



Special food for special occasions

Bowl Food Menus

Bowl food is a brilliant alternative to finger and fork buffets – a relaxed way of eating and a very practical way of treating your guests to a healthy and wholesome lunch. Depending on your mood and the season you can choose fresh, crisp salads ideal for the summer months or homemade soups and favourite comfort dishes perfect for banishing the winter chills. All that remains is to eat with pleasure.

Please use these bowl food 'taster' menus as an initial guide and then call us for a chat about your requirements. Alternatively if you are looking to impress your clients with a wonderful fork buffet or served meal, or canapés for a PR event we will be delighted to create a menu that will deliver the wow factor when it matters most.

About The Buffets

All our dishes are freshly prepared using the best quality seasonal ingredients which are sourced as locally as possible. To that end all our food is made from scratch in our kitchens with thought and passion, and is therefore free from preservatives, additives and artificial ingredients. Each dish is served with a delicious accompanying dish of boiled potatoes or rice, crusty bread, green salad or vegetables. If you are looking for any further inspiration for any style of dish for your function please call for a chat. We love to create themed menus and are very happy to cater for special dietary requirements.

All our bowl food dishes are served in china dishes with cutlery and paper napkins. The food is usually served by waitresses from a buffet station, using chafing dishes to keep the food hot.

Staffing

£30 for first 2 hours (£10 per hour thereafter) per member of staff

All prices are exclusive of VAT (charged at 15%)

Telephone: 01840 770880
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www.thegoodfoodcompany.co.uk



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Seafood

Crab Jambalaya
Luxury Cornish Fish Pie
Smoked Haddock and Scallop Chowder
Catalan Cod & Cannelini Bean Stew
Light Red Fish Curry

Chicken

Coq au Vin
Thai Green Curry with Coconut Rice
Chicken Basquaise with peppers, shallots, tomatoes and black olives
Chicken with mustard and tarragon sauce
Chicken and Chorizo Paella

Meat Dishes

Boeuf Bourguignon
Pork Stroganoff with three mustards
Carbonnade of Cornish beef with Ring O' Bells Dreckly Beer
Italian-style spicy sausage and bean casserole
Spicy Pork and Chilli Pepper Goulash

Vegetarian

Pumpkin and Lime Chowder
Moroccan Roasted Vegetable Tagine
Vegetarian Moussaka with Ricotta Topping
Charred Aubergine and Coconut Curry
Ratatouille with Parmesan

Salads

Fresh Tuna Niçoise Salad
Roast Duck and Noodle Salad
Rosemary Cannellini Beans with roasted cherry tomatoes & parmesan
Arborio Rice Salad with Spring Vegetables
The Ultimate Greek Salad



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Soups

Thai-style Chicken
Celeriac, Carrot, Cumin and Caraway
Fresh Cream of Mushroom and Shallot
Butternut Squash and Coconut
Spicy Parsnip and Apple

Perfect Pasta

(Avoiding embarrassing spaghetti and linguine dishes!)

Creamy Pesto Chicken Penne
Macaroni Cheese with Pancetta
Roasted Red Pepper Pesto with Penne Rigate
Roasted Vegetable Lasagna
Lasagne Al Forno

Pricing

Since we offer a tailored catering service, the cost of your selected menu will be calculated based on your selection of dishes and the number of guests we are preparing the dishes for. Typically for a lunch serving up to 30 people you will simply need one main dish and a vegetarian option. For larger gatherings you may wish to offer a choice of three or four dishes. Below are some sample menus based on popular choices. The pricing is based on serving a minimum of 20 people and include crockery, cutlery and paper napkins.

Soup, Cheese and Fruit Lunch

Tomato and Chickpea Soup with Rocket Oil
served with artisan breads and Cornish butter

A selection of West Country Cheeses served with crackers and biscuits

Bowl of fresh fruits

£7.50 per person



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Menu A

Bowls of Chilli Beef with red peppers
served with sour cream and an avocado and coriander salsa

Ratatouille with Parmesan

Crusty Bread
Crispy Green Salad

£8.00 per person

Menu B

Chicken and Chorizo Paella

Traditional Spanish Tortilla with Spinach

Crusty Bread
Crispy Green Salad

Chocolate and Nut Brownies

£10.00 per person

Menu C

Thai Green Curry

Catalan Cod & Cannelini Bean Stew

Roasted Red Pepper Pesto with Penne Rigate
Coconut Curry
Crispy Green salad
Crusty Bread

£12.50 per person



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Desserts

Tarte Au Citron
Raspberry Pavlova
Blueberry Cheesecake
Rich Chocolate and Pecan Brownies
Cocktail scones with Boddington's strawberry jam & clotted cream
A Selection of Cheeses served with Biscuits, Grapes and Celery
Apple and Blackberry Crumble
Carrot and Marmalade Muffins
Lemon Drenched Ginger Cake
Basket of Fresh Fruit
Chocolate Fudge Cake

Dessert prices are on application and will depend on your choice of desserts.

Refreshments

Speciality Teas and Percolated Coffee:	£1.00 per person
Teas, Coffees and Biscuits	£1.25 per person
Tregothnan Estate Tea:	£1.30 per person
Cornish Still and Sparkling Water, 750ml	£1.50 per bottle
Cornish Orchards Apple Juice, 750ml	£3.50 per bottle
Cornish Orchards Apple Juice, 5 litres	£14.50
Cornish Orchards Elderflower Presse, 750ml	£3.75 per bottle
Orange Juice, 2.75 litre	£3.00 per carton

If you require refreshments served throughout the course of your event we will advise you of a day rate for refreshments which includes all of your needs (i.e. arrival drinks, mid-morning break, lunch and afternoon).

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