

ABOUT US.....

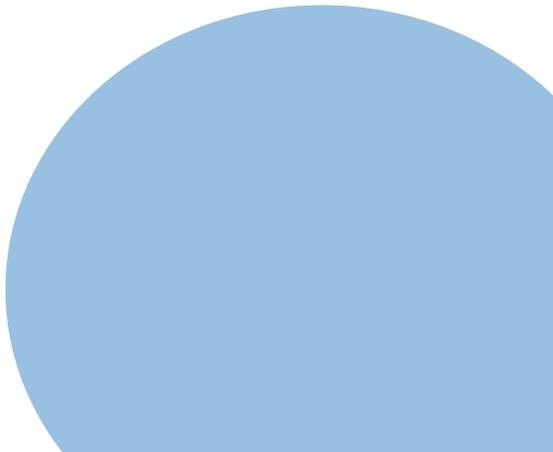
Thank you for taking the time to read our brochure.

With over 45 years of experience under our aprons we are positive we can collaborate with you to make the most memorable big day.

We are lucky to have worked all over the world, in 5 star and Michelin kitchens, alongside some amazing chefs.

We are committed to using the freshest of ingredients. We have a long standing relationship with the best suppliers, who enable us to source the freshest and finest produce that the South West has to offer. Whether it be a 3 course formal meal or a relaxed, free flowing feast, our aim is to provide outstanding food and service at each event, creating culinary memories for you and your guests that last long after your event.

Andy & Ben



CANAPÉS

Mackerel Paté on Wholemeal Croutons
Salmon & Spring Onion Tart
Bacon & Blue Cheese Frittata
Onion Bhaji
Chicken Satay Skewer
Tomato & Mozzarella Skewer
Mushroom & Tarragon Pie

Salmon Gravavlax, Cream Cheese, Blini
Crab, Lobster & Avocado Cones
Smoked Salmon & Soft Quail Eggs
Cauliflower Pakoras
Chicken Liver Parfait on Walnut Bread
Black Pudding Scotch Eggs
Duck & Plum Cones
Cream Cheese Chilli Puffs
Tomato & Feta Bruschetta
Mushroom Tarts

Scallops Wrapped in Bacon
Smoked Salmon, Quail Egg & Exmouth Caviar
Crab & Lobster Tartlets
Vegetable Samosa
Seared Beef Carpaccio on Toast
Lamb & Apricot Cones
Chicken Liver Parfait
Wild Mushroom & Tarragon Quiche
Roasted Squash and Blue Cheese Bruschetta

SHARING BOARDS

Meat Board

Selection of Local Cured & Dried Meats, Pickles & Breads

Fish Board

Selection of Home Smoked & Cured Fish, Pickles & Breads

Mixed Board

Local Meats, Cured Fish, Cheese, Pickles & Bread

Mixed Mezze Board

Lamb Kofta, Spinach Pie, Olives, Tzatziki, Aubergine Dip & Flatbreads

Tapas Selection

Ham and Cheese Fritters, Patatas Bravas, Spanish Omelette, Mackerel Escabeche

Asian Mixed Board

Prawn Toast, Vegetable Spring Rolls, Black Bean Chicken Wings & Dips

Indian Mixed Boards

Vegetable Samosa, Onion Bhaji, Cauliflower Pakora & Dips





TO START

Beetroot and Plymouth Gin Gravadlax, Pickles,
 Summer Vegetables & Pea Shoots
 Roasted Beetroot & Feta Bruschetta
 Chicken Liver Parfait, Devon Apple Chutney &
 Toasted Brioche
 Smoked Mackerel Pate, Sweet Pickled Red Onions &
 Toasted Sourdough
 Tomato & Sweet Potato Soup, Goats Cheese Fritters
 Ham Hock Terrine, Piccalilli & Crisp Breads
 Baked Filo Goat's Cheese, Tomato & Sweet Pickled
 Radish
 Crab Arancini , Orange & Tarragon Salad
 Prawn & Crayfish Cocktail Gem Lettuce, Marie Rose
 Sauce
 Beef Carpaccio Rocket, Parmesan, Olive Oil,
 Capers
 Courgette & Spinach Fritters, Tomato & Chilli Salsa

THE MAIN EVENT

Meat

Slow Roasted Citrus Chicken, Buttery Mash, Spiced Squash Puree, Red Wine Jus,
Smoked 7 Day Cured Pork Belly & Dauphinoise Potatoes, Confit Tomato, Garlic & Herb Butter
Braised & Slow Roasted Brisket of Beef, Potato Fondant, Creamed Savoy Cabbage, Pink Peppercorn Sauce
Duo Of Lamb- Braised Shoulder & Roast Cutlet, Celeriac Puree, Braised Red Cabbage, Rosemary Jus
Roasted Breast Of Duck, Roast Potato, Honey Roasted Figs, Madeira jus
Breast of Guinea Fowl, Roasted Garden Vegetables, Beetroot Puree, Finished With Sherry Jus
Fillet of Beef Wellington, Potato Dauphinoise, Heritage Carrots

Fish

Harissa Monkfish, Saffron & Tomato Risotto
Wood Roasted Hake, Roasted New Potatoes, Asparagus & Peas
Cornish Mussels, White Wine, Onion, Garlic
Cornish Mussels, Cider, Leek and Bacon
Pan Fried Fillets of Seabass, Squid Ink Spaghetti
Fillet of Gilt Head Bream, Fondant Potato, Buttered Asparagus, Tomato and Basil Vinaigrette
Whole Salcombe Lobster, Minted New Potatoes & Garden Leaf Salad
Dressed Salcombe Crab, Slaw Salad & Home Baked Bread

Vegetarian

Vegetable Cannelloni, Garlic Bread
Roasted Squash, Chickpea & Moroccan Spice
Roasted Spiced Cauliflower Wedges
Tomato & Parmesan Stuffed Courgette, Soft Herb & Pea Risotto
Niçoise Salad & Vegetables Tempura
'Greek Salad' Marinated Feta, Plum Tomatoes, Cucumber, Red Onions, Olives & Oregano Dressing
Goats Cheese & Red Onion Pizza, Sun Blushed Tomatoes, Basil & Rocket



ROASTED & BBQ

Rib of Devon Beef
Sirloin Of Beef
Haunch of Venison
Stuffed Saddle of Lamb
Leg Of Lamb
Honey Glazed Pork Loins
Creedy Carver Duck
Whole Roasted Bream
Whole Seabass
Salcombe Lobster (marked Price)

SIDES & SALADS

Chickpea & Apricot Tagine
Five Bean Chilli
Element Fries
Greek Salad
Summer Cracked Wheat Salad
Element Seasonal Slaw
Beetroot & Potato Salad
Chef's Salad
Roasted Vegetables
Gratin Dauphinoise Potato

SWEETS

Chocolate Brownie & Cornish Clotted Cream
Mixed Berry Eton Mess
Pear & Almond Tart & Vanilla Cream
Lemon Posset & Raspberries
Vanilla Panna Cotta & Caramel Bananas
Selection of West Country Cheese & Chutney
Salted Caramel Cheesecake, White Chocolate Sauce,
Pop Corn
Triple Chocolate Fudge Cake Vanilla Ice Cream
Lavender Crème Brulee Shortbread Biscuit
Sticky Toffee Pudding, Caramel Sauce & Honeycomb
Ice Cream
Handmade Chocolate Truffles
Selection of Petit Fours
Tea & Coffee



STREETFOOD

Hot Smoked Mackerel

Hot Smoked Mackerel, Toasted Garlic Sourdough & Tomatoes

North African Spiced Leg of Lamb

Slow Roasted Leg of Lamb, Apricot & Chickpea Tagine

Slow Roasted Pork Belly

Five Bean Chilli & Chive Sour Cream

Element Nachos

Tortilla Chips, Five bean Chilli, Sour Cream &, Jalapeño

Fully Loaded Burger

Pulled Pork & Devon Dexter Burger, Bacon & Cheese, Tomato served in a Toasted Brioche Bap

Mussels -Bacon, Leek and Cider

Element Fries

French Fries Topped with Thermidor Sauce, Bacon Jam and Tomato Salsa



FISH & CHIPS

Battered Cod/ Haddock or Hake and Chips
Small | Medium | Large

Elements Fish Cake Brioche Roll

Salmon & Crab Cake, Crisp Gem Lettuce, Sliced Tomato & Tartar Sauce

Element Fish Dog

Whiting Fish Fingers, Lettuce, Cucumber & Tartar Sauce

Sides

Sweet Potato Fries, Chunky Chips,
Minted Mushy Peas, Curry Sauce, BBQ Baked Beans & Gravy

HOG ROAST

Roast Pork Roll

Roasted Pork From Our Homemade Wood Barrel Smoker,
Crispy Crackling, Stuffing & Apple Sauce

Pulled Brisket of Beet Ciabatta

Roasted Boned & Rolled Beef Cooked In Our Homemade
Wood Barrel Smoker, Horseradish & Watercress

Lamb Gyros Wrap

Shoulder of Lamb Roasted in Our Homemade Wood
Barrel Smoker, Lettuce, Tomato & Tzatziki

Sides Served With all

Slaw Salad, Potato Salad, Leaves, Pickles & Relish



BUFFETS

Cold Cuts

Local Cured Meats
Roast Topside of Beef
Roast Loin of Pork
Smoked Salmon
Beetroot & Gin Gravdlax
Smoked Mackerel

Sandwiches

Fingers, Rolls, Open or Wraps
Roast Beef, Mustard & Watercress
Roast Pork, Apple and Stuffing
Coronation Chicken
Egg Mayonnaise and Cress
Cucumber and Cream Cheese
Smoked Salmon
Cheddar and Chutney

Pastry and Pies

Pork and Fennel Sausage Rolls
Mini Handmade Cornish Pasties
Hand Raised Pork Pie
Chicken and Apricot Filo Bites
Spiced Lamb Empanadas
Blue Cheese and Leek Tart
Mushroom and Tarragon Quiche

Salads

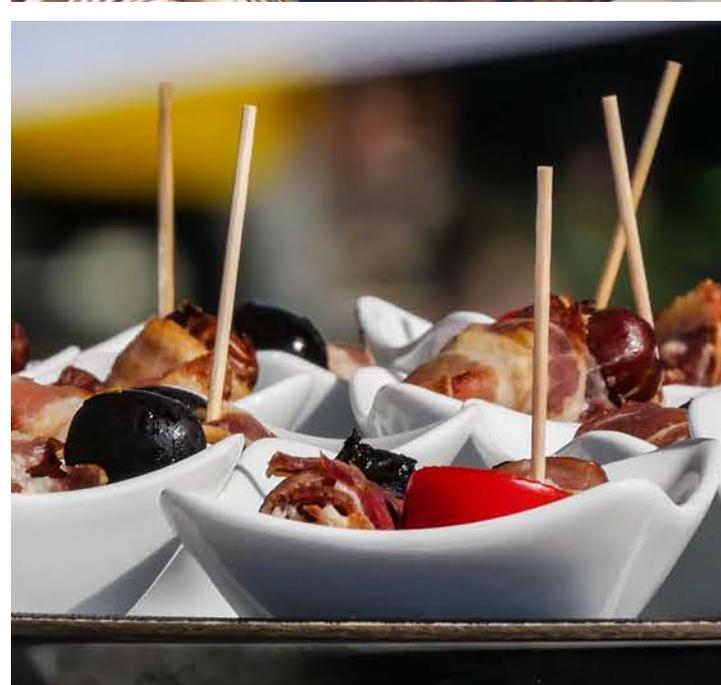
Seasonal Slaw Salad
Potato Salad
Greek Salad
Dressed Leaves

Bites

Kettle chips
Spiced nuts
Bread sticks
Hummus and flatbreads
Selection of freshly baked breads & butter

Deserts

Chocolate Brownie
Carrot Cake
Lemon and Lime Drizzle Cake
Lemon Posset
Vanilla Panna Cotta
Tiramisu
Strawberry Eton Mess





EXTRA TOUCHES

EQUIPMENT HIRE

- Full Set Plate Hire £5per person
- Cutlery Hire £2pp
- Glass Hire £5pp
- Table Cloth Hire (Please ask)
- Chair Covers (p/a)
- Tables Round (p/a)
- Tables Trestle (p/a)
- Chairs (p/a)
- Drinks Cooler (p/a)
- Full Bar Set up (p/a)

MENU TASTING AT OUR HQ

Struggling on what to chose? Why not come to our "Chefs Dinning Room" at our Four Elements HQ in Plymouth, and let us help you make your selection that bit easier, Please contact us for more information.



HIRE OUR STAFF

Waiting Staff

We will set up every thing for you and your guests from the table cloth to the wedding favours. We will also remove all the mess so you have no hidden jobs the following day
£20 (per Hour)

Bar Staff

We have Highly experienced bar staff to provide your drinks with all your needs. From setting up the bar to clearing away the dirty glasses our staff will have it covered
£20 (p/h)

Cocktails Staff

We have 2 very experienced cocktail waiters for you to provide that extra touch to your guests with a wide selection of cocktails to start or finish any party with style.
£25 (p/h)



DEPOSITS AND PAYMENTS

Travel

If your venue is within 15 miles of our HQ there will be no travel fee, For any Venues outside this range we charge a fee of 80p per mile extra to bring our team and equipment to you.

Deposit

To secure your date we ask for 25% deposit of your proposed quote to reserve your special day with Four Elements Catering .

Full Payment

We require full payment for your event 6 weeks prior to the date