

Sylvanus Restaurant

Bowl Food Menu

ALLERGY ADVICE

Some of our dishes may be prepared in the presence of allergenic ingredients, we therefore cannot guarantee our dishes are 100% free of these ingredients. If you have an allergy, please inform a member of our team upon ordering.

(G) Gluten, (F) Fish, (SU) Sulphates, (PE) Peanuts, (M) Milk, (CR) Crustacean, (MO) Molluscs, (N) Nuts, (C) Celery, (SO) Soya, (L) Lupin, (W) Wheat, (MU) Mustard, (SE) Sesame

Vegetarian Bowls

Spinach and green pea risotto & mint oil (M,SU)
Thai green curry & sticky jasmine rice (C)
Stinking bishop macaroni cheese & black truffle (G,M,SU)
5 bean chilli, steamed grains & sour cream (G,M)
Roasted vegetable tagine & lemon scented couscous (G,SU)

Meat Bowls

Kesla chicken curry, steamed long grain rice & mini poppadum (M,G)
Confit pork belly, black pudding & apple hash with crisp crackling (G,SU)
Braised ox cheek, truffled polenta & pickled walnuts (G,N,SU)
Cumin spiced lamb canon, aubergine puree & coriander couscous (G,M)
Confit duck donburi, spring onions, carrot, & cucumber (SO,E)

Fish & Seafood Bowls

Grilled mackerel, pomegranate & rocket (SF,SU,MU)
Teriyaki salmon, sticky rice & pickled ginger (FSO,SU)
Crispy tempura tiger prawns, carrot, cucumber, & blackened peanut (G,CR,SO,N)
Salt and pepper squid, aubergine caponata & saffron aioli (G,MO,M)
Southcoast puff pastry fish pie (F,MO,G,M,MU)

Salad Bowls

Heirloom tomato and bocconcini, balsamic, & basil crisp (M,SU)
Baby beets, goats cheese & Pedro Ximenez (M,G,SU)
Superfood salad with tenderstem, edamame, peas, green beans & toasted seeds (MU,SU)
Fragrant rice salad, coriander & toasted pine nuts (N)
Super grain salad with roast root vegetables & basil pesto (G,N)

Dessert Bowls

Hot chocolate mousse with mango and passionfruit (G,M,E)
Classic vanilla brulee & sable biscuit (G,M,E)
Elvetham Eton mess, macerated strawberries & honeycomb (M,E)
Greek yoghurt with. poached berries & toasted seeds (M,SE)
Glazed apricot bread and butter pudding
(G,M,E,SU)



THE
ELVETHAM