

# BOWL FOOD MENU

## STARTER

Cereals, artichokes, aubergine and chermoula  
Quick-sautéed prawns, Provence-style vegetables  
Harvest salad, beetroot, pomegranate & goat cheese  
Grilled octopus, white coco beans, bell peppers & flower  
Marinated salmon, horseradish-lime-lemongrass  
Organic quinoa, datterino tomato, avocado, taggiasca black olive and rocket salad  
Bresaola, melon and burrata  
Vitello tonnato  
Soft-boiled quail egg and caponata

## Mini SANDWICH

Grilled vegetables, olive paste  
Beef burger with cheddar  
Halloumi, truffled soppressata panini  
Curry Croque-Monsieur

## PASTA & RISOTTO

Orecchiette pasta, broccoli, pecorino & chili  
Trofie pasta, Genovese-style pesto  
Green asparagus risotto

## MAIN COURSE

Pan-seared monkfish, tomato rougail and basil  
Fish finger, tartar sauce  
Cod with lemon and thyme, new potatoes, herbs and olive  
Roasted corn-fed chicken breast, curry and coriander  
Lamb skewer, yogurt-tandoori-kefir lime  
Sautéed beef paprika, sweet bell pepper

## DESSERT

Dark chocolate mousse  
Strawberry & basil Swiss roll  
Lemon meringue tart  
Tiramisù  
Pistachio & raspberry macaroon  
Citrus cheesecake  
Chocolate & coffee tart