LBK FLAVOURS

BOWL FOOD MENU

AUTUMN/WINTER

Welcome to

LBK FLAVOURS

At LBK Flavours, we bring the world to your plate with menus inspired by international cuisines. Our chefs create authentic, flavourful dishes while delivering a bespoke catering experience tailored to your tastes, preferences, and budget – designed to impress you and your guests, stress free.

We have designed a menu that includes all of our favourite bites and bowls from around the world. From traditional dishes to fun street food and mini versions of fine dining dishes, we got you covered!

Choose from your favourite cuisine or created your prefered selection from any of the cuisines.

Monica

Spanish Inspired Bowls

Our favourite pinchos and tapas!.

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Bowl Food

MEAT

“Txuleton” basque rib steak with charred hispy cabbage, garlic/cream manchego sauce and padron peppers

Beef slider, roasted garlic aioli, melted manchego cheese, guindilla pepper

Spanish marinated chicken, almond romesco sauce, crushed new potatoes, olive salsa

Grilled chorizo slider, piquillo pepper, aioli, rocket

Piquillo pepper, pan fried morcilla, fried quail egg, crostini

”Rabo de toro”; rioja braised oxtail with creamy mash potato and herb salsa

Chicken, chorizo, prawn, squid and clam paella

“Albondigas”; pork and fennel meatballs with sherried slow roasted tomato sauce

Chicken or lamb “pintxo moruno”, padron pepper,romesco sauce

Partridge escabeche salad with pancetta, walnuts, frisee salad and pomegranate

“Carrilleras de cerdo iberico” Rioja braised iberico pork cheeks, mashed potato

Seared rare iberico presa, chorizo & piquillo pepper sauce, chimichurri, roasted new potatoes

FISH

Roast cod with a cannellini bean, squid and tomato stew

Seared tuna, almond ajo blanco sauce, pickled grapes, herb oil

Seafood mini paella pans.

”Merluza en salsa verde”: hake, clams, parsley sauce

”Bacalao a la Vizcaina: cod in red pepper sauce

Grilled monkfish tail, romesco sauce and olive and guindilla salsa

“Pochas con almejas”: clam and haricot bean stew mini casserole dishes

Crispy squid slider : Crispy squid, roasted garlic aioli, sweet guindilla pepper, charcoal brioche bun

Grilled octopus, paprika mashed potato, mojo verde or roasted pepper salsa

Monkfish and mussel stew with almond picada

“Gambas al ajillo”; garlic and chilli prawns , sourdough

VEGETARIAN /VEGAN

Spanish tortilla with saute padron peppers and aioli

Griddled artichokes, cannellini bean puree, cured egg yolk mousse, Ideazabal, PX reduction

Mini fennel, peppers, artichoke and olive paella

Burratina, heritage tomatoes, almond romesco sauce, basil oil

Charred tendersteam broccoli with romesco sauce and toasted almonds (VG)

Crispy artichoke, ajo blanco, pickled grapes , lovage oil (VG)

“Revuelto de Perretxikos “: wild mushroom scramble eggs , sourdough toast

Piquillo pepper, aioli, fried quail egg, potato rosti

“Cogollos de Tudela” Charred baby gem lettuce, piquillo pepper, Ideazabal cheese. Pedro Ximenez reduction

Marinated cauliflower steak, romesco sauce, olive salsa (VG)

“Huevos a la cazuela”; roasted red peppers, onion, spicy paprika and tomato baked quails egg,

Middle Eastern Bowls

From koftas to slow cooked shawarma bowls, we will bring delicious Levantine flavours packed with herbs and warm spices.

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MEAT

Slow cooked lamb shawarma with jewelled rice, pistachios and barberries

Lamb, pine nut and currant koftas mini pittas,harissa yogurt, tomato, and coriander salad

Chicken shawarma, cucumber and red onion sumac salad, harissa yogurt pitta pockets

Spiced lamb chops lollipop, dukkah, pomegranate, charred onions

Spiced lamb slider, harissa mayo, pickles, mint

Chicken, fennel, olive and preserve lemon tagine with herby couscous

Harrisa hot chicken wings with pickled chillies and peanuts, whipped feta

Lamb rump with green chermoula dressing, charred aubergine and mujaddara rice

Shakshuka with merguez lamb sausage, quail's egg and feta

Griddled ras el hanout spiced chicken w/ preserved lemon gremolata, tabbouleh

FISH

Sticky pomegranate & za'atar salmon, 3 grains and barberry salad sumac, spiced pomegranate dressing

Fish kebab, preserved lemon, tzatziki, herby couscous

Skewered monkfish kebab with green chermoula dressing and caper mayo, tabbouleh

Griddled octopus, bean hummus, roasted peppers and harissa oil, cripsy capers

Zaa'tar prawns, herby tabbouleh, pomegranate

Mini salmon and sweet potato fish cakes with lime za'atar yogurt, fennel salad

Fish tagine with spring vegetables and chermoula, herby couscous

Spiced mackerel kebab flatbread, chermoula, aubergine chutney, green tahini

VEGETARIAN /VEGAN

Shakshuka with quail's egg, feta & olives

Zaa'tar aubergine, molasses glaze, tahini sauce, 3 grain salad (Vg)

Cauliflower shawarma, herby couscous, tahini dressing, pomegranate & pine nuts (vg)

Harissa halloumi, cumin roasted vegetables, hummus flatbread wrap

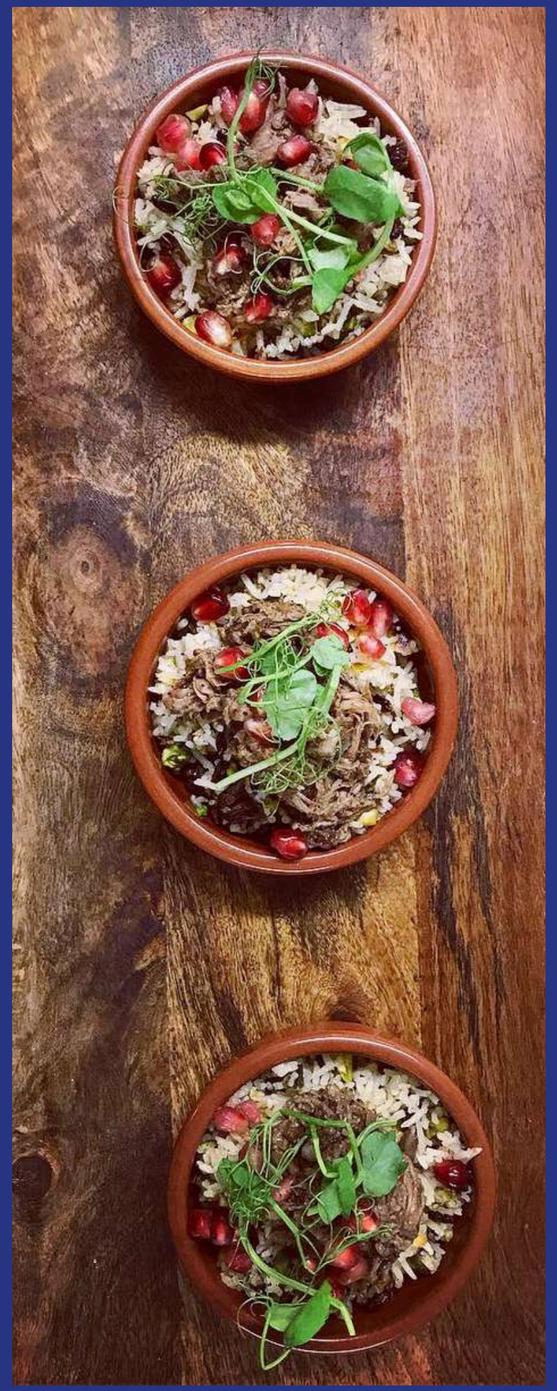
Chickpea falafels, herby tomato & cucumber salad, tzatziki, burgar wheat

Cauliflower steak, muhammara, dukkah, charred baby leeks, crispy chickpeas (VG)

Spiced summer vegetable tagine with dates & toasted almonds (Vg)

Blackened aubergine with tahini yogurt and burnt chilli, za'atar pita crisps (VG)

Harissa & honey glazed heritage carrots, tahini sauce, dukkah (Vg)



Mediterranean Inspired Bowls

From comforting Italian pasta dishes to Amalfi coast seafood, Parisian bistro favourites and Portuguese petiscos, we have included our favourite dishes across the Mediterranean

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MEAT

Pork & fennel polpette with roasted tomato sauce & wild rice

Roasted chicken & wild mushroom risotto, pesto, parmesan crisp

Burratina, parma ham, thyme and honey griddled peaches, balsamic dresssing

”Alentejo” style pork and clams stew on mini casserole dishes

Mini ”Prego” sandwiches; steak, ham and mustard sandwiches

Tuscan wild board ragu w/ penne

Rigatoni mezzi w/ sausage & fennel ragu

Barolo braised beef cheeks, creamy cheesy polenta, gremolata

Marinated chicken and pasta salad with pesto, cherry tomatoes, olives, rocket and mozzarella

Italian marinated and slow cooked lamb shoulder with salsa verde and roasted new potatoes

Slow cooked pork belly, cannellini beans, salsa verde

Mini croque monsieur

Peri peri chicken and chips

FISH

Crab, fennel and nduja risotto

King prawns with orzo, tomato, fennel and marinated feta

Roast salmon, fennel, tomatoes, new potatoes & gremolata

Fusilli with cavolo nero, chilli, anchovy, garlic and lemon sauce

Autumn panzanella salad with anchovies and olives

Seared tuna Niçoise salad, quail egg, capers & black olives

Black treacle curd & glazed salmon, celeriac remoulade, red chicory

Confit duck leg, braised puy lentils, salsa verde

Cod Provencal with new potatoes capers and olives

VEGETARIAN /VEGAN

Butternut squash gnocchi, gorgonzola fonduta, crispy sage and hazelnut pangrattato

Burratina, spiced rbutternut squash, radicchio, cripsy sage and spiced pumpkin seed salad

Butternut squash and sage risotto, hazelnut pangrattato

Ricotta gnudi, roasted pumpkin, sage, thyme & walnut pangrattato

Autumn panzanella salad with focaccia croutons, olives and basil (VG)

3 cheese rigatoni with truffle & thyme gratin

Crispy melting Brie de Meaux, slow roasted heritage tomatoes, lovage & raspberry dressing

Provençal marinated cauliflower steak with spring ratatouille & black olive crumble (vg)

Aubergine parmigiana, pesto, garlic bread

Best Of Britain Bowls

Seasonal ingredients at its best! From elegant mini bites to our favourite pub grubs!

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MEAT

Beef slider with matured cheddar and bacon jam

Venison slider with stilton and caramelised onion

Beef sirloin, charred gem lettuce, pickled walnut salsa, garlic cream

Cider braised pork belly, cannellini beans, salsa verde

Bangers and mash with onion gravy

Braised oxtail, 3 cheese mac & cheese

Mini Sunday roast; roast chicken, chicken gravy, roast potatoes, yorkies.

Slow cooked lamb shoulder, roasted new potatoes, tender stem broccoli, mint salsa verde.

Red wine braised beef cheek, mash potato, gremolata

FISH

Smoked haddock kedgeree with quail egg

Ribbon celeriac salad with smoked salmon and mustard crème fraiche dressing

Salmon fishcake, tartare sauce, green salad

Sole goujons, chips and tartare sauce

Mini fish pies, thyme gratin

Fish and chips cones with malt vinegar mayo

VEGETARIAN /VEGAN

Truffled cauliflower cheese

Griddled artichoke, broad bean, pea & asparagus salad w/ aged cheddar shavings

Coronation cauliflower, fruity curry sauce, pilaf rice (vg)

Vegetable and halloumi skewers with pesto

Wild mushroom and tarragon pie, tenderstem broccoli

Griddled king oyster, truffled potato puree, sake/miso mushroom jus, wild garlic pesto, parsnip crisp (vg)

Veggie sausage and mash with onion gravy

Mushroom, swede and potato pasties, peas and chips (vg)

THE FRY

Indian Inspired Bowls

From Mumbai's street food favourites to delicious coconutty Keralan curries, we have included our most loved Indian dishes.

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MEAT

Keralan fried chicken slider, curry leaf mayo, pickled mooli

Tandori lamp chop lollipop, aromatic pilau rice, cucumber kachumber salad

Lamb jogan rosh, aromatic pilau, coriander

Butter chicken curry, basmati rice

Slow roasted masala spiced lamb shoulder, spiced pilau rice, naan bread, mint raita

Keralan chicken curry, cashew nuts, basmati rice

Chicken berry Britannia biryani

Pork vindaloo, basmati rice, peshwari naan.

Lamb samosas, mint raita, tamarind sauce

FISH

Crab and sweetcorn Malabar curry, coconut rice, fried curry leaf

Sea bass meen molee, basmati rice

Goan coconut prawn curry, basmati rice

Marinated tandoori monkfish, green mango chutney, pea pilau

Mussels with coconut, ginger, chilli, mustard seeds and curry leaves, peshwari naan

Seared scallop, cauliflower puree, curry oil, tempered mustard seeds, crispy curry leaf

VEGETARIAN /VEGAN

Baby aubergine with coconut, peanuts, fried onions and curry leaf, coconut rice (VG)

Potato and pea samosas, mint raita & tamarind sauce (VG)

Punjabi cauliflower and potato curry, aromatic pilau(VG)

Tarka dhal , green chilli, coriander, garlic naan (VG)

Sweet potato vindaloo, yogurt, coriander

Delica pumkin with makhani sauce, paneer and hazelnut crumble

Cauliflower korma, blackened raisins, flaked almonds

Spinach, tomato and chickpea curry (VG)

Sticky mango chutney paneer and red pepper skewers , yogurt and mint dip, mustard seeds

The Americas Canapés & Bowls

From smoky Texan bbq flavours to Baja California shrimp tacos and comforting Argentinian empanadas, we have selected some of our favourites bites and bowls

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MEAT

American beef burger, melted Monterey Jack cheese, pickles, salad, brioche bun

Bbq marinated beef skirt, chimichurri, rocket & roasted garlic aioli ciabatta sandwich

Jack & coke pulled pork slider with ruby red slaw

Hot dogs with relish, French's yellow mustard and ketchup

Buttermilk fried chicken with winter slaw, spicy mayo

Beer & juniper berry braised beef brisket, rainbow slaw, brioche slider

Real Texan chilli with plain rice and sour cream

Spiced chicken, chorizo and pickled jalapeño quesadillas with lime sour cream

Buffalo chicken wings with blue cheese sauce and hot sauce

Chipotle chicken taco, guacamole & pico de gallo, lime mayo, pickled red onion

"Cochinita pibil" taco : slow cooked pork with achiote, orange and oregano, tomatillo salsa

"Chicken tinga" pulled chicken with smoky tomato sauce, avocado, cotija cheese and pickled pink onion

Taco "el pastor"; slow cooked pork shoulder with charred pineapple salsa and lime avocado mousse

"Beef barbacoa";smoky chipotle pulled beef brisket, avocado, sour cream, pickled onion

FISH

Crab rolls with chilli and fennel slaw

Fish taco, chipotle mayo, pickled red cabbage and pink onion

Cajun fishcakes with fennel slaw

Shrimp and corn grits bowls (creamy corn puree, cajun spiced buttered prawns, spring onion)

Sweetcorn fritters, jerk prawn and mango and chilli salsa

Crab cake po' boy rolls with lime soured cream

Prawn fajitas with avocado cream

Crayfish brioche roll, chips

Panko crusted prawn tacos, pickled red cabbage, chipotle mayo, tomato salsa

VEGETARIAN /VEGAN

Loaded nachos, tomato salsa, melted cheese, sour cream

Spicy sweet potato wedges, pumpkin seed and coriander pesto, queso fresco

Bbq marinated portobello mushroom, provolone cheese, chimichurri ciabatta sandwich (v)

Crispy halloumi taco with pepita sauce (v)

Cripsy cauliflower "el pastor", charred pineapple salsa (vg)

Three cheese mac & cheese with truffle & thyme gratin

Green goddess quesadillas with lime sour cream

Mini bbq jerk jackfruit slider, pineapple and black bean salsa, scotch bonnet and mango hot sauce

HERE

Pan - Asian Inspired Bowls

From Thailand to Malaysia, Vietnam, Korea, Indonesia and Japan, we have included our favourite pan-asian canapes and bowls

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MEAT

Korean fried chicken slider, kimchi slaw, brioche bun

Crispy chicken katsu sando, tonkatsu sauce, asian slaw, sriracha mayo

Thai sirloin beef salad with mint, lime and coriander dressing, peanuts and crispy shallots

Vietnamese lemon grass and chilli chicken, brown rice and sesame seeds

Char siu pork belly, sticky glaze, steamed rice, pork crumble, pickled shitake, crispy onions

Sichuan gunpowder chicken stir fried with dried chillies, peanuts and steamed rice

Kimchi fried rice with fried quail egg, spring onions and pickled shallots

Chinese five spiced duck taco, rainbow slaw, plum salsa

Chicken pad thai, tamarind sauce, peanut crumb

Chicken katsu curry, basmati rice, pickled red chillies, crispy puffed rice

Beef rendang, coconut sambol, steamed rice

Chicken nasi goreng, jasmine rice, fried egg and prawn crackers

Sweet and sticky Asian braised beef short ribs, smacked cucumbers, steamed rice

Sesame hot noodles with salt and pepper chicken and stir fried veg

FISH

Thai baked sea bass with fragrant basmati rice and chilli-ginger-lemongrass sauce

Miso cod with spring onion, baby pak choi, steamed rice and sesame seeds

Salmon yakitori skewers, sesame seeds, togarashi and wild rice

Sri Lankan prawn curry with tamarind, jasmine rice

Red hake Sri Lankan curry, tempered curry leaves, coconut rice

Salmon teriyaki, ginger sesame pak choi, brown rice

Fresh tuna poke salad mini bowls

Thai spicy prawn cakes with cucumber peanut relish

Miso marinated cod, steamed wild rice and steamed greens

Soy glazed salmon with crunchy hot & sour mangetout, bean sprouts & cashew nut salad

VEGETARIAN /VEGAN

Butternut squash and green bean Thai curry, jasmine rice (vg)

Superfood Korean bibimbap bowls

Griddled purple sprouting broccoli, asparagus and edamame beans salad with miso dressing (vg)

Soy, balsamic and maple syrup grilled broccoli with sesame seeds and furikake (vg)

Sweet potato katsu curry, jasmine rice, spring onions (vg)

Crispy Pekin jackfruit, hoisin sauce, cucumber, spring onion pancakes (vg)

Sesame hot soba noodles with salt and pepper aubergine and stir fried vegetables (VG)

Sticky soy and ginger shitake mushrooms, sesame seeds, spring onions and steamed rice (vg)

Crispy, sticky Korean glazed cauliflower, sesame seeds, smacked cucumber salad (vg)

Hispi cabbage, chilli, garlic, fermented yellow bean, crispy onions

Chinese leaves, soy, ginger, chilli (vg)

Barbecued hispi cabbage with miso butter and goma dressing

Green beans with sesame miso sauce (vg)

Thank you