

Bowl Food

Chicken & Game

Coq au Vin with Honey-glazed Vegetables

Chicken Tagine with Green Couscous, Pomegranate & Spiced Yoghurt

Middle Eastern Crispy Chicken served with Mkomazi Cardamon-Mashed Sweet Potato &
Pepper Relish

Five Spice Roasted Duck Breast with Cherry & Shiraz Sauce,
Toasted Sesame Seeds & Noodles

Baked Jerk Chicken with Pineapple Salsa, Coconut Rice & Beans

Beef

Braised Ox Cheeks in Red Wine with Mashed Potato & Bacon

Thai Beef Salad with Roasted Peanuts, Spinach, Spring Onions, Radish & a Chilli Dressing

Lamb

Navarin of Lamb with Baby Vegetables & Buttery Mash

Pork

Macaroni & Cheese with Smoked Maple-Glazed Bacon, Roasted Tomatoes & Wild Rocket

Chinese Spiced Black Beans, Crispy Pork Belly & a Mango & Chilli Relish

Pork Belly Hot Pot with Pak Choi, Egg Noodles, Spring Onions, Chilli & Ginger

Warm Salad of Winter Leaves, Bacon, Jerusalem Artichokes & Beetroot

Parsons Creative Food Ltd

107 / 108 Avro House • Havelock Terrace SW8 4AS

Telephone: 020 7720 3336 • Facsimile: 020 7720 8656 • Mobile: 07885 248837

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Registered Office: Parsons Creative Food Ltd • 7 Ludlow Road • London W5 1NX
Registered in England No: 05126296 • V.A.T. No: 106 6425 33

Bowl Food

Salmon

Chilli Glazed Red Cabbage with Pan Fried Salmon & Coriander Oil

Salmon Fillet wrapped in Prosciutto with Herby Lentils, Spinach & Yoghurt

Sea Bass

Pan-Fried Sea Bass with crushed New Potatoes, Broad Beans, Peas & Salsa Verde

Cod

Oven Roast Cod with Chorizo, Tomato and Chickpeas, Wilted Spinach & Saffron Aioli

Pan Fried Cod with Smashed New Potatoes, Pancetta, Petit Pois,

Chervil & Lemon Mayonnaise

Mackerel

Grilled Mackerel with Roasted Heritage Beetroot, French Beans & Horseradish Cream

Fish & Shellfish Dishes

Fish Stew with Fennel, New Potatoes, Dill, Chives & a Lobster Bisque with Rouille

Fish Pie with Creamy Mashed Potato & Herb Breadcrumbs

Pan Fried Squid with Rocket, Roasted Cherry Tomatoes, Black Olives, Balsamic Roasted Red

Onions, Capers & Parsley

Sizzling Moroccan Prawns, Fluffy Couscous & Rainbow Salsa

Thai Fish Curry with Coriander, Glass Noodles, Spring Onions & Chilli

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Vegetarian

Roasted Butternut Squash, Olives, Avocado, Goat's Cheese & Rocket Salad,
Apple Cider Dressing

Super Summer Salad of Beetroot, Radishes, Quinoa, aged Feta & Mint

Wild Mushroom Risotto with Parmesan

Lima Bean & Pumpkin Stew with Parmesan & Herbs

Jungle Curry & Rice with Lotus Crisps

Oven-baked Gnocchi in a Chilli, Tomato & Basil Sauce with melted Bocconcini Mozzarella

Potato Bondas with Red Lentil & Spinach Dahl with a Coriander Yoghurt

Macaroni Cheese

Roasted Sweet Garlic, Thyme & Mascarpone Risotto & Toasted Almonds & Breadcrumbs

Dessert Bowls

Cardamom & Saffron Pannacotta with Plum Purée & Pistachio

Pear & Almond Frangipane Tart with Honey & Vanilla Crème Fraîche

Lemon Tart topped with Lemon Curd in a Sweet Shortcrust Pastry

Raspberry & White Chocolate Crème Brûlée

Sticky Toffee Pudding with Rich Toffee Sauce and Popcorn Ice-cream

Dessert Canapes

Churro with Chocolate Sauce

Mini Pavlova with Seasonal Berries

Mini Banoffi Pie Shot

Chocolate Truffle Meringue

Salted Caramel Brownie

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