

indulgence  
bespoke catering service

**Bowl Food**

**'irresistible mini meals – sociable food designed to be eaten whilst mingling'**

**English Classics**

Shepherd's Pie

Organic Oxfordshire Bangers  
Mash, Onion Gravy

Little Fish Cakes and Fries  
Chunky Tartar Sauce

Cornish Fish Pie

Beef Stew and Dumplings

Little Baskets of Fish and Chips

Garlic Sautéed Chicken Caesar Salad

**Mediterranean**

Maize Fed Chicken, Tarragon and White Wine Fricassée  
Braised rice

Char Grilled Fillet of Tuna Niçoise

Oxfordshire Beef Bourguignon cooked in Red Wine Sauce  
Baby Onions, Button Mushrooms, Dauphinoise Potatoes

Mediterranean Fish and Shellfish Fricassée  
Tarragon and Chablis

Oven Baked Risotto with Fennel and Wild Mushrooms  
scented with Ginger, Lemongrass and Coriander (V)

Umbrian Lentils, Borlotti Beans and Baby Beetroots braised with Red Wine and  
Rosemary (V)

Italian Meatballs filled with Dolce latte  
Sauce Pomodoro, Saffron Rice

Char Grilled Chicken Souvlaki  
Greek Salad and Tzatziki

# indulgence

bespoke catering service

## **Pan Asian**

Thai Green City Curry with Chicken  
Jasmine Rice

Lamb Rogan Josh  
Pilau Rice

Indian Vegetable Balti  
Pilau Rice (V)

Sesame and Wasabi Salmon  
Thai Melon Salad

Wok Fried Malaysian Chicken and Prawn Noodles

Basil Linguine with Roasted Mediterranean Vegetables and Dolce latté (V)

Indonesian Nasi Goreng

Chilli Chicken, Saffron Egg Fried Rice, Cucumber Salsa

## **The Concept**

Bowl Food provides a unique solution to feeding large numbers of people without the need for formally seating or standing in line at a buffet.

Bowl Food comprises miniature versions of classic 'comfort food' dishes presented in rice bowls or noodle boxes.

These dishes are circulated among guests by our staff and are eaten standing, much like canapés.

Bowl Food can be as simple as a hot main course or can be turned into a fabulous three course meal with a selection of Indulgence's canapés to start and dessert shots or sweet canapés to indulge!