



FRESH FOOD EVENTS

**We're passionate about food and service...We know its personal.
Share your vision with us and we'll serve just what you need!**



**Client focussed Event Catering of the highest quality with service to match.
Full service catering operating across South and Mid Wales and the South West**

Weddings | All Family Events | Business Catering | Film and TV Location Catering

FRESH FOOD EVENT CATERING LTD

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Its Personal...

No Rules, No Packages
You Set The Menu!

Signature Style...

Our Professional Informality
Ensures Smiles All Round

Our Commitment...

Great Food and Superb Service
We Promise You Both!

FRESH FOOD EVENTS is a family business, founded in 2013 by Lesley, operated together with husband Graham since 2017, and from 2025, Kerrie, our magnificent Lead Chef, has also become a part owner. Charmaine, with a decade of experience, is our fabulous Event Manager. Today, we have a brilliant staff of 24, all waiting to serve you!

Fed up of being offered fixed menus? We put you, our client, in charge!

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

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, starting from our very first meeting!
No-one else provides the all embracing service that we do!



Kerrie will assure your menu



Graham & Lesley



Charmaine assures your whole day

One place to go for everything you need!

Its not just about the food! Whatever you need for your day, we'll provide it for you. Staff, Crockery Cutlery Furniture, Drinks....just name it!

And of course, Great Food!



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Your Wedding Catering

Let us take care of you and yours on your Wedding Day

First and foremost; Congratulations - You're getting married!

After the ceremony your dining will be at the heart of your day, so we go further than just the food – we're there to look after you, managing the day, doing everything you need. Our aim is to deliver your Wedding Day just as you imagined it! We've served over 450 weddings since 2017 – our experience is there for you!

You'll tell us the menu you want. No rules and no packages . You're in charge!



Planning



- + From our very first meeting we'll put you in charge. We'll listen and put your instructions to us in writing
- + We want to get to know you and understand the best way to look after you
- + Your assigned Event Manager will version control your Catering Proposal, until its exactly right. Just tell us what you want!
- + You don't have to make your final choices until six weeks before your Wedding Day
- + We'll be as flexible as we can and work with your venue to iron out all the details
- + We can even provide an MC Service for you.

Staffing, Furniture, Crockery, Cutlery Linen, Glassware



- + We'll provide the staff to serve at Table or man your Buffet, Serve Welcome Drinks and Canapés, your meal, and of course to clear up afterwards!
- + 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 and Checking Final details
- + Partnering with you to make sure the Big Day runs smoothly

Your Menu – Set by you!



- + Drinks Service, Canapes, Mains, Desserts, Evening Food....
- + Choose your favourites for every course – no set menus from us!
- + Pre-ordered choices for every course
- + All dietary requirements met
- + Children's Menus
- + Tastings
- + Have a look at what we've served for other couples in the Food and Drink Section later. Don't be limited though! Ask us for exactly what you want!

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

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What have other couples said?

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

Since 2018, we've served so many weddings and so many couples have been kind enough to send us their thoughts afterwards. Here are some, but you can find so many more on our website and in our Portfolios.

Zoe and Stuart



3rd May 2019

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!

Catherine and Ross



3rd September 2022

Without hesitation, we would wholeheartedly recommend Fresh Food Events to anyone considering their services for future events. From the beginning, their organisation and attention to detail really shone through, and allowed us to relax in the knowledge that everything was in the very best of hands. The day itself has left our guests complimenting the service, food and MC'ing continuously and has not stopped since! Graham's presentation skills and his amazing team of servers was only outshone by the genius of Lesley's culinary skills - our guests faces when the 15cm puff pastry pies were brought to the tables was a sight to behold. We thank you both for contributing so perfectly to our day, and hope our paths cross again in the future!

Emma and Rachel



23rd Sept 2023

Pure perfection from Graham and the team! From the first time we spoke (2 years before the wedding) at Cheltenham Wedding Fayre right through to the after care and memento of our BIG day. Absolute amazing team! It all ran so so smoothly and the team were so friendly, attentive and efficient.... We couldn't have asked for it to go any better.

The food was sublime! Canapes, sit down main and dessert grazing table..... outstanding taste that had pure elegance. They are a busy team but made us feel for months that it was only our wedding and desires that mattered. We cannot thank you enough!!

All the best, from a very happy Mrs and Mrs Underwood 💕💕

Olwen and Tanguy



7th Sept 2024

We had an absolutely fantastic time and please pass on our great thanks to Charmaine, Kerrie, Jamie, and everyone else involved. We were delighted with the food and the service and your staff are wonderfully organised, professional and thoughtful.

Alice and Callum



3rd Nov 2024

We can't thank you all enough for making our day so special with your food! All guests loved the appetisers, wedding breakfast and raved about the evening barbecue (the brides favourite was the chicken wings!! Lush!!!). We'd love to thank Graham, Charmaine and the team for looking after us, Charmaine was excellent checking on us throughout the day, making sure we where fed, our food was tasty and being a lovely person! Will definitely be recommending you to other friends and family in the future!!!

Thank you so much! Mr and Mrs Pace-Evans x

See our full portfolio of weddings with menus & feedback at www.freshfoodevents.co.uk/brochures

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Private Events

We often cater at home in Village Halls, or in large Country Houses where families have come together to celebrate.

An all inclusive service with tailored menus, service styles to match your event, and we'll even wash up afterwards!



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Catering at Country Houses

As ever we'll tailor a menu to suit and our full range of services is on offer, (see later in this brochure), but can also offer the following packages;

Pricing is based on choosing up to two items for each course. Minimum Numbers apply. We will of course look after any dietary requirements.

Menu 1 £45 per head

Starters

- ✦ Homemade soup with rustic bread and Welsh salted butter (leek & potato, red pepper and tomato, curried sweet potato and coconut)
- ✦ Prawn cocktail salad with Mary rose and lemon dressing
- ✦ Trio of melon balls and Parma ham with a raspberry dressing
- ✦ Brussels pate with apple chutney and toasted baguette

Mains

- ✦ Chicken breast wrapped in prosciutto with white wine and mushroom sauce
- ✦ Hand carved sliver side of beef with Yorkshire pudding and rich red wine gravy
- ✦ Nutless roast with tomato sauce
- ✦ All dishes are served with skin on roasted new potatoes, honey thyme roasted carrots and parsnips with steamed broccoli

Desserts

- ✦ Triple chocolate brownie with raspberry compote and cream
- ✦ Warm sticky toffee pudding with ice cream
- ✦ Lemon tart with fresh berries and cream
- ✦ Eaton mess with mix berry compote topped with fresh Chantilly cream and meringue



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Menu 2 £55 per head

Starters

- ✦ Smoked salmon and cream cheese blini with dill and lemon dressing
- ✦ Pan fried wild mushroom with white wine and garlic cream sauce in top of toasted brioche bread
- ✦ Ham hock terrine with plum chutney with a rocket salad
- ✦ Mushroom and crumbly blue arancini balls with tomato relish

Mains

- ✦ Chicken supreme stuffed with mushroom duxelles and creamy tarragon sauce
- ✦ Slow roasted feather blade of beef rolled into a Ballantine with redcurrant jus
- ✦ Baked cod loin topped with Welsh rarebit
- ✦ Mushroom & cranberry wellington with white wine cream sauce
- ✦ All served with herb crushed new potatoes, roasted chantey carrots and tender stem broccoli.

Desserts

- ✦ White chocolate & raspberry cheese cake with raspberry compote
- ✦ Crème brulée with vanilla short bread
- ✦ Dark chocolate torte with blood orange compote
- ✦ Strawberry pavlova with Chantilly cream



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Menu 3 £65 per head

Starters

- ✦ Bruschetta with lime, chilli and coriander marinated king prawns
- ✦ Baked camembert with thyme, honey and walnuts served with dipping bread
- ✦ Sticky belly pork bite with Asian coleslaw
- ✦ Beef short rib croquette with a Cumberland sauce

Mains

- ✦ Striploin of beef with a Yorkshire pudding and a rich red wine jus
- ✦ Pan fried seabass with lemon and caper dressing
- ✦ Confi duck leg with orange and star anise sauce
- ✦ Goats cheese and field mushroom tian with spinach and a sundried tomato sauce
- ✦ All served with slow roasted fondant potato and heritage carrots, with sauté Cavo Nero

Desserts

- ✦ Vanilla panna cotta with strawberry compote
- ✦ Lava chocolate fondant with clotted cream ice cream
- ✦ White chocolate and raspberry brioche bread and butter pudding with nutmeg crème anglaise
- ✦ Summer berries tart with light vanilla Chantilly cream



*Images for menus are illustrative of the style served by Fresh Food Events and may not represent the actual meals proposed

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What have other people said?

Maria Boyle



Just a short note to thank you and your team so very much for making my birthday celebrations such a success. Your attention to detail, professionalism, friendliness, customer focus, reliability and communications were all superb and really took the hassle off us on what was a really busy weekend. The food was scrummy. Everyone was raving about the starter platters on the first night along with the puddings (of course!) and the tenderness of the meat dishes. It was just fabulous all round.

Once we summon the energy to party again, we will be in touch!

Maria Boyle 31st May 2021

Alison Heming



It was a really special day which was made even more memorable by you, your team and the amazing food! I cannot thank you enough for making it such a wonderful occasion, everything was beyond perfect, I would love to have you all here permanently!! Gina & Tom loved you all!

Please pass on my thanks to Michelle and Callum, as they were both amazing and left the kitchen immaculate. We enjoyed the rest of the food yesterday! I can't wait to have you all here again! Many thanks once again, you're amazing. Best wishes

Alison & Co. 22nd November 2021

Emma Horton



Just wanted to share the incredible work of Fresh Food Events.

From the absolute get go, communication has been exceptional which is so reassuring when you're planning a large event. The suggestions, guidance was so in keeping with my vision. They really strive to capture exactly what you're looking for. The food was absolutely sublime. We opted for a grazing table and it was just perfect! It literally looked too good to eat! If you're thinking of sourcing a catering company, Graham and Lesley will not let you down. Faultless and beyond brilliant!

Thank you so so much to everybody at Fresh Foods. ❤️

Emma Horton 28th November 2021

Helen Kirkaldy



What a fabulous day! I had endless compliments about you, your friendliness, your food, your connection with my guests, and your efficiency!

Helen Kirkaldy 12th June 2022

Karen Haynes



Just wanted to say thank you to you, Kerrie and Jemma for the wonderful meal we all enjoyed for Mum's 90th birthday. The food was amazing and the service with smiles and jokes was exceptional. And when we went in the kitchen some time after you'd gone it was all cleared away and spotless, something we all remarked upon and appreciated. From the first time I spoke to you regarding the event you have been so helpful and made sure that the organisation was easy and stress free so a personal thank you to you from me for that. We will all remember the weekend and particularly the meal on Saturday as a highlight. Please pass on our thanks to Kerrie and Jemma, you were all amazing! As one of the lucky 18 who enjoyed the wonderful meal on Saturday evening I can confirm that the cheesecake was as delicious as it looks. The whole meal was superb, Graham, Kerrie and Jemma were brilliant, it all seemed so effortless and relaxed, perfect for our family gathering. Thank you.

Karen Haynes 5th April 2023

Emma Baker



What an absolutely outstanding night!

Top top service! Emma Baker 25th Jan 2025

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Catering for Business

From Staff Rewards, Product Launches, Training Days to Gala Dinners for 300 People, we'll deliver what you ask for.

We'll provide a one stop shop for your event needs – give us your brief and watch us deliver beyond your expectations.

Why choose Fresh Food Events?

- ✦ Organising and Catering an Event is time consuming.
- ✦ We'll take your brief, save you time, and exceed your expectations.
- ✦ Detailed proposals with itemised costings
- ✦ You'll be impressed. So will your Friends, Family, Partners and Clients.
- ✦ We've an enviable reputation for delivery.
- ✦ We're waiting to serve you.....



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What have other business and organisation said?



Great to work with you for the awards, feedback has been great from the guests. Thanks for all your help with the military planning operation!
 Liz Brookes Director **Grapevine Event Management Ltd**

The Geraint Thomas Welsh National Velodrome



It tasted as good as it looked! Hayley Thomas-Jones

The Royal Monmouthshire Royal Engineers



Once again may I pass on my highest regards for your service on Friday evening. You and your staff arrived on time, very smartly dressed, and provided a respectful, faultless service. I was instantly put at ease, and happy to trust the proceedings. The food was delicious, and exactly what was needed to make the night a pleasure. I would happily recommend you and your team to any venue. I hope to use you again in the future, and wish you all a Merry Christmas and a prosperous New Year.
 SSGT M C APPLEBY | RRMT SNCO



I'm unsure that words can describe just how incredible you are as a team, you service was fantastic, the food was beautiful, we have been bombarded with compliments on the whole evening but especially the food.
You made our evening an enjoyable experience, you made sure everything went smoothly and took charge which was invaluable to us. What we had pictured in our minds was exceeded beyond expectation on the night. Honestly would recommend your company to anyone, we will definitely be in touch for our next event.
 Thank you, Thank you, Thank you from all of us at M&M Trailers



We had the pleasure of using Fresh Food Catering for two weeks while we stayed in Monmouth, Wales. Leading up to the trip, Lesley and I spoke and emailed regularly about menus, favourite and new dishes and dietary restrictions. Her creativity and talent shined through each dish and there was never a meal where the 18 of us didn't walk away saying "that was amazing!" Her team is thorough, organized and communicates well with everyone. Lesley and Graham, along with the staff, are gracious, fun, and friendly. It was a joy to spend time with the Fresh Food Catering family and I highly recommend them...5 stars isn't enough!



An excellent job all round, we'll see you again next year!

The Food and Drink

We can't say it often enough!! No rules. No packages. Simply tell us the menu you want, and we'll deliver it. What follows are ideas not menus! You can have whatever you want!

Drinks Service

You provide the drinks and we serve them , or we provide the drinks too – The choice is yours. We don't charge corkage!



Leave it to us...

When we meet with you the day before, we will take charge of your Wines, Beers & Soft drinks etc and manage their service as follows;

Chilling

We will provide Trugs and Ice to chill white and sparkling wines provided by you. Red wines provided by you will be held at room temperature.



Welcome Drinks

Pimms or Prosecco? Bottles of Beer? Mulled Wine? Mulled Cider? Formal or Informal? We will set up tables with Cloths and Ice Buckets and Glassware etc and serve the drinks to your guests.

Waiting Staff will serve and circulate with top ups.



Table Wine

Wine Chilling, bringing to Table and opening until the end of the meal.



Toasting Wine

Wine Chilling, Pouring at Table



Tea and Coffee

Served at Table or we can provide a Self Service Station for guests to help themselves on a bottomless cup basis.

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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!**



- ✦ Roast Pepper Bruschetta
- ✦ Wild Mushroom And Roast Pepper Bruschetta
- ✦ Tomato And Ham Bruschetta
- ✦ Goats Cheese And Plum Chutney On Artisan Bread
- ✦ Rarebit Bites
- ✦ Pate And Chutney On Artisan Bread
- ✦ Honey Mustard Glazed Sausages
- ✦ Mini Toad in the Hole
- ✦ Caesar Chicken Tartlets
- ✦ Stilton, Pear and Walnut Tartlets
- ✦ Chicken Tikka & Mango Chutney on Naan Bread
- ✦ Watermelon, Cured Ham And Feta On A Skewer
- ✦ Ratatouille And Parmesan Tartlet
- ✦ Vegan Mini Tacos Sweet Potato, Avocado, Salsa, Coriander
- ✦ Grilled Halloumi Wrapped In Parma Ham
- ✦ Mini Tacos With Prawns, Avocado, Sour Cream, Coriander
- ✦ Mini Prawn Cocktails (Gluten Free)
- ✦ Smoked Salmon And Cream Cheese Blini
- ✦ Mini Cheeseburger Slider In Ciabatta
- ✦ Roast Beef And Horseradish In Yorkshire Pudding
- ✦ Tiger Prawn And Coriander Crostini
- ✦ Risotto And Cheese Crispy Ball (Arancini)
- ✦ Chicken Satay
- ✦ Crispy Bacon Guacamole On Rosemary Bread



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Starters

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



- ✦ Sharing Slates Of Italian Antipasti
 - ✦ Choose your combinations...examples include
 - ✦ Olives, Oils, Breads, Hummus, Stuffed Peppers, Artichoke Hearts, Sun Dried Tomatoes, Mozzarella Bambini, Feta, Crudités, etc
- ✦ Farmhouse Sharing Slates
- ✦ Tapas
- ✦ Creamed Leek Tartlet
- ✦ Baked Camembert, Dressed With Rocket, Served With Cranberry
- ✦ Goats Cheese And Asparagus Tarts
- ✦ Ardennes Paté, Rocket, Caramelised Onion Chutney
- ✦ Trio Of Melon
- ✦ Trio Of Salmon (Poached, Smoked And Mousse)
- ✦ Prawn Cocktail
- ✦ Peach Panzanella (Salad Made With Peaches And Mozzarella With A Lemon And Caper Dressing)
- ✦ Caprese Salad (Mozzarella Tomato And Basil)
- ✦ Putanesca Pasta
- ✦ Arancini dressed with Rocket
- ✦ Soup – Choose your flavour....
 - ✦ Leek and Potato,
 - ✦ Tomato and Roasted Red Pepper,
 - ✦ Minestrone,
 - ✦ Mulligatawny,
 - ✦ Sweet Potato and Coriander...

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Main Course

Some of the main courses asked for to date...

Beef

- ✦ Medallions Of Beef In A Red Wine Jus With Rosemary And Shallot Jus
- ✦ Beef In Peppercorn Sauce
- ✦ Roast Silverside Of Beef With Yorkshire Puddings
- ✦ Beef Brisket In A Tarragon And Dark Ale Sauce



Chicken

- ✦ Chicken Breast Stuffed With A Mushroom And Onion Duxelle In A White Wine And Tarragon Sauce / Wrapped In Prosciutto, Served In A Marsala Wine Sauce
- ✦ Chicken Breast Stuffed With Stilton Or Caerphilly Or Wensleydale Cheese, Wrapped In Bacon / Prosciutto And Served In A Cream & Mushroom Sauce / Home Made Tomato Sauce
- ✦ Chicken Souvlaki Skewers Served With Flatbreads
- ✦ Chargrilled Chicken In A Pesto Sauce With Mediterranean Vegetables With Wild And White Rice
- ✦ Roasted Breast Of Chicken In A Herby Tomato Sauce
- ✦ Chicken Breast Marinaded In Lemon And Basil



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Fish

- ✦ Salmon Teriyaki, Sprinkled With Toasted Sesame Seeds With Baby Sweetcorn
- ✦ Salmon Fillet Baked In Paper With Lemon, White Wine And Herbs
- ✦ Poached Salmon Fillet In A Light Garlic Butter
- ✦ Poached Salmon In A Greek Yoghurt And Avocado Sauce
- ✦ Sea Bass Fillet With Pak Choi, Jasmine Rice And Asian Slaw.
- ✦ Cod With A Creamy Parsley And Cheese Sauce
- ✦ Cod In A Herby Crust In Tomato Sauce
- ✦ Cod Loin In A Spanish Style Tomato Sauce With Capers, Olives And A Hint Of Chilli



Lamb

- ✦ Roast Rack Of Lamb
- ✦ Slow Roast Rump Of Lamb Dressed With Rosemary And Thyme
- ✦ Welsh Lamb Shank Braised In Red Wine And Shallots



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Duck

- ✦ Pan Fried Duck Breasts Served With An Orange, Ginger And Port Sauce
- ✦ Duck In A Cherry Sauce



Pork

- ✦ Sticky Slow Roast Belly Of Pork With Honey Cumin And Chilli
- ✦ Roasted Pork Belly With Crackling, / Pork Belly In A Light Cider Sauce With Sage
- ✦ Pork Ribs In A Sticky Sauce



Vegetarian

- ✦ Roasted Yellow Courgettes stuffed with a minted bean salad in a home made tomato sauce





Others

- ✦ Venison in Pancetta with Blackberry and Sloe Gin Sauce
- ✦ Fish Paella
- ✦ Sharing Boards of Mixed Roast Meats
- ✦ Sausage and Mash
- ✦ Pie and Mash (Choose your Pie!)
- ✦ Burgers!
- ✦ Joints to be carved at Table
- ✦ BBQ on a Board



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Desserts

A Traditional Dessert Or A Duo or Trio?

Suggestions Below Can Be Individual Desserts Or Mini Versions Combined For Duos Or Trios! If What You Want Isn't On The List, Just Tell Us!



- ✦ Cheesecake – choose your flavour(s); Slices or Shots
- ✦ Banoffee Pie
- ✦ Fruit Crumble
- ✦ Sticky Toffee Pudding
- ✦ Chocolate Brownie
- ✦ Fruit Tart
- ✦ Chocolate Profiterole
- ✦ Salted Caramel Profiterole
- ✦ Chocolate Dipped Strawberry
- ✦ Chocolate Mousse In A Chocolate Cup
- ✦ Lemon Posset
- ✦ Ice Cream
- ✦ Sorbet

- ✦ Chocolate Torte
- ✦ Key Lime Pie
- ✦ Banoffee Meringue Roulade
- ✦ Raspberry & White Chocolate Roulade
- ✦ Treacle Tart
- ✦ Eton Mess
- ✦ Brioche And Butter Pudding With Raspberry And White Chocolate
- ✦ Treacle Sponge Pudding
- ✦ Classic Bread And Butter Pudding
- ✦ Raspberry And White Chocolate Blondies
- ✦ Cut Fruit Platter
- ✦ Cheese Board

- ✦ Lemon Drizzle Cake
- ✦ Mini Raspberry Trifle
- ✦ Mini Scone, Jam And Clotted Cream
- ✦ Macarons De Paris
- ✦ Mini Apple And Raspberry Doughnuts
- ✦ Mini Ring Doughnuts Drizzled With Chocolate Sauce
- ✦ Rice Pudding
- ✦ Strawberry Shortcake Dressed With Edible Flowers



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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!



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



- ✦ 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.... Finger or Fork Buffet, Build your own menus, build on the ideas we've included below...



Finger Buffets

- ✦ Traditional Farmhouse White and Wholemeal Sandwiches
- ✦ Filled Wraps with Meats, Cheeses, Fish, Salad and Chutneys
- ✦ Savoury Bruschetta – Vegetarian and Meat
- ✦ Thin Crust Pizza, 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 & Chocolate Brownies
- ✦ Cheeseboard with Welsh and Continental Cheeses, Fig Chutney, Celery, Grapes & Crackers.
- ✦ Luxury Cut Fruit Platter

Fork Buffets

- ✦ Roast Silverside of Beef with Horseradish Cream
- ✦ Roast Gammon with Ginger and Molasses Glaze
- ✦ Rare Roast Venison with Blackberry Jelly
- ✦ Chicken Liver Parfait, Yakitori Chicken Skewers
- ✦ Shropshire Blue, Pork and Chutney Sausage Rolls
- ✦ Mini Steak and Ale Pies, Mini Chicken & Bacon Pies
- ✦ Cheese Platter with Welsh and Continental Cheeses, Grapes, Celery, Chutney & Crackers
- ✦ Peppers stuffed with Moroccan spiced Cous Cous, Apricots & Pine Nuts
- ✦ Mini Cheese, Leek & Potato Pies, Spinach and Feta Filo Pastry Pie
- ✦ Roast Halloumi & Bulgur Wheat Salad with Mango and Coriander
- ✦ Rosemary, Goat's Cheese and Mushroom Tart
- ✦ Wild and White Rice Salad with Mediterranean Vegetables and Olive Oil
- ✦ Pesto Pasta with Cherry Tomatoes Warm Minted Baby New Potatoes
- ✦ Autumn Vegetable Salad with Saffron Dressing (to include Broccoli, Courgette, Sweetcorn and Tomatoes)



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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? Here are some ideas...Mix and match!



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

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

Other Ideas..

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



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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 & 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

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

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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 Weddings 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 Ground Coffee



- ✦ 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 Ground Coffee



- ✦ 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
- ✦ Ground Coffee

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Evening Ideas

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



- ✦ 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.
- ✦ 6oz quality beef burger, cooked on the barbecue, brioche buns, cheese slices, burger relish, ketchup, barbecue sauce
- ✦ Slices of thick butchers dry cured back bacon, served in a white floured bap with ketchup or brown sauce



The **Stand and Deliver** option Served in a noodle box with compostable fork.

- ✦ Chicken Curry, Pilau Rice, Naan Breads, Mango Chutney and Onion Bhaajis
- ✦ Chilli con Carne, Rice, Tortilla Chips, Sour Cream, Guacamole, Salsa
- ✦ Thai Green Curry
- ✦ Lasagne, Garlic Bread, Salad
- ✦ Moroccan Meatballs, Jewelled Saffron Cous Cous, Fattoush Salad
- ✦ Pulled Pork, Brioche Rolls, Coleslaw
- ✦ Chicken Souvlaki, Flatbreads, Greek Salad

The Barbecue (See our main section on BBQ's too!)



- ✦ Lime & Coriander Chicken
- ✦ Cajun Chicken
- ✦ Pulled Pork
- ✦ 6 oz Quality Beef Burgers
- ✦ Butchers Sausages
- ✦ Green Salad
- ✦ Coleslaw
- ✦ Potato Salad
- ✦ Breads, sauces & dressings
- ✦ Served on Disposable, Compostable plates with Compostable Cutlery



Paella

- ✦ Chicken and Chorizo Paella
- ✦ Fish Paella
- ✦ Vegetarian Paella
- ✦ Flat breads
- ✦ Green Salad

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Fresh Food Events – All about us!

Fresh Food Events; The Full Service, not just the Food...

We promise to look after you from our very first meeting.

- ✦ We want to get to know you and deliver exactly what you want
- ✦ No pre-defined packages. It's your day; You decide what you want!
- ✦ We will tailor your menu to exceed your expectations
- ✦ We care passionately about the service we deliver.

An event or wedding is like a jigsaw with many pieces – just show us the picture and we'll make sure all the pieces fit together!

So as well as agreeing the menu and serving great food, we'll take care of all the details

- ✦ Version Control your Catering Proposal until it is exactly what you want!
- ✦ Recommend and work with other suppliers such as Bars or Photographers
- ✦ Serve meal choices on the Big Day
- ✦ Final Meeting to iron out details
- ✦ Cater for any guests with Dietary Requirements
- ✦ Order and Manage any Hire Ins such as Furniture, Linen, Crockery, Cutlery, Glassware
- ✦ Provide Waiting Staff
- ✦ Liaise with the Venue to make sure the day runs as expected
- ✦ Agree access for set up, preparation and clear down
- ✦ Confirm available kitchen facilities
- ✦ Make sure everyone knows "who's doing what"
- ✦ Liaise with your room dresser on Table settings
- ✦ Liaise with your Bar / Venue on glass provision
- ✦ Attend during set up to ensure there are no snags
- ✦ Master of ceremonies if needed
- ✦ Check Seating Plans especially for guests with dietary requirements

- ✦ Planning
- ✦ Organising
- ✦ Breakfast
- ✦ Venue
- ✦ Room Dressing
- ✦ Furniture
- ✦ MC
- ✦ Service Staff
- ✦ Canapés
- ✦ Starters
- ✦ Wines & Bar
- ✦ Mains
- ✦ Desserts
- ✦ Cake Cutting
- ✦ Hot Buffets
- ✦ Cold Buffets
- ✦ BBQ
- ✦ Paella
- ✦ Tea & Coffee
- ✦ Evening Food

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Meet The Team

FRESH FOOD EVENTS has grown out of a family business.



Today, the Team at **FRESH FOOD EVENTS** serves more than 100 Events a year including around 60 weddings!

Your Event or Wedding will be unique; No one else will have had your menu, beautifully prepared by Kerrie's Team, and no-one will look after you like Charmaine's Team. Its personal!

The kitchen is now led by **Kerrie**, who was the Head Banqueting Chef at the Vale Resort until he took the reins at Fresh Food Events. From the 1st April 2025 he is the Company MD. **Lisa** is his Deputy with the team of **Michelle, Lynette, Callum and Hannah** in support.



Kerrie is known for his ability to serve dishes that leave clients smiling! Hearty, full of flavour, beautifully presented! Remember we work on your instructions – no rules or packages from us! Clients rave about his ability to deliver rich, balanced flavours and we promise no one leaves our Table hungry!



Graham will welcome you aboard at FFE and will work with you on your menu and all things logistical. "Military precision" is the feedback he gets with enviable organisation and service skills! Attention to detail and **putting you first** are his keys to success.

Should you want him, Graham can act as your **Master of Ceremonies**, making sure your guests are led through the day with professional informality and fun!



As we get closer to the day **Charmaine** will take over, and on the day you'll be looked after by **Charmaine, her Deputy Rhya, or Jamie** and their teams.

Charmaine has over a decade of experience of managing weddings and events and receives rave reviews from all our couples. You'll be looked after from start to finish by her Front of House Team.



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What do we do?...

We're recommended caterers in many Wedding Venues.
 We specialise in catering in Barns and Marquees as well as Country Houses.
 We're mobile and completely self sufficient!

Family Events

from Back Garden BBQ's,
 Christenings, Birthdays,
 Funerals and of course
 Weddings



Major Music Events/ Studios for

Artists & Crew; We've fed
 Noel Gallagher, Little Mix, Jason
 Donovan, Human League, Yes,
 Tony Hadley, Ocean Colour Scene,
 Thunder, Alt-J, Stranglers



TV / Film Shoots for Crew & Artists;

The Big Question, The Victorian House of
 Arts and Crafts, The Outlaws and so many
 film companies; Mentorn TV, Aardman
 Films, Biscuit Filmworks, Just So Films,
 Lion TV.....



Business Meetings of every Type and Calibre.

Amazon, L'Oreal, Historic
 England, M&M Trailers, Army
 Regimental Dinners,
 Monmouth and Torfaen
 Business Awards.....



Professional Footballers at The

Welsh FA. Since 2013 we have
 been the sole caterer at Dragon
 Park. Thierry Henri, David Ginola
 and Peter Crouch (amongst others)
 love our food.



Anything you ask for!

*We're bespoke caterers so name your
 menu and location, and we promise you an
 event to remember!*



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