

**£7** A BOWL

# B.Y.O.B

## BUILD YOUR OWN BOWL



Buddha bowls! Typically a vegetarian meal, buddha bowls are served cold and contain smaller portions of different foods in order to create balance within the meal. The five key components are: grains, vegetables, protein, dressing and toppings. We will be serving your bowls in a staffed buffet allowing our expert crew members to build the bowls to your liking.

### GRAINS

PICK 1 OF THE FOLLOWING

Brown Rice -- Quinoa -- Bulgar Wheat -- Couscous

### VEGETABLES

PICK 3 OF THE FOLLOWING

Cauliflower -- Chestnut Mushrooms -- Bell Peppers -- Beets -- Carrots  
Zucchini Courgette -- Cabbage -- Radish -- Cherry Tomatoes

### PROTEIN

PICK 1 OF THE FOLLOWING

Mixed Beans -- Roasted Tofu -- Chicken -- Lentils -- Chickpeas -- Prawns

### DRESSING

PICK 1 OF THE FOLLOWING

Tahini Sauce -- Creamy Avocado Dressing -- Sesame Vinaigrette  
Balsamic Vinaigrette -- Lemon Dressing -- Peanut Buddha Sauce -- Mint Yogurt

### FINISHING TOUCHES

PICK 2 OF THE FOLLOWING

Sunflower Seeds -- Pumpkin Seeds -- Sesame Seeds -- Toasted Pine Kernels  
Roasted Almonds -- Toasted Walnuts -- Basil Leaves -- Mint -- Tarragon -- Coriander

In the interest of sustainability and supporting local businesses, we use local and sensibly sourced suppliers for our produce. As such, slight adjustments may occur due to availability of products closer to the time of the event.