

# Bowl Food Menu 2018-2019

Our bowl food is designed for a working lunch or an informal meeting. We look to serve a one stop dish that can be healthy and nutritionally balanced for a quick but filling snack. We require a minimum of 10 guests and base the selection of 3 different dishes to be served at your event.

We offer staffing to serve these for your guests on a selection of different styled bowls for your event.

- Sussex Free Range Sausages, Pomme Purée, Shallot Jus
- Garden Herb Risotto, Slow Roasted Peppers, Shaved 18 month Parmesan
- Moroccan Lamb Tagine, Sweet Potato, Minted Cous Cous, Hung Yoghurt
  - Slow Duck Confit Leg, Thick Noodles, 7 Spice Jus, Choi
  - Slow Cooked Pork Belly, Sweet Potato, Star Anise Jus
- Organic Salmon, Roasted English Beetroot, Chive Cream Friche
- Free Range Chicken Breast, Cured Ham, Smoked Cabbage, Lentils
  - Tiger Prawn Noodles, White Miso Broth, Shaved Bonitto Flakes
- Smoked Local Mackerel, Nicola Potato Salad, Sauce Verge, Lemon Greens
- Caesar Salad, Sour Dough Croutons, White Anchovies, 7 Minute Egg
  - Greek Salad, Aged Barrel Feta, Vine Tomatoes, Toasted Seeds
- Newhaven Fish Pie, Soft Duck Egg, Cress Sprinkle, Fennel Cream
  - Slow Roasted Steak, Dripping Chips, Bearnaise Sauce
- Superfood Bowl, Light House Dressing, Roasted Soy Seeds

These are just suggestions for you, happy to work through any ideas you have, please contact us for a quote

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