



Penni Black

Catering Service

0800 389 6107
www.penniblack.co.uk

Bowl Food Menu 2012

Meat

Wild boar & apple sausages with mash and red onion gravy
Jerk chicken with rice & peas topped with a fresh pineapple relish
Steak and chips – skewers of char grilled beef fillet with big chips and béarnaise sauce
Shredded confit of duck on crisp roasted seasonal vegetables served with a redcurrant sauce
Roasted Lamb cannons rolled in rosemary & thyme served on a summer vegetable broth
Five spiced belly pork braised in apple juice served with apple brandy sauce and onion mash

Fish

Pan fried red snapper served on sweet potato mash and creamed spinach
Cold poached salmon on hot minted new potatoes tossed in a watercress mayonnaise
Garlic tiger prawns with parsley and fresh tomato on puntalette pasta
Salt and pepper squid on a bed of Asian coleslaw
Luxury fish pie with smoked haddock, Atlantic prawn, salmon and spinach topped with cheesy mash
Tandoori cod fillet with butter rice and mango raita

Vegetarian

Penne pasta tossed with baby artichokes, black olives and basil
Udon noodles in miso soup with gammodoki (fried tofu dumplings)
Chick pea and root vegetable tagine on couscous finished with coriander and fresh chilli
Vegetable Paella with saffron infused calasparra rice, roasted fennel, peppers and plum tomatoes (vegan)
Wild mushroom risotto with shaved parmesan and micro rocket

Salad

Fresh water crayfish and Atlantic prawn cocktail drizzled with a Marie-rose sauce
Seared tuna nicoise salad
Seared duck, watercress and watermelon tossed in a quince dressing
Sticky crispy sesame beef on pickled Chinese leaf
Braised Quinoa topped with organic mixed bean shoots, fried tofu and red chilli dressing (vegan)

Desserts

Rich dark chocolate pot crowned with strawberries and cream
Passion fruit panna cotta with an almond tuille
Caramelised pineapple with toasted coconut puffed rice finished with candied chilli