

GUANABARA BOWL MENU

MOQUECA

Poached sea bass, king prawns and vegetables in coconut milk, served with rice and palm oil farofa

FEIJADA

The famous Brazilian black bean casserole with meats, greens, rice, orange and farofa

FRANGO COM QUIABO

Roasted baby chicken with okra and soft polenta

CAMARÃO NA MORANGA

King prawns, butternut squash, soft cheese, rice and palm oil farofa

PICANHA GRELHADA

7oz Brazilian rump steak with plantain, greens, black eyed beans and toasted cassava

GUANABARA SALAD V

Mixed leaves, fresh fruits, mixed nuts, cherry tomatoes, cucumber and açai palm heart with lime and coriander dressing

CARIOCA SALAD V

Mixed leaves, grilled haloumi cheese, cherry tomatoes, extra virgin olive oil and oregano

For a Bowl menu party, we require a minimum of 3 bowls per person
£3.50 per bowl
£3 per vegetarian bowl