

## Bowl Food Selector

Individually crafted, compile a menu of your own choice to suit the occasion. CBH can accommodate all your equipment and staffing requirements and will quote per the levels required

### Cold Bowls

#### Meat

- Moroccan cous cous with char grilled chicken, chick pea, apricots and sultanas
- Shredded duck with Beijing noodles, spring onions, fresh chilli and hoisin dressing
- Thai salad with bruised carrot, ginger and chilli, strips of rare beef
- Smoked chicken, fine bean, shallot and rocket salad
- Beluga lentils flavoured with smoked garlic and sliced lambs fillet
- Hoisin chicken strips over a rice noodle salad with spring onions and sesame seeds
- Coronation chicken in a light curry sauce with nutty rice

#### Fish

- Seared tuna with nicoise salad of beans, olives and quail's eggs and caper dressing
- CBH Caesar salad with pink chicory, anchovy fillets and parmesan flakes
- Prawn, squid, chorizo and chick pea salad with fine beans and shallots
- Smoked salmon with celeriac remoulade and cornichon tartare
- Poached salmon nuggets with asparagus tips and grain mustard potato salad
- Cajun blackened salmon with lime crème fraiche over a citrus tabbouleh
- Ceviche of avocado with lime and chillies topped with fresh crab

#### Vegetarian

- Asparagus, soya bean, baby mozzarella and pea salad with sun dried tomato salsa
- Caramelised pear and blue cheese salad with ciabatta croutons
- Greek salad with marinated feta, tomatoes, onions, peppers and olives
- Penne pasta with zucchini and ricotta salad with fresh marjoram and extra virgin olive oil
- Nicoise vegetables coated in a light Dijon mustard dressing
- Marinated beetroot, glazed fig with mesclun salad and balsamic dressing
- Beef tomato, marinated mozzarella and avocado with a soft herb dressing

## Hot Bowls

### Meat

An open cottage pie with cheesy mash and garden peas  
Massoman beef curry, sweet potato and fragrant rice  
Cumberland sausages with mash potatoes, roast red onion and red wine sauce  
Lamb hot pot with boulangere potatoes  
Thai green chicken and egg plant curry with jasmine rice  
Coq au vin with pommes mousseline  
Toulouse sausage with smoked bacon and dirty Louisiana rice  
Navarin of lamb with cocotte vegetables and new potatoes  
Beef bourguignon with button onions and mushrooms in a red wine sauce with rice pilaff  
Texican chilli, sour cream and guacamole with nachos  
Fillet of pork set in a calvados and apple cream with turned vegetables  
Pasta Bolognese with traditional ragu sauce, meatballs and parmesan cheese  
Lamb kofta flavoured with rose harissa on a cucumber and mint salad  
Sauté of pork and shallots with an apple and black pudding mash

### Fish

Traditional fish pie with parsley sauce under a creamed potato crust  
Goujons of fish with tartare sauce and fat chips in cocktail cones  
Poached cod and king prawns in a kaffir lime and lemongrass veloute  
Cod, chips and mushy peas in a basket  
Salmon nuggets with asparagus tips, peas and pods

### Vegetarian

Pumpkin and goats cheese risotto cakes with scorched tomatoes  
Artichoke, olive and wild mushroom pie in a sage cream sauce  
Aubergine and taleggio cheese "Parmigiana" with tomato sugo  
Stir fried tofu with bean shoots, peppers, onions and lemon sauce

### Sweet Bowl

White chocolate & raspberry trifle  
Summer fruit cocktail or Poached winter fruits in chilli and red wine liquor (Seasonal)  
Rich chocolate mocha cup  
Marmalade brioche bread & butter pudding  
Strawberry bowl with clotted cream  
Eton mess with summer berries  
Choux buns with orange cream filling, chocolate sauce  
Raspberry crème brulee  
Rum panacotta  
Sticky toffee pudding and custard  
Apple and Armagnac soaked raisin crumble with muesli topping, custard sauce

### Information

CBH would recommend three bowls hot and / or cold, savoury and sweet for an informal drinks reception up to 1½ hours duration.

Five bowls for a cocktail party up to four hours' duration, e.g. three hot, one cold and choice of sweet.

Alternatively, as a combination served with either canapés or more substantial finger food if desired.

CBH will quote upon request for service staff on the day and necessary hire of equipment dependent on the number of guests to attend and combination of dishes chosen.

Bowls are priced individually at £3.95

Service staff and equipment hire (Ovens, hot cupboards, service equipment) are to be charged for per your menu selection and the number of guests to attend the event. CBH would recommend a ratio of Lead chef 1/50 guests, Service Staff 1/ 25 guests.