

**Tel: 01840 211118      [www.thegoodfoodcompany.co.uk](http://www.thegoodfoodcompany.co.uk)**  
**Please call our friendly team to discuss your ideas and for further advice**

## **How to use our brochure**

**We understand and appreciate that planning a wedding can be quite daunting!**

**We have been catering and organising weddings for over 20 years and so you're in safe hands!**

**We love to share our professional advice and will talk through each step from an initial chat, menu development, project management to the Big Day, so you can make informed decisions and enjoy a stress-free planning journey.**

### **Menus**

We offer an exciting range of dishes which includes canapes, served meals, part plated and sharing dishes too. To tickle your tastebuds, we have shown some sample dishes for different styles of food below. For further help and inspiration, **Give Us A Call on 01840 211118**, and we can quickly give you all the help you need, whether you're looking for a set menu or a tailored one. We're very friendly and approachable!

### **Pricing**

The prices shown are based on current values for catering for a three-course meal for 100 adults. Prices are subject to vat. Please refer to our **Planning and Budgeting** guide for information about staff and equipment hire charges. Once we have discussed what style of food you would most like to enjoy, we'll be able to provide you with a budgetary price for your catering, and this will be followed by a full quotation when we know a little more about your preferred dishes and service requirements.

### **Planning**

Our unbridled passion for food is matched by our meticulous organisation.  
Our standard service includes -

- Initial Consultation and Menu Advice via Zoom
- Planning Meeting via Zoom
- Written Catering Plan detailing all the arrangements
- Provision of chefs, Catering Coordinator and waiting staff
- Organisation & ordering of all hired catering equipment including glassware and linen options
- Confirmation Document of Catering Arrangements 3 weeks before the wedding

Please do check out our helpful **FAQs Answered** document for lots more expert advice.

### **Want To Know More?**

If you're feeling hungry after reading our menus, please call us to find out more and arrange a Zoom. We love talking about food and hope to hear from you soon!

**Tel: 01840 211118**  
**[enquiries@thegoodfoodcompany.co.uk](mailto:enquiries@thegoodfoodcompany.co.uk)**

**Canapés**

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Typically we advise 3 to 6 canapés, depending on what time you are getting married, how long you're having for a drinks reception, and how many courses you choose for the wedding breakfast.

**Choose 3 canapés – from £7.00 per person**

**Choose 6 canapés – from £12.00 per person**

### **Served Cold**

Prosciutto, Pear and Gorgonzola Rolls  
Mini Scones with Ham and Port Figs  
Thai Coconut Chicken Skewers  
Sweet Potato Boxes with Chorizo Sausage  
Fig, Prosciutto and Mini Mozzarella Skewers  
Dill Scones with Smoked Salmon & Lemon Cream Cheese  
Tandoori Tiger Prawn Croûtes with Coriander Mayonnaise  
Crab, Avocado and Mango Salsa Spoons  
Crostinis with Cornish Blue Cheese, Pear and Walnut  
Parmesan Shortbreads with Ricotta and Pesto  
Caramelised Onion Tartlets with Gruyere and Thyme  
Watermelon, Feta and Olive Skewers

### **Served Hot**

Baby Chorizo Sausages  
Chorizo stuffed Dates wrapped in Pancetta  
Honey & Sesame Glazed Cocktail Sausages  
Mini Yorkshire Puddings with Rare Roast Beef and Horseradish Cream  
Salt-Crusted Mini Baked Potatoes with Crème Fraiche, Crispy Bacon & Chives  
Scallop and Chorizo Skewers  
Filo Prawns with Sweet Chilli Dip  
Haddock Goujons in Beer Batter with Homemade Tartare Sauce  
Tempura King Prawns with Aioli  
Filo Triangles with Spinach, Feta and Mint  
Red Onion and Gorgonzola Baby Pizzas

*"Your support throughout this whole process has been amazing and you helped us to build the perfect menu for our big day!"*

*Everyone is still raving about the food – it was incredible!!*

*Please also thank the team on the day, they went out of their way to deliver a fantastic service and were super friendly*

*The whole experience will remain a huge part of our memories of a wonderful day and we are so grateful for everything! Thanks again!"*

## **Starter Boards To Share**

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**Sharing dishes is about saying 'I love you' through food.  
All sharing starters are served on attractive wooden boards and are served to each table as an alternative to a starter course with a selection of artisan breads to suit your selection of food. Feel free to pick and mix dishes from any of the ideas below.**

#### **Grazing Dishes**

**something for everyone to graze on while they listen to the opening speeches**

Cornish Artisan Breads  
West Country Butter with Cornish Sea Salt or Olive Oil & Balsamic Vinegar  
Marinated Mixed Olives  
Roasted Almonds    Rosemary Sea Salt Crisps

#### **Seafood Sharing Platter**

St Ives Smoked Salmon  
Smoked Mackerel Pate    Half a Pint of Prawns    Lime Mayonnaise

#### **Cornish Farmhouse Platter**

Ham Hock Terrine    Piccalilli  
Baked Cornish Camembert    Caramelised Onion Marmalade  
Smoked Mackerel    Pickled Beetroot Slaw

#### **Italian Antipasti**

Parma Ham & Salami Selection  
Bufalo Mozzarella    Fresh Basi Pesto  
Parmesan    Sun Blushed Tomatoes    Olives

#### **French Charcuterie and Fromage**

Saucisson Sec    Cornichons  
Baked Camembert with Rosemary & Garlic  
Vegetable Crudites    Celeriac Remoulade

#### **Spanish Tapas**

Serrano Ham & Sliced Chorizo    Potatas Bravas  
Manchego with Membrillo    Chorizo Stuffed Dates in Pancetta  
Leek, Spring Onion & Potato Tortilla with Romesco Sauce

#### **Middle Eastern Meze**

Lamb Kofta with Tzatziki    Feta Stuffed Baby Peppers  
Beetroot Falafels    Good Food Humus  
Flatbreads    Toasted Hazelnut Dukkah

***Please ask for more ideas if you're looking to have a larger choice of dishes!***

## **Plated Starters**

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**Starters help awaken appetites – elegantly plated with fresh flavours and vibrant colour, here are some of our favourites.**

**Seasonal Homemade Soup** Sourdough bread West Country Salted Butter

**Ham Hock Terrine** Homemade Piccalilli, Toasted Sourdough Dressed Salad Leaves

**Chargrilled Chicken Caesar Salad** with Parmesan and Croutons

**Cornish Mackerel Niçoise Salad** Green Beans Quails Eggs Olives Anchovy

**Seafood Cocktail** Smoked Salmon Prawn Baby Gem Marie Rose Sauce

**Serrano Ham** Celeriac Remoulade Watercress

**St Ives Gravdax** Orange and Dill Dressing Fennel Salad

**Crab, Avocado and Mango Salad** Citrus Mayonnaise Padstow Leaves

**St Ives Smoked Salmon on Potato & Chive Pancakes** Horseradish Crème Watercress

**Seared Beef Carpaccio** Parmesan Truffle Balsamic Rocket Pine Nuts

**Potted Crab** Caper Mayonnaise Fennel & Radish Salad

### **Vegetarian & Vegan**

**Avocado, Edamame, Watercress & Pine Nut Salad** with Strawberry and Mint Dressing

**Peach & Burrata Salad** Mint Pesto (v)

**Warm Haloumi and Mint Salad** Green Beans Pomegranate Baby Gem

**Roasted Butternut Squash & Feta Salad** Pumpkin Seeds Blackberry Chilli Dressing

**Wine Poached Pear & Cornish Blue Cheese Salad** Toasted Walnuts Watercress

**Heritage Tomato Salad** Watercress Walnut Oil Cornish Sea Salt

**Camembert Croquettes** Cranberry, Port and Orange Relish Dressed Leaves

**Please feel welcome to share your own ideas if you have any particular dishes in mind – we relish designing menus that reflect your personal favourite dishes.**

## **Main Courses**

**Four seasons –seasonally inspired menus, all showcasing the very best Cornish ingredients. Served with potato and vegetable or salad sides.**

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## **Meat**

**Slow Roasted Spiced Pork Belly** Cider Cream Sauce

**Shoulder of Lamb** Redcurrant & Merlot Gravy Rosemary Jelly

**Chicken & Parma Ham Roulade with Spinach** Tarragon Cream Sauce

**Chicken with Leeks, Lardons & West Country Cider**

**Rump of Cornish Lamb** Rosemary & Lemon Crust Redcurrant & Port Jus

**Rolled Roast Sirloin of Local Beef** Thyme and Black Pepper Crust Bordelaise Sauce

**Duck Breast with Blackberry & Merlot Sauce** Sweet Potato Mash Spiced Red Cabbage  
**Rack of Lamb** Sauce Vierge Green Beans Broccoli

## **Fish**

**Sea Bass with Salsa Verde** Chargrilled Lemon

**Baked Cornish Hake Steak with Lemon Butter Sauce**

**Roasted Fillet of Cod** Aioli Capers

**Salmon Fillet with Prawn Sauce** Tiger Prawns Watercress

**Individual Luxury Fish Pie** Salmon Hake King Prawns Lemon Caper Sauce

## **Vegetarian and Vegan**

**Mushroom, Leek and Gruyere Filo Strudel** Chive Cream Sauce

**Sweet Potato and Beetroot Strudel** Kale Pesto

**Roasted Cauliflower** Salsa Verde Toasted Hazelnuts

**Provençal Aubergine and Roasted Tomatoes** Basil and Polenta Cake

**Roasted Tomato and Shallot Tart Tatin** Parmesan Balsamic Chives

## **Sharing Feasts and Bowl Meals**

**Sharing Feasts and Bowl food have become a popular way to enjoy a nice relaxed, informal meal with your fellow guests.**

## **Sharing Dishes**

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Red Wine-braised Beef Short Ribs  
Bourbon Braised Brisket of Beef  
West Country Rolled Sirloin of Beef, Creamed Horseradish (carving sets optional)  
Rolled Leg of Lamb, Redcurrant and Merlot Gravy, Mint Jelly  
BBQ Pulled Pork with Smoky Ketchup & Boston Slaw  
Porchetta – slow-roasted Italian style Pork with Fennel  
Butterflied Cornish Lamb with Raz El Hanout  
Chicken Shawarma with tahini yogurt and pomegranate  
Mixed Paella with Chicken, Chorizo, Crevettes, Mussels, Squid and Prawns

### **Main Bowls**

Steak & Ale Pie with Red Wine Gravy  
Beef Bourguignonne  
Lamb, Chickpea & Apricot Tagine  
Spanish Chicken Basquaise with Peppers, Shallots, Tomatoes, Black Olives and Lemon  
Catalan Style Hake, Chorizo and Cannellini Bean Stew  
Luxury Fish Pie with Salmon, Pollack, Prawns and Smoked Haddock

### **Vegetarian and Vegan Dishes**

Roasted Leek, Courgette & Potato Tortilla  
Black Bean, Sweet Potato and Peanut Stew  
Coconut, Butternut, Black Lentil & Chickpea Curry  
Provençal Vegetable Ratatouille

### **Side Bowls**

Skin-on Crushed Cornish Mids with Olive Oil & Cornish Sea Salt – variations to suit  
Wild Garlic Smashed Potatoes  
Dauphinoise Potatoes  
Casablanca Couscous  
Roasted New Potatoes with Thyme & Garlic

## **Salads & Side Dishes**

**The key to our salads and side dishes is top quality ingredients to deliver fresh, exciting flavours. We use a wide range of herbs and natural fruit essences in our dressings, allowing the symphony of the seasonal flavours to shine through.**

Caprese Salad with Mozzarella, Basil, Olive Oil and Cornish Sea Salt

Organic Padstow Leaf Salad with Summer Herbs and Honey & Mustard Dressing

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Rainbow Pickled Slaw with Carrots, Pears, Red Cabbage and Spring Onion  
Heritage Tomato Salad with Tarragon Vinaigrette  
Quinoa Salad with Beetroot, Raisins, Spinach & Walnuts  
Tomato, Parsley, Mint & Chickpea Tabbouleh with Lemon Vinaigrette  
Lemony Baby Gem, Fennel & Fine Bean Salad  
Watercress, Roasted Red Onion, Chickpea and Pistachio Salad with Citrus Dressing  
Sweet Cherry Tomato and White Beans with Basil Vinaigrette  
Ligurian Green Bean, Orzo and Pine Nuts with Fresh Basil Pesto Dressing  
Chunky Potato Salad with Grain Mustard Dressing, Chives and Parsley  
Baked Potato Salad with Spring Onion, Radishes, Chives and Sumac  
Persian Rice Salad with Roasted Nuts, Pomegranate & Dried Fruit  
Watermelon, Feta and Niçoise Olive Salad  
Griddled Aubergine, Courgette & Butternut Salad with Crumbled Feta

## **Vegetables**

Seasonal Vegetables with Olive Oil and Sea Salt  
Fricassee of Petit Pois & Baby Gem Lettuce  
Roasted Courgettes & Piccolo Vine Tomatoes  
Harissa Roasted Roots  
Roasted Mediterranean vegetables

## **Paella Catering**

We love Spanish cuisine and are proud to offer you a unique eating experience with all the colour and excitement of a traditional Spanish paella fiesta.

Paella is *the* perfect dish for sharing with friends. The sense of theatre, the aromas and of course the flavours will enthuse and enchant your guests, for one of the most memorable weddings they've been to.

As the first company to bring paella catering to the West Country we have a huge range of pan sizes to suit every size of wedding. We can serve the paellas direct from the pan, or we can bring a sharing pan to the tables for guests to share, or, of course, serve it plated – the choice is yours.

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We combine authentic Spanish ingredients – Callasparra Rice, Spanish Saffron and Seasoning, and Chorizo Sausage from leading Spanish food importer Brindisa – with the best local ingredients to create the most flavoursome paellas. Here are just a few ideas:

### **Paella Mixta**

This is the recipe that springs to mind when most people think of paella. With the combination of sweet prawns and mussels teamed with rich chorizo sausage and tender chicken, it is easy to understand why few can resist this delicious dish.

### **Paella Pescado**

One for those that want to celebrate the fruits of the sea when they're in Cornwall; this paella is a feast for the eyes as well as the stomach, combining squid, prawns, mussels and monkfish with rice cooked in a wonderful fish broth.

### **Paella de Pollo, Sachicha Y Champinones**

The perfect choice for those who don't like seafood; a paella from Madrid which uses succulent pieces of chicken with chorizo sausage and mushrooms

### **Picadillo Paella**

This is a mixture of ground beef, chorizo sausage and pork sausage with peppers, garlic, tomatoes and mild green chillies. Sherry-soaked raisins and spices make this paella particularly Moorish in its flavour.

### **Paella Vegetariana**

This paella is so moist, full of flavour and substantial that it will satisfy vegetarians and meat-eaters alike. The combination of mushrooms, courgettes and tangy artichoke hearts with saffron-infused rice is simply magical.

## **Plated Desserts**

**The perfect finale for your meal.**

***Can't decide? Choose your two favourite desserts or ask us about our Bride and Groom desserts and trio desserts.***

**Summer Berry Eton Mess**   Strawberry Coulis   Chantilly Cream   Meringue Dust

**Lemon Posset**   Amaretti Biscuit

**Goosey Chocolate Brownie**   Warm Caramel Shot

**Individual Fruit Pavlova**   Lemon Cream   Cherry Compote



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**Individual Sticky Toffee Pudding** Butterscotch Sauce    Vanilla Ice Cream

**Chocolate and Almond Torte**    Raspberry Coulis    Clotted Cream

**Chocolate Mousse Cup**    Redcurrants    Biscotti

**Passion Fruit Brulée**    Almond Biscuits

**Apple and Blackberry Crumble**    Cornish Double or Clotted Cream

**Strawberry and Lime Cheesecake**    Ginger Biscuit Base    Strawberry Coulis

**Banoffee Pie**

## **Vegans**

We can adapt many of our desserts to suit vegans and gluten free guests, or why not try a vegan dessert that everyone will love!

**Salted Caramel Chocolate Cheesecake**    Raspberries

**Strawberry Crumble Cups**    Coconut Whipped 'Cream'

**Orange and Pistachio Polenta Cake**    Strawberries    Cashew Cream

## **Trio Desserts**

For a real treat we can create a tasting dessert plate based on your favourite dishes.

**Salted Caramel Chocolate Mousse**

**Eton Mess Shots**

**Lemon Posset with Amaretti**

**Baileys Cheesecake**

**Mini Chocolate Brownie**

**Passion fruit and Coconut Cheesecake**

## **Sharing Desserts and Cheese**

**For a fun finale to your meal, why not choose your favourite dessert as a centrepiece for each table, allowing guests to tuck in and share?**

### **Sharing Dessert Dishes**

**Deconstructed Mess** – Baby Brownies, Meringues, Summer Berries, Whipped Cream, Raspberry Coulis

**Profiterole Tower** – Profiteroles with Chantilly Cream, Chocolate Sauce, Strawberries

**Italian Dessert Board** – Chocolate & Almond Torte, Tiramisu Shots, Amaretti & Biscotti

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**Cheese Boards** – Your favourite cheeses served with a selection of crackers and biscuits, grapes, figs, celery & homemade chutney

**Cheese & Pork Pie Towers** – These make a stunning finale for your meal. Served with chutneys, crackers, grapes and figs for guests to graze on throughout the evening.

## Children's Menu

We can offer a few options for child guests aged less than 10 years, and we would suggest that you chat to the parents and be guided by their general consensus of opinion.

Smaller portion of the adult main menu

Or please choose one of the following options for all the children that require an alternative main dish.

Tomato & Cheese Pasta Bake  
Chipolata Sausage & Mash  
Cottage Pie  
Homemade Lasagne  
Chicken or Fish Goujons with ships and Peas

Alternatively, we can provide Picnic Bags which will contain a sandwich, a savoury snack, cheese, a little pasty, jelly, cake, other treats and a carton of juice. The picnic bags are especially useful for toddlers as they recognise everything, and they can eat with their hands!

**Children's two course meals from £15.00 per child under 10 years**

## Evening Food

### Cheese Platters

Your favourite Cornish, British or Continental cheeses  
All cheeses are served with crackers, biscuits, grapes and chutneys

We can also build and decorate a Cheese Wedding Cake as an alternative to a sweet wedding cake. The whole rounds of cheese can then be dissembled and set out on cheese platters in the evening. The cost of cheese wedding cakes varies depending on their size and style of décor (fruit, flowers, ribbons, etc.). Why not add a pork pie tier too!

Please contact us for further assistance - with years of experience running a large cheese shop and delicatessen, we have all the experience to help guide you.

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### **Buffet Pasties**

The traditional Cornish pasty may be the obvious choice for evening food at your Cornish wedding, but it sure hits the spot late in the evening when the beer is flowing and the temperature falls!

Our local pasty supplier makes the most delicious small pasties – the perfect size for holding and filling a hungry tummy.

### **Sausage or Bacon Bap**

Lovely, griddled Cornish bacon and Squire Trelawney sausages served with everybody's favourite sauces

### **Slow Roasted Pork or Pulled Pork Baps**

Slow roasted pork pulled and served in soft, floured rolls with coleslaw accompaniment. Just let us know your preferred style; we can offer everything from traditional thickly sliced pork with apple sauce to Texan style barbecue pulled pork.

### **Pizza Slices**

A selection of pizza slices with your favourite toppings.