

# Bowl Food Sample Menu

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Spring / Summer  
Autumn / Winter

CO. CANABABES  
FOOD



## Sample Bowl Food Spring Summer Menu

### VEGAN + VEGETARIAN

Gazpacho | Burrata | Basil (V, DF)

Purple Sprouting Broccoli | Ajo Blanco | Toasted Almonds (VG, DF)

Butterhead Lettuce | Kohlrabi | Berkswell Cheese (V, GF)

Heritage Tomatoes | Pickled Red Onions | Pine Nuts | Capers | Gremolata (VG, GF, DF)

Pea + Lemon Arancini (Warm) | Parmesan | Pea Shoot Salad (V)

Molasses Aubergine | Zhoug | Pistachio | Jewelled Rice (Warm) (VG, GF, DF)

### MEAT + FISH

Crab | Fennel | Radish | Radicchio | Pickled Apple | Dill (DF, GF)

Hot Smoked Salmon | Lemon | Fennel | Butterbeans | Dill + Tarragon Sauce (GF)

Salmon Poke Bowl | Black Rice | Edamame | Pickles (GF, DF)

Cod | Romesco | Crushed New Potatoes (Warm) (GF, DF)

Fried Chicken | Buffalo Sauce

Chicken + Almond Tagine | Herb Couscous (Warm) (DF)

For seasonal specials and more options please get in touch.

Seasonal dishes are subject to quality ingredient availability. Hot dishes are dependent upon equipment.



## Sample Bowl Food Autumn Winter Menu

### VEGAN + VEGETARIAN

Roast Beetroot | Whipped Goats Cheese | Dukkah | Dill Oil (V, GF)

Roast Delica Squash | Ricotta | Sage Brown Butter (Hot)

Roast Chestnut + Mushroom Crispy Rice | Garlic Kale (Hot) (VG, GF, DF)

Falafel | Tabbouleh | Pickles (Hot) (VG, DF, GF)

Pea + Chestnut Mushroom Croquettes | Tarragon Mayo (Hot) (V)

### MEAT + FISH

Wasabi Tuna Poke Bowl | Black Rice | Edamame (GF, DF)

Honey Roast Ham | Celeriac Remoulade (GF, DF)

Hake Goujons | Pea Puree | Tartare Sauce

Roast Chicken | Pomme Puree | Sprout Tops | Brandy Prunes (GF)

Confit Duck | Bacon | Blackberries | Lentils (Hot) (GF, DF)

Slow Braised Beef Skirt in Red Wine | Boulangere Potatoes (Hot) (GF, DF)

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