

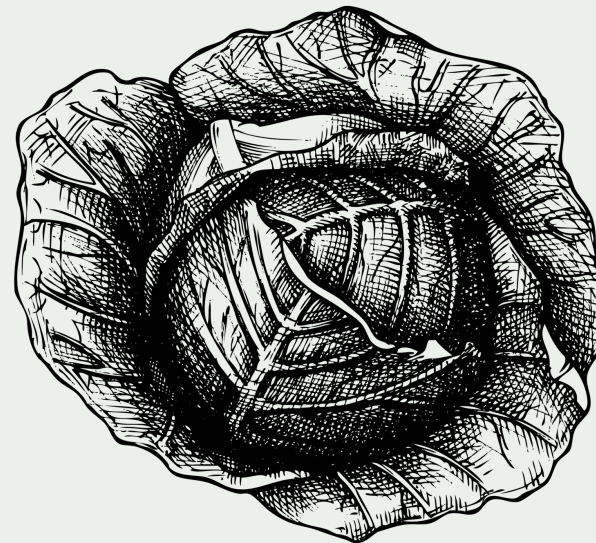
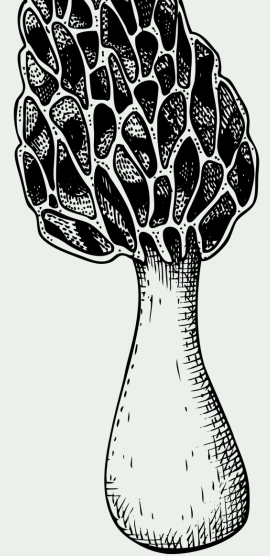
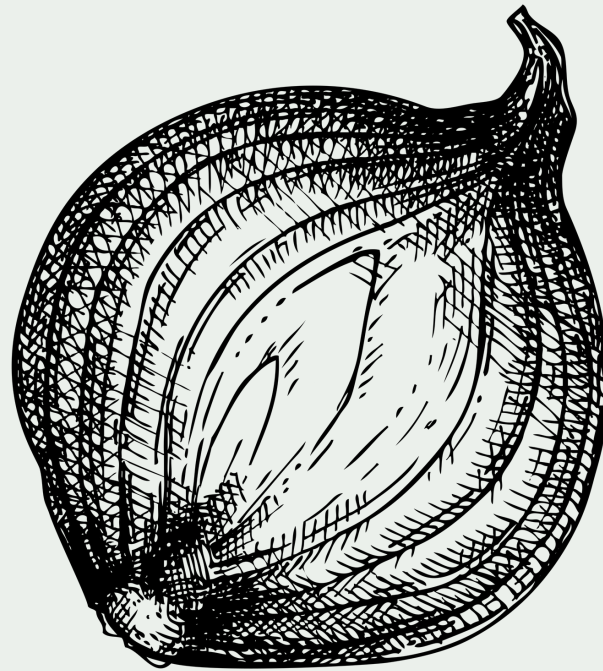


BOWL FOOD 2024/2025

Contact Us

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OUR FOOD

Eat combines our team's 20+ years of experience in the catering and hospitality industry with an unrivalled passion for delivering faultless events and amazing experiences for both you and your guests.

We pride ourselves in delivering events of all shapes and sizes to the highest quality and standard. With a focus on delicious, contemporary food, we take our inspiration from global food trends but add a British twist, using the best local and seasonal producers.

Our bowl food dishes are bursting with colour and flavour, and we can offer both seasonal and sustainable dishes. Our menu offers a variety of delicious, fresh and vibrant options, with each bowl carefully crafted with the highest quality ingredients to ensure a delightful dining experience. Our bowls pack a punch for you and your guests to remember



OUR SUPPLIERS

We take great pride in using only the finest ingredients in our dishes, and believe good ingredients are the foundation of a truly delicious meal. That is why we source all our products from trusted suppliers who share our commitment to quality. from farm-fresh produce to sustainably sourced seafood and premium cuts of meat, every ingredient meets our high standards.

HOT BOWLS

Beef short rib rice bowl, edamame, pickled carrots, sesame
Pulled beef brisket Chilli con carne, homemade guacamole,
soured cream, wild rice

Moroccan lamb tagine, mint yogurt, harissa couscous

Crispy Five Spice duck, pack choi, noodles

Bang Bang chicken, lemongrass satay dip, shredded slaw

Thai green chicken curry & jasmine rice, basil & coriander

Smoked haddock on bubble & squeak, fried quails egg

Baked crispy scallops, Parmesan, garlic butter & hazelnuts

Hake, tiger prawn & lemon grass curry with fragrant rice

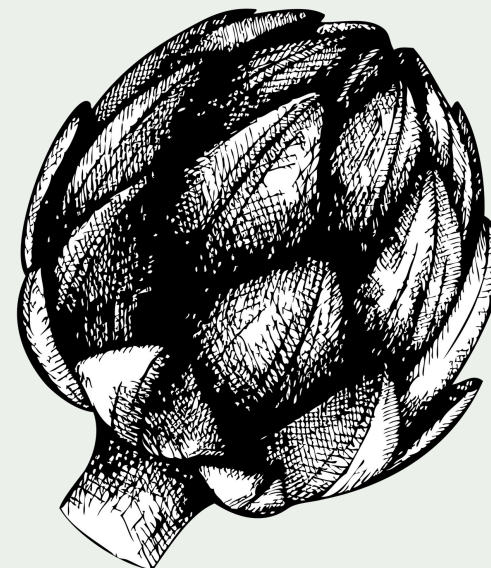
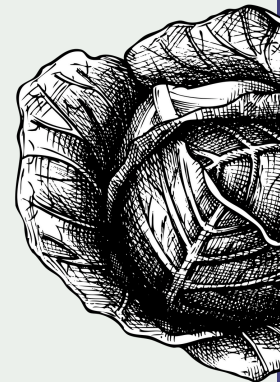
Roasted squash, sage, chestnut and pancetta risotto

Homemade chestnut ravioli, sage-browned butter & thyme

Aubergine and sesame dan-dan style noodle bowl (VG)

Chickpea, sweet potato & spinach curry, jasmine rice (VG)

Cauliflower daal, sumac roasted cauliflower florets,
toasted almonds (VG)



TESTIMONIAL

**Tanya, Marquee Party
Aug 2023, 50**

Just to say a huge thank you for such an amazing effort last Friday. Everyone commented on how delicious the food was, how plentiful also, and that the canapés were outstanding. The staff were fantastic and it was a seamless event!



COLD BOWLS

Thai marinated beef salad with vermicelli rice noodles, chilli,
lime, baby coriander & toasted sesame seeds.

Rare roast beef with chargrilled globe artichokes, roasted red
peppers, balsamic shallots, rocked, truffle oil

Black sesame chicken, ginger, garlic & lime, glass noodles,
orange zest

Thai marinated salmon, wild rice, coriander yogurt,
mint dressing.

Smoked trout, baby potato & avocado salad,
horseradish mayonnaise

Tuna poke bowl, avocado, rice, wasabi, pickled ginger.

Roasted peaches, crispy Prosciutto shards, bocconcini,
baby leaves (V)

Figs, Pecorino, honey, spinach leaves (V)

Heritage tomatoes, wild rice, burrata, confit garlic,
pomegranate dressing (V)

Isle of Wight baby heritage tomatoes, sumac onions,
pine nuts (VG)

“You don’t need a silver fork to eat good food.”

– Paul Prudhomme

PUB CLASSICS

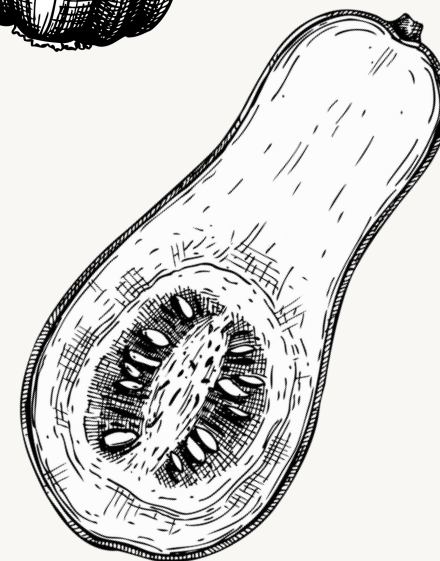
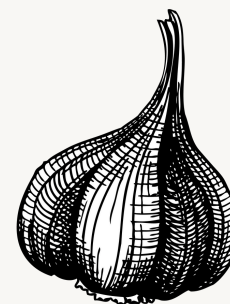
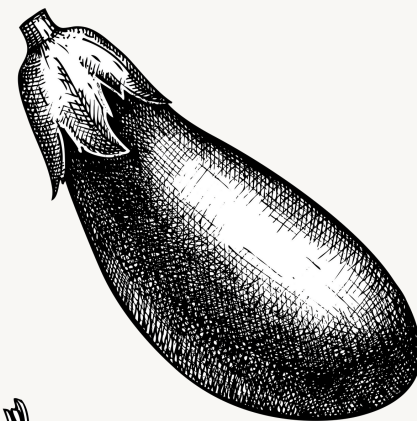
Panko-crumbed calamari with aioli
Salt & pepper calamari with chilli jam
Crayfish, crab and prawn salad with coriander & lime dressing
Pork belly, crispy crackling, spiced apple sauce, creamy mash
Boeuf bourguignon with crushed roasted new potatoes
Smoked haddock, cod & and prawn fishcake, tartar sauce
Chipolatas with colcannon mash & shallot gravy
Beef sliders in toasted brioche bunds with tomato relish,
caramalized onion and gherkin, with a few chunky chips
Beer-battered fish with chunky chips, pea puree and tartare sauce



TESTIMONIAL

Marquee, party
Aug 2023, 150

I Just wanted to reach out to say a massive thank you to you and all the guys from ETS who were present Saturday. The food and hospitality you provided was amazing! We had so many compliments on the food and I knew it was going to be a big hit after our tasting in March!





CONTACT US

Whether you would like explore ideas for your party, enquire about pricing or already know what you are looking for, please get in touch using one of the contact methods. We look forward to hearing from you.

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Or visit our website

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IG @eat_events