

PRE-THEATRE MENU



Mon - Sat, 5 - 6.45pm

2 courses £16.5 | 3 courses £19

OPENING HOURS

Lunch: Mon - Fri 11:30am - 3:30pm, Sat 11:30am - 5pm
 Dinner: Mon - Wed 5 - 11pm, Thurs - Sat 5pm - midnight
 020 3146 0445 | soho@bowlsrestaurants.co.uk

TO START WITH STARTERS

- BBQ Jerk chicken wings** 5.5 
mango, spring onion
- Butternut squash croquettes** [V] [C, M] 4.5
aioli
- BBQ glazed pork belly bao** [C, SE, S] 7.5
- BBQ jackfruit bao** [V, Ⓞ] [C, SE, SU] 7.5 
- Prawn tostada** [S, CR, F, C] 7
guacamole, mango
- Seared tuna salad** [F, SE, S, C] 8
winter leaves, chickpea, sesame & soya dressing

SIDES

- Jollof rice** 4.5 
- Cassava fries** guacamole [C] 4
- Fried plantain** [C] 3.5
- Kimchi** 3.5
- Truffled courgette fries** [N, C, E, M] 4
romanesco sauce

GREEDY BOWL MAINS

Zari-pho [F, E, CE, MU] 9.5
braised beef, soft boiled egg, rice noodles, aromatic beef broth

 **Coconut rundown curry** [V, Ⓞ] 8.5
butternut squash, cauliflower, quinoa, pomegranate

Pan-fried sea bass [F] 14.5
coco, escovitch, fragrant rice

Tuna poke [F, S, C, SE, SU] 10.5
courgette noodles, pickles, shrimp salt, mango, rice, sriracha sauce

Braised beef cheek [SU] 14
sweet potato mash, pickled carrots, sauerkraut

 **Bibimbap** [S, SE, E, C] 11.5
grilled bavette, mixed vegetables, egg yolk, shittake mushroom, Gochujang sauce

MEDIUM **Jamaican curry goat** 12.5
rice 'n' peas

 **BOWLS. BBQ, jerk chicken** 12.5
rice 'n' peas, fried plantain *[Add fried egg +1]*

BBQ Jackfruit [V, Ⓞ] 10
jollof rice, fried plantain, tomato stew *[Add fried egg +1]*

HOT **Laksa** [CR, F, CE, MU, SU] 11.5
prawns, fish slices, tofu, vermicelli noodles

WHITE WINE

- Aromatic Sauvignon Blanc, Bruno Andreu Mont Blanc, France 2017 6.5 / 25
- Domaine Saint Hilaire Vermentino, France 2016 7.5 / 28
- Ebner-Ebenauer Gruner Veltliner, Weinviertel, Austria 2017 8.75 / 34
- Gavi DOCG Tenuta San Lorenzo Gavi Piemonte, Italy 2016/17 34

RED WINE

- Aromatic Cabernet Sauvignon, Bruno Andreu Mont Blanc, France 2016 6.5 / 25
- Château Garreau Bordeaux Supérieur, Bordeaux, France 2015 7.5 / 29
- Pinataro Primitivo Manduria DOC Puglia, Masseria Tagaro, Italy 2017 8.75 / 32
- Peña Roble, Ribera del Duero, Bodegas Resalte Peñafiel, Spain 2016 37

COCKTAILS

- Aloha Royal** 7.5
Rhubarb liqueur, peychaud's bitter, sparkling
- Bitter 'n' Stormy** 8.5
Gosling's rum, Campari, passion fruit, Pimento ginger beer
- Mai-tai of Mine** 8.5
Wray & nephew rum, Appleton Signature rum, Aperol, frangelico, lime, pineapple
- Painkiller Slush** 8.5
Gosling's rum, Koko Kanu Original Jamaica rum, orange, pineapple, coconut
- #IncrediBowl Negroni** 9.5
Campari, Appleton blanc, St. Germain, Cynar, Martini riserva speciale Rubino
- Bloody Marley** 8.5
Sagatiba cristallina, cannabinidiol cnb tea, bloody mary mix, lemon, tomato juice
- BOWLS-tini** 9
Beefeater gin, sake, Noilly Prat vermouth, Regans' Orange bitters No. 6