

First Choice Caterers

Bowl food menu 2012

These are just some samples of what we can do for you
The chefs are happy to do any bowl food you wish

Bowl food is a modern and socialable way of eating
6 bowls per table of 8 people is the normal

Bowl food is cross of Canapes and Main Course food

Scared Tuna salad Nicoise

Ratatouille of Mediterranean Vegetables topped with Grilled Goats Cheese

Beef, Chicken, or Vegetable Green Curry with Coconut Rice

Sliced Hoi Sin Duck on Spring Onion Noodles

Sweet Chili King Prawns with Water Chestnuts and Bok Choi

Chicken Korma with Coriander Rice

Vegetarian curry with Coriander Rice

Chickpea and Aubergine with Cinnamon Scented Rice

Warm Slow Roasted Lamb Salad with Mint and Pomegranate Dressing

Chili and Honey Roasted Pumpkin, topped with Almond and Tangerine

Watermelon and Feta Salad with Olives and Pumpkin Seeds

Mini Cumberland Sausages and Butter Potato Mash with Red Onion Gravy

Honey Roasted Gammon on Bubble and Squeak Patties with Piccalilli

Irish Beef Stew with Parsley Dumplings
Mini Salmon Fish Cakes with Dressed Watercress Salad and Tartar Sauce

Roast Pork and Baby Roast Potatoes with homemade stuffing rich gravy

Beef Goulash and fresh noodles

Buttery Smoked Haddock and Quail Egg Kedgerree

Paella Rice with Mussels, Squid, and King Prawns

Chicken Breast cooked in Sherry Sauce with Baby Onions and Figs

Jerk Chicken with Rice and Peas

Grilled Tuna with Lime, Pepper, and Garlic Marinade on Roast Yam

Butter Bean, Avocado, and Mango Salad with Coriander

Wild Mushroom and Truffle Risotto

Penne Carbonara with Pancetta Crisps

Seafood Spaghetti

Beef or Mushroom Stroganoff with Buttery Noodles

Chicken or Lamb Goulash with Herbed Rice topped with Sour Cream

Roast Duck on Braised Red Cabbage topped with Apple Sauce

Split Pea, Smoked Ham Hock, and Sausages

Chill con Carne with boiled Rice