salmon sashimi, broccoli, baby kale, with spicy soy dressing

Crispy duck salad with plum and hoisin dressing

Vietnamese spring rolls with sweet chilli dip

Tuna carpaccio with spicy sesame dressing

Red or green thai curry (prawn, chicken, beef) with jasmine rice

Vegetarian rice noodles (shitake mushrooms, coriander, peanuts, pak choi)

Seared Beef, baby broccoli, edamame beans with spicy soy dressing

Sesame Prawn Toasts with chilli sauce

Beef with black bean sauce and jasmine rice

Chicken or lamb sate skewers

PERUVIAN THEME

White fish ceviche (flavours upon request)

Lomo Soltado (sautéed Beef with spices)

Artichoke salad with coriander and mustard seeds, chilli dressing

Sakura Maru (salmon sashimi with mix of Japanese and Peruvian dressing)

Octopus Salad, tomato, chilli, lime and olive oil

Avocado Tempura with aje Amarillo aioli

White bean and beef stew

Conchas borrachas (drunken scallops, pomegranate, coriander, lime, chilli and pisco)

BRITISH THEME

Fish and chips, pea mash and sauce tartare

Bangers and Mash with gravy

Lamb chop, mash potato, seared spinach and lamb jus

Roast Filet of Beef, Yorkshire pudding, horseradish, and watercress

Shepherds Pie with gravy

HEALTHY BRUNCH/BREAKFAST THEME

Raw olive focaccia with cashew nut cheese

Blueberry raw vegan frozen cheesecake

Mixed berry fruit salad

Chia pudding with coconut milk and toppings

Scrambled eggs on gluten free seeded bread

Avocado and cocoa mousse with berries

Buckwheat granola with coconut yoghurt

Quinoa porridge with almond milk, superfood toppings

Flaxseed crackers with choice of toppings (avocado, labne, zatar, almond butter, homos, beetroot, smoked salmon)

Selection of gluten free flatbreads (zatar, tomato and olive, haloummi)





PRICES 2022

SINGLE BOWL PRICE	£8.50
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package prices

3 BOWL SELECTION	£28.00/HEAD
4 BOWL SELECTION	£32.00/HEAD
5 BOWL SELECTION	£38.00/HEAD
6 BOWL SELECTION	£45.00/HEAD

chef costs

CHEF ON DUTY	£200.00/5 HOURS
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waiter costs

WAITING STAFF	£150.00/5 HOURS
BARMAN/COCKTAIL MAKER	£150.00/5 HOURS

equipment hire (plates, glassware, cutlery)

We can arrange hire for you with the companies listed below for an administration fee of £95.00. Alternatively you can organise it yourself with our advice and help.

JONES HIRE	www.joneshire.co.uk
RAYNERS CATERING HIRE	www.rayners.co.uk
ALLENSHIRE	www.allenshire.co.uk

terms & conditions

There is a minimum order for 20 people.
All prices are exclusive of VAT.

