

## Bowl Food menus

Ampersand is proud to offer you the best of British produce. As a leading caterer in the industry we are renowned for our outstanding food and our team of dedicated chefs along with our carefully selected suppliers will create inventive lively menus offering an extensive selection of fresh vibrant and seasonal dishes using the very finest ingredients.

We are passionate about food which shows in our cutting edge contemporary cuisine to our classic traditional favourites.

Bowl Food is a unique food service style that comprises of delicious mini main course dishes easily eaten with forks and served in white china rice bowls. Mini desserts are served in glasses and eaten with tiny coffee spoons. Bowl food is served from trays by our waiting staff who circulate amongst your guests – buffet stations are a thing of the past!

Our Bowl Food menus are priced from £30.75 exclusive of VAT for five bowls providing flexibility for all budgets additional bowls at £6.15 exclusive of VAT.

Ampersand will not knowingly use GM ingredients. Some of our dishes contain nuts. If you have a food allergy or require specific dietary requirements please ask for further details.



**COLD/STARTERS**

**ORIENTAL CHICKEN**

Bok Choi with an Oyster Mushroom Sauce

**ORZO PASTA (V)**

Sweet Pepper Puree & Gorgonzola Foam

**THAI PRAWN**

Noodles & Pickled Ginger with Soba

**PAVE OF CURED SALMON**

Chargrilled Asparagus

**GOATS CHEESE PANNA COTTA (V)**

White Balsamic & Fresh Herb Salad

**ASPARAGUS BRUSHETTA**

Soft Boiled Egg on Toast

**CHICKEN AND SHALLOT TERRINE**

Homemade Piccalilli

**SEARED CITRUS TUNA**

Crispy Noodles, Coriander & Chilli

**SWEET MISO COD**

Black Sesame Seeds & Seaweed Rice

**ITALIAN STYLE CONFIT OF DUCK**

Roasted Radicchio

**LOCH LOMA WISKEY CURED SALMON**

New Potato & Shallot Salad

**NATURAL SMOKED HALIBUT**

Jersey Royal & Radish Salad

**CHEF'S SEASONAL DISH**

Chef's Selected Seasonal Dish

**CORNISH FLAKED CRAB**

Avocado Salad & Citrus Dressing

**HAM HOCK AND FOIE GROI TERRINE**

Confit Shallots

**SALT COD MOUSSE**

Capers, Egg, Gherkins bound in a Lemon Dressing

**BALANTINE OF CHICKEN**

Raspberry & Walnut dressed Salad

**SUMMER PEA AND MINT VELOUTE (V)**

Pecorino Foam

HOT/MAINS

SEASONAL MUSHROOM RAVIOLI (V)  
Vermouth Sauce

MEDITERRANEAN TARTIN (V)  
Shredded Mozzarella & Basil Oil

WELSH MUSSELS  
Bacon & Leek Cream Sauce

CUMBERLAND SAUSAGE  
Chive Mash & Shallot Gravy

CLAM CHOWDER  
Clams & Vegetables

WILD VENISON  
Black Kale, Port & Stilton Jus

PAN FRIED MACKERAL  
Rhubarb Puree topped with a Rhubarb Foam

CONFIT OF PORK BELLY  
Sweet Orchard Apple Puree

STEAMED PLAICE FILLET  
Sautéed Sea Asparagus & Butter Sauce

HAM HOCK AND WHOLEGRAIN MUSTARD CROQUETTE  
Sautéed Spinach

BRITISH FISH STEW  
Market Fish

PAN FRIED SEA BASS  
Baby Spinach finished with a Beetroot Reduction

VANILLA ROASTED FILLET OF PORK  
Pear & Sage Puree

CLASSIC SHEPPARD'S PIE  
King Edward Mash

HOT SMOKED SALMON  
Pea Puree drizzled with Lobster Oil

CEP RISSOTTO (V)  
Truffle Oil & fresh Parmesan

CHEDDAR CROQUETTE (V)  
Mushy Peas & Shallot Dressing

**DESSERTS**

**STICKY TOFFEE PUDDING**  
Warm Toffee Sauce & Clotted Cream

**VANILLA PANACOTTA**  
Seasonal Balsamic Berries

**PAVLOVA**  
Passion Fruit Cream, Crushed Raspberries & Meringue Tubes

**ENGLISH ROASTED RHUBARB AND APPLE CRUMBLE**  
Crème Anglais

**GOOSEBERRY TART**  
Crème Fraiche Ice Cream

**LIMONCELLO CURD SYLLABUB**  
Nut Biscotti

**CLASSIC SWISS ROLL**  
Strawberry Puree & Butter Cream

**CHOCOLATE TRUFFLE MOUSSE**  
Candied Fennel Root

**WARM FUDGE CAKE**  
White Chocolate Fondant

**CAMBRIDGE BURNT CREAM**  
Classic Crème Brulee with Hazelnut Tuille

## REGIONAL BOWL FOOD SELECTOR

### London and the South

London Cured Smoked Salmon with Sieved Egg, Capers & Shallots  
Traditional Fish & Chips with Tartare Sauce, Parsley & Lemon  
Braised Ox Cheek with Roast Root Vegetables & Horseradish Mash  
Rump of Lamb & Bubble "n" Squeak  
Smoked Haddock & Salmon Fishcakes, Chive & Brown Shrimp Butter

### Midland and the North

Roasted Fenland Beetroot with Golden Cross Goat's Cheese & Pinenuts  
East Coast Fish Stew with Crushed Saffron Potatoes  
Slow Roast Belly of Pork, Savoy Cabbage & Langoustine  
Lancashire Hotpot  
Rare Roast beef with Yorkshire Pudding & Red Onion Marmalade  
Salad of Baby Gem, Black Pudding & Soft Boiled Quails Egg

### Scotland

Loin of Wild Venison, Spiced Red Cabbage & Creamed Potatoes  
Wild Mushrooms, Braised Pearl Barley & Thyme  
Grouse Sausages with "Neeps & Tatties"  
Haggis, Mashed Potato, "Neeps" & Whisky Gravy

### Wales

Fillet of Red Mullet soured with Cider, Shallots & Carrots  
Breast of Free Range Chicken "Cock-a-leekie"  
Braised Leeks, Low Land Potatoes with Laverbread Vinaigrette  
Glamorgan Sausages with Caerphilly & Spring Onion Salsa  
Lamb Cutlets with Welsh Onion Cakes & Redcurrant Salsa

### Ireland

Seared Salmon, Beetroot & Leek Vinaigrette  
Mini Irish Stew  
Whiskey Poached Ham Hock with Egg, Mustard & Parsley Sauce  
Braised Beef in Guinness with Cumin Dumplings  
Colcannon Croquettes with Mustard Cream  
Poached Pear Salad with Bean Shoots, Cashel Blue & Walnuts  
Dublin Bay Prawn Cocktail

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### Desserts

Sticky Toffee Pudding  
Caramelised Rice Pudding & Strawberry Jam  
Bread 'n' Butter Pudding  
Blackberry Eton Mess  
Apple, Pear & Blackberry Crumb