

# BOWLS.

SOUTH AMERICA | CARIBBEAN | SOUTH EAST ASIA

## PRE-THEATRE MENU

Mon - Sat, 5 - 6.45pm

2 courses £16.5 | 3 courses £19.5

## OPENING HOURS

Lunch: Mon - Fri 11:30am - 3:30pm, Sat 11:30am - 5pm

Dinner: Mon - Wed 5pm - 10.00pm, Thurs - Sat 5pm - midnight

020 3146 0445 | [soho@bowlsrestaurants.co.uk](mailto:soho@bowlsrestaurants.co.uk)

## TO START WITH STARTERS

**BBQ Jerk chicken wings** 5.95 

**BBQ pulled pork bao** [C, S, SU] 7.95  
Crispy carrot, pickled cucumber

**Jerk jackfruit bao** [V, V] [C, SU] 7.5   
Pickled cucumber, fresh chilli, scallion

**Miso-glazed aubergine** [V, V] [SE, S, C] 6.5

**Prawn tostada** [C, S, SE, CR, MU, CE] 7  
*[vegetarian option is available upon request]*

**Seared tuna salad** [F, SE, S, C] 9  
Winter leaves, chickpea, sesame & soya dressing

## LUNCH BOWLS

Available weekday, 11:30am - 3.30pm

**BBQ Jerk chicken wings\*** 6.25

**Jerk jackfruit stew\*** [V, V] 6

**Miso-glazed aubergine\*** [V, V] [SE, S, C] 5.75

\* Choose one side below

Coleslaw [MU]

Fragrant rice

Winter salad with soy & sesame dressing [SE, S]

Jollof rice or rice & peas [+1.5]

## GREEDY BOWL MAINS



FRAGRANT

**Zari-pho** [E, F, CE, C] 10.95

Braised beef, soft boiled egg, lime, basil, bean sprouts, rice noodles, aromatic beef broth, coriander, fresh chillies

**Coconut rundown curry** [V, V] 9.5

Butternut squash, sweet potato, cauliflower, pomegranate, fragrant rice

**Salmon teriyaki** [F, S, SE, C] 13

Pickled vegetable salad, caramelised red onion, charred lemon  
*[add steam rice +2]*

**Tom Yum soup** [CR, F, SU] 11.5

Tiger prawns, mixed vegetables, baby corn, coriander, chilli

**Jamaican curry goat** [MU] 13.75

Rice & peas, coleslaw

*\* please note, this dish contains small bones*



MILD

**Poke** [F, S, SE, C] 10.5

Tuna, pineapple, spicy carrot, cucumber, pickled ginger, edamame, crispy shallots, fragrant rice

*[add soft boiled egg +1 | avocado +1.5 | kimchi +2]*

**Bibimbap** [S, SE, E, C] 12.5

Beef bulgogi, shittake mushrooms, mixed vegetables, egg yolk, Gochujang sauce, rice *[add kimchi +2]*



HOT

**BOWLS. BBQ, jerk chicken** 13

Rice & peas, fried plantain *[add fried egg +1] [E]*

**Jerk Jackfruit stew** [V, V] 10.95

Jollof rice, fried plantain, tomato stew *[add fried egg +1] [E]*

## WHITE WINE

Aromatic Sauvignon Blanc, Bruno Andreu Mont Blanc, France 2017 6.5 / 25.5

Domaine Saint Hilaire Vermentino, France 2016 7.5 / 29

Ebner-Ebenauer Gruner Veltliner, Weinviertel, Austria 2017 8.75 / 36

Gavi DOCG Tenuta San Lorenzo Gavi Piemonte, Italy 2016/17 8.75 / 36

Wechsler Riesling Trocken, Germany 2016 38

## RED WINE

Aromatic Cabernet Sauvignon, Bruno Andreu Mont Blanc, France 2016 6.5 / 25.5

Château Garreau Bordeaux Supérieur, Bordeaux, France 2015 7.5 / 29

Pinataro Primitivo Manduria DOC Puglia, Masseria Tagaro Locorotondo, Italy 2017 8.75 / 36

Côtes-du-Rhône Domaine de l'Olivier, France 2016 36

Peña Roble, Ribera del Duero, Bodegas Resalte Peñafiel, Spain 2016 41

## DRINKS

**Bitter 'n' Stormy** 9

Gosling's rum, Campari, passion fruit, lime, Pimento ginger beer

**Hugo** 8.5

Beefeater gin, elderflower cordial, mint, lime, prosecco, soda water

**Mai-tai of Mine** 9.25

Wray & nephew rum, Appleton Signature rum, Aperol, frangelico, lime, pineapple

**Painkiller Slush** 9.5

Gosling's rum, Koko Kanu Original Jamaica rum, orange, pineapple, coconut

**#IncrediBowl Negroni** 10

Campari, Appleton blanc, St. Germain elderflower liqueur, Cynar, Martini Riserva speciale Rubino

**Aperol spritz** 8

**Virgin mojito** 5.5

**MOJU cold press juice** 4.75

**Asahi Super Dry beer | Red Stripe beer** 4.75

This is a sample menu only. For full menu, please ask a member of staff.

Please let your waiter or waitress know if you have any allergies or intolerances. All bowls may contain tree nuts, peanuts and gluten.

All prices include 20% VAT at the current rate. A 12.5% discretionary service charge will be added to the final bill.