

Your Catering

Let Fresh Food Events take care of you and yours on your Big Day

**You've set the date for your celebration so now lets think about the food...
We're passionate about food and service...We know its personal.
Share your vision with us and we'll serve just what you need!**



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Its Personal...

Let's create a menu to meet your taste,
budget and style

Signature Style...

Exquisite food served in a friendly
professional manner

Our Commitment...

The freshest local ingredients,
mean exceptional food

Your Menu ...Just as you want it....



Hi! We're Lesley and Graham and **FRESH FOOD EVENTS** is our family business, established in 2013.

Our business is based on three things, Great Food, Great Service and treating you the way we want to be treated, as friends and with respect.

We'll serve you by putting you first and listening.....

- ✦ **No Packages. No Set Menus. You tell us what you want!**
- ✦ **No Rules.**
- ✦ **Sensible Prices.**
- ✦ **Your menu the way you want it served.**
- ✦ **You're in charge!**



Today we're delivering menus, just as the Happy Couple imagined them, at locations all over South Wales and the South West.

We make you a promise; Our Family will look after your family.

It's not just about food. It's about the way we look after you from our very first meeting, and of course, especially on your Big Day!

We're bespoke Caterers. Just tell us what you want!

We can provide everything you need;

- | | | |
|-------------|--------------------|-----------------|
| ✦ Planning | ✦ MC Service | ✦ Afternoon Tea |
| ✦ Furniture | ✦ Drinks and Wines | ✦ Mains |
| ✦ Linen | ✦ Welcome Drinks | ✦ Desserts |
| ✦ Crockery | ✦ Canapés | ✦ Evening Food |
| ✦ Cutlery | ✦ Starters | ✦ BBQ |
| ✦ Glassware | ✦ Sharing Platters | ✦ Paella |
| ✦ Staff | ✦ Grazing Tables | ✦ Buffets |



Menus in this Brochure are only ideas! Pick and mix or add your own ideas!



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Planning

- + From our very first meeting we'll put everything in writing
- + We want to get to know you and understand the best way to look after you
- + We'll version control your Catering Proposal, until its exactly right
- + Just tell us what you want!
- + No need to make your final choices until one month before your Event
- + We'll be as flexible as we can
- + We'll also work with your venue to iron out all the details



Furniture, Crockery, Cutlery Linen, Glassware

- + All part of the service, if you need it
- + All included in your proposal priced by item

The Day Before

- + Delivering what you need to set up
- + Checking Final details
- + Partnering with you to make sure the Big Day runs smoothly



On the Day

- + We're there to look after you!
- + Great Food
- + Warm and Friendly Professional Service
- + Smiles all round!



MC Service

- + We'll make sure everyone knows where to go and whats happening
- + We'll introduce you as the newly married couple
- + We'll announce your speeches

Above all we make sure the day runs as planned with fun and laughter!



Waiting Staff

- + We'll provide the staff to serve at Table or man your Buffet, Serve Welcome Drinks and Canapés and of course to clear up afterwards!

Remember, we'll do what you ask us to. You choose your menu and your style!

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Everything you want on your Big Day!



Welcome Drinks

- + Pimms or Prosecco? Bottles of Beer? Waiting Staff will serve and circulate with top ups, and to keep pricing sensible, you provide the drinks and we'll do the rest!
- + We don't charge corkage!



Canapés

- + To welcome guests, Canapés lift an event and put a smile on everyone's face! There may be a theme, or you may just want a balanced mix of tasty treats for your guests.
- + We've put some ideas below – mix and match from the list, or as ever, give us your own ideas!



Some examples.....

- + Smoked Salmon and Cream Cheese Blini
- + Caesar Chicken Tartlets
- + Stilton, Pear and Walnut Tartlets
- + Wild Mushroom and Roast Pepper Bruschetta
- + Tomato and Ham Bruschetta
- + Mini Prawn Cocktails
- + Smoked Duck with Prune
- + Mini Toad in the Hole
- + Goats cheese & plum chutney on artisan bread
- + Mini tacos with prawns, avocado, sour cream, coriander
- + Smoked Chicken with Mango Salsa Tartlet
- + Crispy Bacon Guacamole on Rosemary Bread
- + Chicken Tikka & Mango Chutney on Naan bread
- + Smoked Salmon and Feta Blini
- + Tiger Prawn and coriander Crostini
- + Watermelon, cured ham and feta on a skewer
- + Ratatouille and parmesan tartlet
- + Roast Pepper cream cheese and pine nut crostini
- + Grilled halloumi wrapped in Parma ham
- + Roast Vegetable and Feta Crostini



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To Table....

Remember these are just examples – we serve what you ask for!



Example Starters:

- + Home Made Soup –Tomato, Minestrone, Vegetable, Sweet Potato & Coconut....
- + Pressed Ham Hock, Split Pea and Parsley Terrine served with crusty bread
- + Course Game and Port Wine Pate served with Bruschetta
- + Duck Parfait with Orange and Cointreau Glaze served with Brioche Bruschetta
- + Butternut Squash & shaved Fennel Salad with Pine Nuts (V)
- + Goats cheese Tartlet (V)
- + Sharing Platters of Olives, Oils, Breads, Hummus and Antipasti; Stuffed Peppers, Artichoke Hearts, Sun dried Tomatoes etc – placed in the centre of the table for your guests to share.



Example Mains:

- + Beef in Creamy Peppercorn Sauce, served with Wild and White Rice and Seasonal Vegetables
- + Chicken Breast stuffed with Caerphilly Cheese, Wrapped in Bacon, in a Roast Cherry Tomato Sauce, Steamed New Potatoes and Seasonal Vegetables.
- + Sharing Boards of Mixed Roasted Meats
- + Slow Roast Beef in a Red Wine and Shallot Jus with Seasonal Vegetables and Baby New Potatoes
- + Fillet of Salmon in a Dill and Cream Sauce, dressed with Cockles, served with Steamed New Potatoes & Fresh Kale
- + Rump of Lamb with a rich Redcurrant Sauce, Gratin Dauphinoise and Steamed Seasonal Vegetables.
- + Loin of Venison wrapped in Pancetta with a Sloe Gin and Blackberry Sauce
- + Pan Fried Duck Breast in an Orange and Port Sauce with Watercress, Grapefruit and Charred Baby Gem Salad
- + Roast Vegetable Stack in Home Made Tomato Sauce (V)
- + Stuffed Yellow courgettes with Minted Beans and Red Onions(V)
- + Spinach and Feta Filo Pastry Pie (V) / Vegetable and Chick Pea Tagine(V)
- + Poached Salmon in Avocado and Yoghurt Dressing (Pescatarian)



Example Desserts:

- + Trio of Dessert au Choix
- + Tartlette au Citron, raspberry coulis & fresh cream
- + Raspberry Tartlette with Lemon Cream
- + Summer pudding, Fresh Berries and Cream
- + Fresh Raspberries and Cream
- + Individual Eton Mess

Dietary Requirements

We are more than happy to look after all of your dietary requirements. Vegetarian and Vegan options are discussed in partnership, and our service teams will simply deliver the right meals to the right guests. We are happy to provide meals for individual guests that take away all the worries about dietary requirements. Gluten Free, Lactose Intolerant, Nut Allergies, Halal, Kosher, Shellfish or any other requirements will be met with the minimum of fuss.

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Grazing Tables

Move on from traditional cold buffets with a Grazing Table in the style of your choosing...
Spanish, Farmhouse, Mediterranean...as ever, it's your choice! Choose all your ingredients!



Farmhouse...

Mini Sausage Rolls
Pork Pies,
Onion Bhajis,
Ham & Cheddar Cheese Cubes,
Pickled Onions,
Mini Quiche,
Cherry Tomatoes,
Rocket,
Crackers and Butter



Spanish...

Olives, Arancini Balls, Sundried Tomatoes, Mini Stuffed Peppers, Serrano Ham and Manchego Cheese Tartlets, Patatas Bravas and Warm Mini Chorizo, Bruschetta with Ham and Mushroom, Spanish Omelette, Mini Kebab of Herby Chicken

Mediterranean...

Arancini, Stuffed Mini Peppers, Bruschetta, Mixed Olives, Sundried Tomatoes and Artichoke Hearts, Roast Peppers, Palma Ham and Salami, Breadsticks, Mozzarella Balls



Pinterest Inspired...

Welsh and Continental Cheeses, Artisan Breads and Crackers, Chutneys, Bowls of nuts and savoury nibbles, Grapes, Strawberries, Raspberries, Blueberries, cherries and Kiwi Fruit. Warm Segmented Camembert Petit Fours, Profiteroles. Eclairs, Mini Brownies.

Dessert...

Meringues, Salted Caramel Profiteroles, Eclairs, Brownies, Strawberries, Grapes, Blueberries

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Hot Buffets

For more informal dining, presented in shining Chaffing Dishes and served by our professional staff, the same great food otherwise served to table.

We've included some options below, but just tell us what you want – your day, your way!



Main Course Hot Buffet Options include;

- ✦ Beef in Peppercorn Sauce served with Rice and Salad
- ✦ Chicken Curry served with Pilaf Rice and Naan Bread
- ✦ Chicken in a Creamy White Wine and Tarragon Sauce served with Seasonal Vegetables and Baby New Potatoes roasted in their skins.
- ✦ Slow Roast Beef in a Red Wine and Shallot Jus with Seasonal Vegetables and Baby New Potatoes
- ✦ Trio of Sausages with Mashed Potato, Onion Gravy and Peas
- ✦ Cod in a Spanish Tomato Sauce with Olives and Capers, Patatas Bravas and Salad
- ✦ BBQ Hunters Chicken with Sweet Potato Mash and Salad
- ✦ Stuffed Roast Peppers with Salad and Cous Cous
- ✦ Vegetarian Lasagne
- ✦ Vegetable and Chick Pea Curry



Evening Buffet Options include

- ✦ Pulled Pork in Brioche Rolls, Coleslaw, Salad / Bacon Butties
- ✦ Trio of Butchers Sausages, breads sauces and salads
- ✦ Lasagne with Garlic Bread and Salad
- ✦ Chilli con Carne served with Rice, Tortilla Chips, Guacamole, Sour Cream and Salsa
- ✦ Chicken Curry with Rice, Naan Breads, Bhajis and Samosas
- ✦ Moroccan Meatballs, Cinnamon Rice and Pitta Bread



Mini Dessert Buffet

- ✦ Mini cakes and treats including éclair, chocolate brownies, Lemon Tart, Toffee Blondies and more, displayed on glass and slate, dressed with cut fruit to make a delicious display for your guests to indulge themselves.
- ✦ Cheese Buffet with your choices of cheese dressed with grapes and Celery
- ✦ Perhaps even a Cheese Tower!

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Cold Buffets

If a traditional served meal isn't what you're looking for, and you'd prefer a buffet, that's no problem!

Or Perhaps you'd like a buffet for your Evening Food....

Build your own menus, build on the ideas we've included below...



Example 1

- + Traditional Sandwich Platters on White and Multigrain Breads, including fish, meat and vegetarian fillings
- + Platters of mini wraps, filled with and assortment of continental meats, cured fish, and cheeses.
- + Fresh Baked Sausage Rolls
- + Bruschetta topped with Hummus and a Roast Cherry Tomato (v)
- + Caesar Chicken Tartlets Mini Pizza (v)
- + Tortilla Chips with Salsa and Sour Cream Dips, Mini patisserie platter,
- + Cut Fruit Platter



Example 2

- + Traditional Farmhouse White and Wholemeal Sandwiches
- + Filled Wraps with Meats, Cheeses, Fish, Salad and Chutneys
- + Savoury Bruschetta – Vegetarian and Meat
- + Thin Crust Pizza with Caramelised Red Onion, Buffalo Mozzarella & Wild Rocket
- + Mini Goats Cheese and Baby Plum Tomato Tartlets
- + Thai Chicken Skewers with Peanut Dip
- + Crudité and Breadstick Platter with Hummus & Sweet Chilli Dips
- + Mini Cake Platter with Mini Éclair, Mini Raspberry Cheesecake Tarts and Chocolate Brownies
- + Cheeseboard with Welsh and Continental Cheeses, Fig Chutney, Celery, Grapes and Crackers.
- + Luxury Cut Fruit Platter

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Paella; Putting on a show!

Imagine the scene...Huge pans of Paella cooked live for your guests' entertainment;



Tapas to begin? Maybe a Grazing Table...

- ✦ Stuffed Mini Peppers
- ✦ Spanish Omelette (Frittata)
- ✦ Roasted Pepper and Onion Bruschetta
- ✦ Patatas Bravas
- ✦ Serrano Ham and Manchego Cheese Tartlets
- ✦ Chorizo Bites
- ✦ Salami
- ✦ Cherry Tomatoes
- ✦ Flatbreads



The Main Event...

- ✦ A Fish Paella with King Prawns, Prawns, Mussels and White Fish
- ✦ A Meat Paella with Sausage, Chorizo, and Ham
- ✦ A Vegetarian Paella with tomatoes, beans, chickpeas and peppers
- ✦ Or any combination....

.....All served with fresh crispy salads and Artisan breads.



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BBQ;

What does a BBQ mean to you? Hot Dogs and Burgers? Or something more? Here are some ideas...



The Family Friendly One;

- + Quality Beefburgers
- + Butchers Sausages
- + Lemon & Yoghurt Chicken
- + BBQ Pork & Pineapple Skewers
- + Green Salad
- + Tomato Salad
- + Potato Salad
- + Coleslaw
- + Breads, condiments & dressings

Other Ideas..

- + Cajun Chicken
- + Rump of Lamb
- + King Prawns
- + Beef in a Creamy Peppercorn Sauce
- + Chicken Chasseur
- + Pork in Cider
- + Chicken Jambalaya



The Foodie One;

- + Flat Iron Steaks marinated in Olive Oil and Garlic
- + Lemon & Basil Chicken Skewers
- + Char Siu Pork Loin
- + Build your Gourmet Burgers with Brioche Buns, Bacon, Monterey Jack and an assortment of pickles, sauces & dressings.
- + Lime & Ginger Tiger Prawn Skewers
- + Halloumi & Roast Peppers
- + Greek Salad
- + Home Made Coleslaw
- + Rocket, Watercress, Pine Nut and Balsamic Salad
- + Jewelled Cous Cous Salad
- + Buttered, Minted New Potatoes
- + Breads, Condiments, Dressings and Sauces

The Spicy One;

- + Cajun Chicken
- + Mini Corn on the Cob with Chilli & Lime
- + Adobo Pork Steaks (Lime, Garlic & Paprika)
- + Quality Burgers topped with Chilli con Carne & Mexican Cheese
- + Courgette and Red Pepper Fajita
- + Fresh Chopped Tomato Salsa
- + Guacamole
- + Sour Cream
- + Chopped Mexican Salad of Romaine, Cucumber, Cherry Tomato, Avocado, & Corn with Lime & Coriander Dressing
- + Mexican Yellow Rice
- + Breads, Condiments & Dressings



The American One;

- + Slow Cooked Texan Style Beef Brisket
- + Louisiana Style Pulled Pork
- + Hot Dog Sausages with Fried Onion
- + Cajun Chicken
- + Creole Style Slaw
- + Mini Corn on the Cob
- + Caesar Salad
- + Potato Salad
- + Breads, condiments & dressings including American Yellow Mustard.

A Tailored One...

- + Flat Iron Steaks
- + Butchers Sausages
- + Beef Burgers
- + Herby Chicken
- + Haloumi and Stone Roast Peppers
- + Aubergine Parcels
- + Warm Baby New Potatoes
- + Homemade Coleslaw
- + Crudités and hummus
- + Tomato, Mozzarella & Basil Salad
- + Green leaf salad
- + Greek Salad with Feta and Olives
- + Artisan Breads and Butter

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Afternoon Tea

Traditional. Elegant and Tasty....Served on plain white or Vintage China. Just like every other choice, you can build your Afternoon Tea to suit...

Examples of Events served with Afternoon Teas...



- + Sandwiches
 - + Smoked Salmon & Cucumber, Honey Ham & Mustard,
 - + Egg & Watercress, Cheese & Pickle
- + Prosciutto Wraps
- + Cocktail Sausage Rolls
- + Mini Savoury Pastries (Ham and Cheese, Salmon and Meat)
- + Pear, Stilton and Walnut Tartlets
- + Scones with Jam & Cream
- + Lemon Drizzle Cake
- + Mini Eclairs
- + Salted Caramel Profiteroles
- + Chocolate Dipped Strawberries
- + English Tea / Green Tea / Fruit Teas Coffee from Cafetière's
- + Water Jugs and Glasses



- + Sandwiches
 - + Cheese and Pickle, Hummus and Falafel
 - + Smoked Applewood Cheese, Ham Salad, Coronation Chicken
- + Cheese and Onion Rolls, Sausage Rolls
- + Mini Savoury Ham and Cheese Pastries
- + Mediterranean Vegetables (V)
- + Butternut Squash and Sage mini Tartlets
- + Stilton and Apple (V)
- + Crudités and Hummus
- + Scones Jam and Cream
- + Brownies, Coconut Cake
- + Lemon Drizzle Cake, Carrot Cake, Welsh Cakes
- + English Tea / Green Tea / Fruit Teas Coffee from Cafetière's
- + Water Jugs and Glasses



- + Sandwiches
 - + Egg and Cress, Mixed Cheeses
 - + Beef, Ham, Chicken, Prawn Mayo
- + Scones Jam and cream
- + Mini Eclairs
- + Lemon Drizzle Cake
- + Carrot Cake
- + Chocolate Dipped Strawberries
- + English Tea / Green Tea / Fruit Teas
- + Coffee from Cafetière's
- + Water Jugs and Glasses

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Evening Ideas!

Perhaps a second sitting at your all day event...

	<p>Served 'ready to go' with a serviette. No plates or cutlery needed!</p> <ul style="list-style-type: none">✦ Trio of Sausages cooked on the barbecue (Pork Sausage, Cumberland Sausage and Dragon's Breath Sausage), served in long split rolls, with fried onion, ketchup, & mustard.	<p>£8.50 Per Head</p>
	<ul style="list-style-type: none">✦ 6oz quality beef burger, cooked on the barbecue, brioche buns, cheese slices, burger relish, ketchup, barbecue sauce	<p>£8.50 Per Head</p>
	<ul style="list-style-type: none">✦ Slices of thick butchers dry cured back bacon, served in a white floured bap with ketchup or brown sauce	<p>£6.00 Per Head</p>
	<p>The 'Stand and Deliver' option Served in a noodle box with compostable fork. (Choose one to be served to all your guests)</p> <ul style="list-style-type: none">✦ Chicken Curry, Pilau Rice, Naan Breads, Mango Chutney and Onion Bhaajis✦ Chilli con Carne, Rice, Tortilla Chips, Sour Cream, Guacamole, Salsa✦ Moroccan Meatballs, Jewelled Saffron Cous Cous, Fattoush Salad✦ Pulled Pork, Brioche Rolls, Coleslaw✦ Chicken Souvlaki, Flatbreads, Greek Salad	<p>£9.00 Per Head</p>
	<p>The Barbecue (See our main section on BBQ's too!)</p> <ul style="list-style-type: none">✦ Lime & Coriander Chicken✦ Cajun Chicken✦ Pulled Pork✦ 6 oz Quality Beef Burgers✦ Butchers Sausages✦ Green Salad✦ Coleslaw✦ Potato Salad✦ Breads, sauces & dressings <p>Served on Disposable, Compostable plates with Compostable Cutlery</p>	<p>£11.95 Per Head</p>
	<p>Paella</p> <ul style="list-style-type: none">✦ Chicken and Chorizo Paella✦ Vegetarian Paella✦ Flat breads✦ Green Salad	<p>£14.95 Per Head</p>

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Sample Menu..

So you've seen all the choices, and you can have whatever you want! Now let's show you an example...
The Menu built by the Client!

This menu was recently served to one of our Events and provides a good overview of what you might ask us to provide for you. What will we actually do? That's down to you & we'll work together on that!

Canapés

- ✦ Smoked Salmon and Cream Cheese Blini
- ✦ Caesar Chicken Tartlets
- ✦ Stilton, Pear and Walnut Tartlets
- ✦ Wild Mushroom and Roast Pepper Bruschetta
- ✦ Mini Prawn Cocktails

From £6.50

Starters;

£8.50

- ✦ Sharing Slates of Charcuterie, Olives, Oils, Breads, Hummus and Antipasti
Artisan Rolls and Butter

Mains:

£20.00

- ✦ Chicken Breast stuffed with Caerphilly Cheese, Wrapped in Bacon, in a Roast Cherry Tomato Sauce, OR
- ✦ Slow cooked Medallions of Beef in a red wine jus
- ✦ Served with Baby New Potatoes Roasted in their skins, sprinkled with Sea Salt
- ✦ Steamed Seasonal Vegetables / Roasted Root Vegetables

Desserts;

£8.50

- ✦ Trio of Desserts; Lime and Ginger Cheesecake, Chocolate Brownie, Strawberry Shortcake, Raspberry Coulis, Cream

Crockery and Cutlery

£2.00

Glassware; Wine, Water and Fizz Glasses, Water Jug for the table

£0.75

Table Service

£2.00

Three Course Total Per Head Example Pricing VAT inclusive

From £41.75

Furniture, Linen and Serviettes, Table Ware if required

By Quotation

Wine Service

By Quotation

Evening Food; BBQ Chicken in Pittas with Salad and Coleslaw

From £7.50

All pricing includes VAT.

Pricing is indicative and final pricing will depend upon your choices, location, numbers, and service option

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What have other couples said?

Alex and Emma



Graham and Lesley, Thank you so much for bringing our vision to life. The food looked beautiful and tasted amazing. You really put our minds at rest throughout the process and we were confident you would exceed our expectations. Your love of food and knowledge of the dining experience helped inform and shape our wedding menu - the sharing platters went down a treat and gave our guests a chance to get to know each other over the food. From our very first meeting you took the time to get to know us as a couple and really understand what it was we were after. Throughout the planning process you were so flexible, approachable and offered us support and advice beyond our catering needs. We were also grateful to get a tasting session prior to our wedding allowing us the opportunity to work alongside you to create a bespoke menu. On the day itself the service was seamless, professional and we did not have to worry about a thing. We would be only too happy to work with you again in the future and recommend you highly.

Emma and Alex 20th October 2018

Beth and Chris



Lesley and Graham catered for our wedding in August and we could not recommend them enough. Everything from initial contact to the delivery of delicious and superbly presented food on the day was truly faultless. The service they offer is completely different to all the other caterers I contacted in the South Wales area, they allow you to have exactly what menu you would like and do not try to fit you in to 'Menu A, B or C' scenario. This also allowed us to tailor the menu to suit our budget. Graham was a fantastic MC on the day and organised the day seamlessly. All their staff were wonderfully presented and very polite. One of our guests commented that the meal that they had was simply far too good to be wedding food and they delivered this exceptional standard to 80 day guests and then a wonderful paella to 150 evening guests. Thank you so much both 💕

Beth Taylor 17th August 2019

Zoe and Stuart



We cannot thank Fresh Food Events enough for catering our wedding! The food that Lesley and her team produced was impeccable, and we had nothing but compliments, especially the chocolate brownie! (WOW!) As for Graham, you will not find a more professional and caring MC. He looked after us both throughout our entire day making sure that we had nothing to worry about. Couple them both together and your left with one dynamic dream team.

We couldn't have wished for better caterers for our day, and Fresh Food Events made ours extra special!

Zoe Parsons 3rd May 2019

You can see our full portfolio of weddings with menus and feedback at www.freshfoodevents.co.uk/brochures

"Wedding Food isn't meant to Taste this good!" Mike and Holly, February 2020

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