

LIFE'S KITCHEN BOWL FOOD SELECTOR 2024



Life's Kitchen

0207 248 1163 | info@lifeskitchen.com | www.lifeskitchen.com

- MEAT -

Grilled Chicken & Avocado
Leaf Salad, Herb Croutons & Parmesan Shavings (Cold)

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Mini Cumberland Bangers & Mash
Sweet Onion Gravy & Pea Shoots (Hot)

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Sesame Beef & Mange Tout Stir-fry
Egg Noodles (Hot)

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Slow Cooked Lamb Rump
Roasted Aubergine, Cauliflower Rice & Feta (Hot)(GF)

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Thai Green Chicken Curry
Jasmine Rice & Coriander Cress (Hot)(GF)

- FISH -

Prawn Salad, Crisp Baby Gem
Cherry Plum Tomatoes & Cocktail Dressing (Cold)(GF)

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Pan-Fried Sea Bass, Saffron Potatoes
Wilted Baby Spinach, Herb Cream (Hot)(GF)

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Flash Fried Chilli & Garlic Prawn
Green Bean & Olive Cous Cous, Herb Cress

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Herb Plaice Goujons & Sweet Potato Fries
Minted Peas, Tartare Sauce (Hot)
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Roast Salmon, Herb Potatoes, Roast Courgette
Dill Dressing (Hot)

- VEGETARIAN -

Heritage Tomato, Bocconcini Mozzarella
& Basil Salad (Cold)(GF)

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Grilled Vegetables & Halloumi Cheese
Rocket Cress Salad & Sweet Pepper Syrup (GF)

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Thai Spiced Vegetables
Fragrant Rice, Coriander & Crispy Onions (Hot)(GF)(Vegan)

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Wild Mushroom & Truffle Risotto
Parmesan Crisp (Hot)(GF)

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Asparagus & Pea Pasta
with Pesto & Parmesan Shavings (Hot)(GF)

- DESSERT -

Strawberry & Vanilla Mousse
Crisp Meringue in Glasses (Cold)(GF)

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Chocolate Brownie
Honeycomb Ice-cream (Warm)(GF)

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Tropical Fruit Medley
Fresh Mango Coulis (Cold)(GF)(Vegan)

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Lemon Panna-cotta
Fresh Raspberries & Crisp Biscuit (Cold)
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Lemon & Mascarpone Cheesecake
Fruit Compote (Cold)(GF)

GF = Gluten Free

DIETARY REQUESTS ARE CATERED FOR WITH PLEASURE