



### **SAMPLE BOWL FOOD**

#### **COLD**

Tuna Nicoise with Green Beans, Olives, New Potatoes and Quails Eggs  
Tiger Prawns with Mango, Sweet Chilli, Ginger, Coriander and Rocket  
Oriental Sesame Duck Salad  
Citrus Cured Salmon with English Peas and Pomegranate  
Super food Salad with Little Gem, Quinoa, Crumbled Feta, Broad Beans, Petit Pois  
Pomegranate and Lemon

#### **HOT**

Thai Green Chicken Curry, with Jasmine Rice, Mini Poppadoms and Mango Chutney  
Classic Coq au Vin with Crisp Pancetta and a Rich Red Wine Sauce  
Chilli Con Carne with Guacamole, Sour Cream and Grated Cheese and Rice  
Bangers and Mash with Onion Gravy  
Classic Fish Pie  
Lemon and Asparagus Risotto with Wilted Rocket  
Mac & Cheese

Please note these are sample menus, for further enquiries please call 0208 946 3311 or  
email [info@chillibeescatering.co.uk](mailto:info@chillibeescatering.co.uk)