

## BOWL FOOD MAIN

### **Thai Red Curry**

Fresh Kaffir lime leaves, lemon grass and thai herbs

### **Seafood Gumbo**

Solent fish and shellfish, rice, tomatoes and vegetables

### **Steak Chuck Chilli Con Carne**

nachos, jalapenos and guacamole

### **Coconut Chicken and Rice Noodles**

Lime and crunchy almonds, ginger and traditional rice noodles

### **12 hour beef brisket, chili and orzo pasta**

Hampshire brisket, cooked for 36 hours with fennel and chill

### **Ragu of Pork**

sage, fennel and potato gnochis

### **Lobster Macaroni Cheese**

Native lobster, Italian macaroni rich cheese sauce

### **Vegan Singapore Style Noodles**

Robust season vegetables, herbs and chilli

### **Curried Sweet Potato and Sticky Rice**

Slow roasted sweet potato. Smoked paprika, chill and lemon grass

### **Crayfish Cavatelli**

basil, isle of wight baby plum cherry tomatoes and parmesan

### **Fajita Peppers and Cauliflower Rice**

Spiced peppers, salsa and curried cauliflower rice

### **Moroccan Prawn Rice Bowl**

rosemary, garlic, orange, paprika, saffron and fennel

### **Hampshire Chorizo and Potato Stew**

soda bread

### **Black Sesame Seed Tuna and Vegetable Spaghetti**

Salsa Verde

### **Classic Bouillabaisse Rouille and Croutons**

Normandy's classic fish stew with solent fish and shellfish

### **Fettuccini Alfredo**

Parmesan cheese and English Salted Butter with Garden Parsley