



FRESH FOOD EVENTS

Your wedding... Just as you imagined it....



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High Quality Wedding Caterers serving South Wales and the South West

FRESH FOOD EVENT CATERING LTD

Caerwent, Monmouthshire NP26 5NT



South Wales Wedding
and Event Caterers
of the Year 2018

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



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Hi We're Lesley and Graham and FRESH FOOD EVENTS is our family business. When we married in 2017 no-one else would serve the wedding Breakfast we wanted. So as established Corporate Caterers, we decided to serve weddings our way; No packages. 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.

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



"We chose Lesley and Graham quite simply because they listened to us. After a short conversation Lesley understood the type of food we were looking for, dietary requirements and was able to provide us with lots of ideas. Communication was excellent, Graham provided us with a clear plan of how food would be served and what would be served and when. We had every confidence that Lesley and Graham could deliver and they certainly did... what a great team."

Tiffany Holland (Bride)



- ✦ We want to get to know you and deliver exactly what you want.
- ✦ We will tailor your menu to exceed your expectations
- ✦ We are a family business and care passionately about the service we deliver
- ✦ We work to your instructions
- ✦ We promise we won't break the bank



- ✦ Your Tailored Wedding Menu
- ✦ Your Location
- ✦ Your style of service
- ✦ Your budget
- ✦ Your needs

Planning Furniture Crockery Cutlery Glassware Welcome Drinks Canapés Starters Sharing Platters Mains Desserts
Evening Food BBQ Paella Drinks and Wines

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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! No 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!



- ✦ 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
- ✦ Ham & Pistachio
- ✦ Goats cheese & plum chutney on artisan bread
- ✦ Roast Vegetable and Feta Crostini
- ✦ 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
- ✦ Cockle and Bacon Tartlet
- ✦ Watermelon, cured ham and feta on a skewer
- ✦ Ratatouille and parmesan tartlet
- ✦ Roast Pepper cream cheese and pine nut crostini
- ✦ Japanese chicken meatball with soy dip sauce.
- ✦ Grilled halloumi wrapped in Parma ham



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To Table....Your Wedding Breakfast..

Time to relax and enjoy...The Formal Photos are done, and you've said "Hi" to your Guests. Now sit back and relax. Let us look after you! Enjoy the meal you designed, expertly prepared and served, just the way you want it.



Example Starters:

- ✦ Home Made Soup – choices include Tomato, Minestrone, Vegetable, Sweet Potato and Coconut....
- ✦ Pressed Chicken, Sun Blushed Tomato and Black Olive Terrine served with crusty bread
- ✦ 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
- ✦ Sharing Platters of Charcuterie, Olives, Oils, Breads, Hummus and Antipasti



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, served with Steamed New Potatoes and Seasonal Vegetables.
- ✦ 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.



Example Desserts:

- ✦ Tartlette au Citron, raspberry coulis & fresh cream
- ✦ Raspberry Tartlette with Lemon Cream
- ✦ Summer pudding, Fresh Berries and Cream
- ✦ Trio of Chocolate Mousse, Raspberry Coulis, Cream
- ✦ Fresh Raspberries and Cream
- ✦ Individual Eton Mess



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Vegetarian Dining and 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.

Examples for a Vegetarian Menu...

Starters:

- ✦ Home Made Soup - choices include Tomato, Minestrone, Vegetable, Sweet Potato and Coconut....
- ✦ Butternut Squash & shaved Fennel Salad with Pine Nuts
- ✦ Goats cheese Tartlet
- ✦ 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.

Mains:

- ✦ Roast Vegetable Stack in Home Made Tomato Sauce
- ✦ Stuffed Yellow courgettes with Minted Beans and Red Onions
- ✦ Baked Aubergines with Feta
- ✦ Spinach and Feta Filo Pastry Pie
- ✦ Vegetable and Chick Pea Tagine
- ✦ Poached Salmon in Avocado and Yoghurt Dressing (Pescatarian)
- ✦ Cauliflower and Lentil Curry

Desserts:

- ✦ Tartlette au Citron, raspberry coulis & fresh cream
- ✦ Raspberry Tartlette with Lemon Cream
- ✦ Summer pudding, Fresh Berries and Cream
- ✦ Trio of Chocolate Mousse, Raspberry Coulis, Cream
- ✦ Chocolate Praline Truffles, Amaretti Cream
- ✦ Raspberry and Pistachio Frangipane
- ✦ Fresh Raspberries and Cream
- ✦ Individual Eton Mess

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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!

Evening Hot 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

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

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.



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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 an 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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Evening food at its Finest!



Paella and BBQ; Putting on a show!

So now the Party's really started...The Disco is in full swing or the Band is doing its thing....

New guests have arrived and everyone's hungry!!

We have two options that will delight your guests; Choose from Live Show Cooked Paella in huge Pans or a BBQ to remember.*or perhaps both!!*

Paella;

Imagine the scene... Huge pans of Paella being cooked live for your guest's entertainment;

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

BBQ;

What does a BBQ mean to you? Hot Dogs and Burgers? Or something more?

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

An Example served in 2018

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



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Sample Wedding 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 Happy Couple!

This menu was recently served to one of our couples 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 and 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 £3.30 per head

Starters;

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

Mains:

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

Desserts:

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

From £29.95 per head

Furniture, Linen and Serviettes,
Table Ware if required
By Quotation
Crochery and Cutlery
£2.75 per head

Glassware; Wine, Water and Fizz
Glasses, Water Jug for the table
£1.25 per head
Table Service
£3.50 per head
Wine Service
£1.50 per bottle



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

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The Gallery....And What People Say...



St Tewdrics House, 20th October 2018

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 (Bride and Groom)

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A Barn Wedding at Stowford Manor 15th September 2018

"I just wanted to say a big "Thank You" for making Daisy and Sean's wedding day so special with the delicious food you provided. I have received so many compliments from different guests about the fabulous food.

All your staff were so helpful and kind and Graham ran the event with Military precision; It was so well organised and stress free for me!"

Sally Anne (Mother of the Bride)



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Wedding BBQ at Coed Hills, 8th September 2018

Lesley and Graham were in short amazing in every way. They provided a BBQ buffet for our wedding. The high quality of food, in particular the steaks and the vegan cheese cake, were a particular favourite amongst our guests. So many of our guests have commented on how great the food was.

We chose Lesley and Graham quite simply because they listened to us. After a short conversation Lesley understood the type of food we were looking for, dietary requirements and was able to provide us with lots of ideas.

Communication was excellent, Graham provided us with a clear plan of how food would be served and what would be served and when. We had every confidence that Lesley and Graham could deliver and they certainly did... what a great team.

Tiffany Holland (Bride)



A Marquee Wedding at Walton Castle... August 4th 2018

"Thanks a million the for the great work with the catering. I had so many positive comments from the wedding guests.

Your team performed admirably in the heat, and it was great to see how serving lovely food to 100 or so people at the same time can be done so well, and made to look so easy at the same time."

Danny Bowes (Father of the Bride)

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Caerphilly Castle... July 5th 2018

"Hello Lesley, Just wanted to send you a message to thank you so much for the wonderful food at Josh and Rebecca's wedding at Caerphilly Castle last Thursday. Your food was amazing! The day was so surreal, I wish I could eat it all over again! Oh the cheesecake was to die for! So many people complimented the food. I would also like to say a big thank you for going that extra mile and being so patient and calming at our initial meeting. I also really appreciated the kindness, advice and guidance you gave Rebecca over the weeks before the wedding."

Sarah Dowling (Mother of the Bride)



Caldicot Castle...27th August 2018,

"Lesley and Graham recently provided the catering for our Wedding day. I can honestly say that they really helped make our big day even more special. The service we received was second to none. Everyone we dealt with was always happy to help and willing to give their expert advice where needed, to help the day along. Both the wedding breakfast and the evening buffet were of an incredible standard, coupled with the small touches like napkins that matched our colour scheme, a second dessert for the groom and taming the fussy best man. The high quality food and the care shown to us as the client made this an unforgettable day. In all Fresh Food Events offered us an Efficient, Professional service. Where the food was cooked to perfection, alongside a loving family business that put their heart and soul into their work. We would wholeheartedly recommend them to anyone. Thank You All."

Mike and Meg Higgs (Bride and Groom)

We've catered in so many places....

- | | | | |
|------------------------|------------------|----------------------------|-------------------------|
| ✦ St Tewdric's House | ✦ Usk Castle | ✦ Stowford Manor Barn | ✦ New Bristol Brewery |
| ✦ Caldicot Castle | ✦ Rosedew Barns | ✦ The Glee Club Cardiff | ✦ Drybridge House |
| ✦ Caerphilly Castle | ✦ Coed Hills | ✦ Earlswood Hall | ✦ Chepstow Drill Hall |
| ✦ Walton Castle | ✦ Sugarloaf Barn | ✦ Peterston super Ely Hall | ✦ The Muni Arts Centre |
| ✦ Marquees everywhere! | | | ✦ St Fagans Folk Museum |

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