

# Bowl Food Menu

by *Bella Vita Private Events*

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## **STARTERS**

### **Veal with Tuna Sauce**

*Slow-cooked veal served with classic tuna sauce, finished with capers and fresh gremolata*

### **Octopus Salad**

*Tender octopus with Taggiasca olives, datterini tomatoes, celery, carrots and baby potatoes*

### **Fennel & Celeriac Salad**

*Fresh fennel and celeriac salad with roasted beetroot, caramelized chestnuts, Manchego and apple-honey dressing*

### **Quinoa Bowl**

*Quinoa with shaved raw cauliflower and broccoli, marinated chicken, pumpkin seeds and herb pesto*

### **Creamy Pea Vellutata with Calamari**

*Creamy pea vellutata topped with tender calamari and a delicate olive oil finish*

### **Beef Carpaccio with Rocket & Parmesan Cream**

*Thinly sliced marinated beef served with wild rocket, a smooth Parmesan cream, and micro capers for a refined touch*

### **Spinach, Strawberry, and Pecan Salad**

*Fresh spinach, sliced strawberries, toasted pecans, and crumbled goat cheese, drizzled with honey mustard vinaigrette*

### **Black Rice with Mixed Vegetables, Prawns, and Lemon Dressing**

*Black rice with a medley of vegetables and prawns, dressed with a tangy lemon dressing*



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## **Caesar Salad**

*Crisp romaine lettuce, croutons, and Parmesan, tossed in a classic Caesar dressing*

## **Caprese Salad**

*Fresh mozzarella, ripe tomatoes, and basil, drizzled with olive oil and balsamic glaze*

## **Greek Salad**

*A refreshing mix of tomatoes, cucumbers, green peppers, red onions, olives, and feta cheese*

## **Quinoa Salad with Grilled Vegetables**

*Quinoa with grilled zucchini, peppers, and eggplant, topped with cherry tomatoes, fresh spinach, crumbled feta, and a lemon olive oil dressing*

## **Farro and Avocado Salad**

*Farro with sliced avocado, arugula, sun-dried tomatoes, black olives, toasted pine nuts, and Parmesan shavings, dressed with a balsamic vinaigrette*

## **Couscous and Chickpea Salad**

*Whole wheat couscous with chickpeas, cucumbers, cherry tomatoes, red onions, parsley, mint, and feta, lightly dressed with lemon and olive oil*

## **Chicken Caesar Salad**

*Grilled chicken strips, romaine lettuce, croutons, and Parmesan, tossed in a Caesar dressing*

## **Salmon Salad**

*Fresh salmon served with mixed greens, avocado, and a light citrus dressing*

## **Bagels (Your Choice)**

*Assorted bagels filled with a variety of fresh ingredients*



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## **FIRST COURSES**

### **Lasagna with Ragù**

*Traditional lasagna with rich ragù, served in a convenient, spoonable form*

### **Vegetarian Lasagna with Turmeric Béchamel**

*Layers of pasta with a creamy béchamel sauce, enhanced with turmeric for a subtle twist*

### **Ravioli of Your Choice**

***A variety of pasta with your choice of pesto: classic basil, arugula, or sun-dried tomato***

### **Amatriciana Pasta**

*Pasta with a robust sauce of tomatoes, guanciale, and pecorino cheese*

### **Seafood Pasta**

*Pasta tossed with a medley of fresh seafood, garlic, and white wine*

### **Pasta with Zucchini and Prawns**

*Light pasta with sautéed zucchini and prawns, finished with a drizzle of olive oil*

### **Pasta with Zucchini Cream and Sausage**

*Creamy zucchini sauce with savory sausage, tossed with your choice of pasta*

### **Trofie with Pistachio Pesto and Prawns**

*Twisted trofie pasta with a unique pistachio pesto and succulent prawns*

### **Aubergine Parmigiana**

*Layers of fried eggplant, tomato sauce, and mozzarella, baked to perfection*



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## **Pasta alla Norma**

*Traditional pasta with tomato sauce, fried eggplant, and ricotta salata*

## **Tagliatelle with Lemon and Pepper, Tossed with Parmesan**

*Fresh tagliatelle with a bright lemon and pepper sauce, finished with Parmesan*

## **Pasta with Potatoes and Pancetta**

*Hearty pasta with creamy potatoes and crispy pancetta*

## **Pumpkin Risotto**

*Creamy risotto made with sweet pumpkin and a touch of Parmesan*

## **Risotto with Zucchini Cream, Asparagus, and Salmon**

*A delicate risotto with zucchini cream, tender asparagus, and flaked salmon*

## **Risotto with Mushrooms, Grana Padano, and Truffle**

*Rich risotto with sautéed mushrooms, Grana Padano, and a hint of truffle*

## **Risotto with Red Radicchio, Sausage, and Walnuts**

*Bitter radicchio and savory sausage meet crunchy walnuts in this hearty risotto*

## **Risotto with Prosecco, Stracciatella, and Red Prawn Tartare**

*A luxurious risotto with the effervescence of Prosecco, creamy stracciatella, and delicate red prawn tartare*

## **Risotto with Red Radicchio, Gorgonzola, and Walnuts**

*Creamy gorgonzola pairs with bitter radicchio and crunchy walnuts in this flavorful risotto*

## **Risotto with Squid Ink and Red Prawns**

*Striking black risotto with squid ink, topped with vibrant red prawns*



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## **Langoustine Risotto with Gremolata**

*Creamy risotto infused with shellfish stock, topped with succulent langoustine and finished with a fresh citrus gremolata*

## **Sardinian Fregola with Ratatouille**

*Toasted Sardinian fregola served with a Mediterranean-style ratatouille of aubergine and green courgettes*

## **Lemon Risotto with Burrata & Black Pepper**

*Creamy lemon risotto finished with fresh burrata and cracked black pepper*

## **Bouillabaisse Risotto**

*Saffron risotto enriched with shellfish bisque, topped with red prawn tartare and gremolata*

## **Scallop Risotto**

*Creamy risotto with seared scallops, brown crab mousse and lemon-thyme pangrattato*

## **Pulled Lamb Shoulder Ragù**

*Slow-cooked lamb shoulder ragù served with soft pasta and finished with fresh herbs*

## **Radicchio Veneto Lasagna**

*Layers of pasta with radicchio, sage, chestnut and nutmeg béchamel finished with Parmesan*

## **Soft Polenta with Wild Mushrooms & Braised Ox Cheek**

*Soft polenta topped with slow-braised beef ox cheek and sautéed wild mushrooms*



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## **SECOND COURSES**

### ***Crispy Octopus with Potato and Leek Cream, Topped with Fried Leeks***

*Tender octopus with a crispy finish, served on a bed of creamy potato and leek purée, garnished with fried leeks*

### ***Crispy Octopus with Stracciatella, Taggiasca Olives, and Chili Jam***

*Octopus with a crispy exterior, paired with creamy stracciatella, briny olives, and sweet chili jam*

### ***Roast Beef***

*Classic roast beef, thinly sliced and served with a side of rich jus*

### ***Chicken Curry***

*Spiced chicken curry served with basmati rice and fresh herbs*

### ***Meatballs in Tomato Sauce***

*Juicy meatballs simmered in a rich tomato sauce, served with crusty bread*

### ***Chicken Strips with Vegetables***

*Tender chicken strips sautéed with seasonal vegetables, served with a side of rice*

### ***Zucchini and Onion Frittata***

*Light and fluffy frittata made with zucchini and onions, perfect for any time of day*

### ***Teriyaki Chicken***

*Chicken glazed with a sweet and savory teriyaki sauce, served over rice*

### ***Lemon Chicken***

*Bright and zesty lemon chicken, served with a side of roasted potatoes*



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## **Potato Cake with Ham, Cheese, and Mozzarella**

*A savory potato cake filled with ham, cheese, and mozzarella, baked until golden*

## **Mini Beef Burgers**

*Bite-sized beef burgers with all the classic toppings, served in soft buns*

## **Baked Salmon with Maple Syrup and Dijon Mustard Glaze**

*Oven-baked salmon fillet, delicately glazed with a blend of rich maple syrup and tangy Dijon mustard, offering a perfect balance of sweetness and savory flavors*

## **Roast Lamb**

*Tender lamb, slow-roasted to perfection, infused with herbs and spices, served with its own rich gravy*

## **Slow-Cooked Pulled Lamb Shoulder**

*Tender pulled lamb shoulder served with roasted pumpkin and sauce verte*

## **Herb & Parmesan Beef Boulettes**

*Beef boulettes with herbs and Parmesan served with parsnip cream and finished with truffle*

## **Roasted Stuffed Turkey Leg**

*Roasted turkey leg stuffed with aromatic herbs, served with fennel–orange pak choi*

## **Duck Breast Tagliata**

*Sliced duck breast with lemon pomme purée, glazed chestnuts and Brussels sprouts*



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## **Poached Salmon**

*Poached salmon served with stir-fried cavolo nero, lemon potato vellutata and citrus pangrattato*

## **SIDE DISHES**

### **Oven-Roasted Potatoes**

*Golden and crispy oven-roasted potatoes, seasoned with rosemary and sea salt*

### **Oven-Roasted Sweet Potatoes**

*Sweet potatoes roasted to caramelized perfection, with a hint of cinnamon and olive oil*

### **Seasonal Vegetables**

*A selection of seasonal vegetables, lightly seasoned and roasted to bring out their natural flavors*

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## **DESSERTS**

### **Tiramisu**

*A classic Italian dessert with layers of coffee-soaked ladyfingers, mascarpone cream, and cocoa powder*

### **Panna Cotta in a Glass**

*Silky panna cotta served with red-wine-poached pear and a refined brûlé wine reduction*

### **Basil Panna Cotta**

*A unique twist on panna cotta, infused with fresh basil and topped with a light syrup*

### **Chocolate Panna Cotta**

*Rich chocolate panna cotta served with a dollop of whipped cream*

### **Chocolate Mousse**

*Light and airy chocolate mousse, topped with chocolate shavings*

### **Fresh Fruit & Custard Tartlet**

*A refined tartlet with custard cream and vibrant fresh fruit.*

### **Cocoa and Avocado Mousse**

*A creamy mousse made from cocoa and avocado, offering a healthy yet indulgent treat*

### **Mascarpone Cream with Strawberries**

*Light mascarpone cream served with fresh strawberries and a drizzle of balsamic reduction*

### **Fruit Salad**

*A refreshing mix of seasonal fruits, lightly dressed with a hint of mint*



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## **Mini Sicilian Cannoli**

*Crispy cannoli shells filled with sweet ricotta cream and finished with chocolate chips or pistachio crumble*

## **Chocolate Truffles**

*Rich chocolate truffles with a soft and velvety centre, finished with a delicate cocoa coating*

## **Chocolate Brownies**

*Soft and intense chocolate brownies with a rich flavour and a delicate fudgy texture*

## **Torta della Nonna Tartlet**

*Buttery tartlet filled with silky pastry cream and finished with toasted pine nuts*

## **Lemon Cream Tartlet**

*Delicate tartlet filled with smooth lemon cream, fresh and perfectly balanced*

## **Chocolate & Caramelized Hazelnut Tartlet**

*Crispy tartlet filled with rich chocolate mousse and finished with crunchy caramelized hazelnuts*

## **Chocolate Mousse & Berry Tartlet**

*Chocolate mousse tartlet topped with berry coulis and a light coconut crumble*

## **Chocolate Mousse & Berry Coulis Tartlet**

*Chocolate mousse tartlet finished with fresh berries and coconut crumble*

## **Pistachio Panna Cotta Tartlet**

*Creamy pistachio panna cotta set in a delicate tartlet shell*



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## **Strawberries with Clotted Cream**

*Fresh strawberries served with a generous spoon of traditional clotted cream — simple, seasonal, and indulgent*

## **Apple Tarte Tatin**

*Caramelised apples baked over a flaky pastry base, served warm for a comforting finish*

## **Lemon Curd & Raspberry Tart**

*A crisp tart filled with tangy lemon curd, topped with fresh raspberries for a vibrant and elegant bite*

## **Nutty Honey Fruit Skewer**

*Fresh fruit skewers, enhanced with a sprinkle of toasted hazelnuts and a drizzle of honey*

## **Chocolate Mousse & Caramelized Hazelnut Tartlet**

*Crispy tartlet filled with velvety chocolate mousse and topped with caramelized hazelnuts*

