



## 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

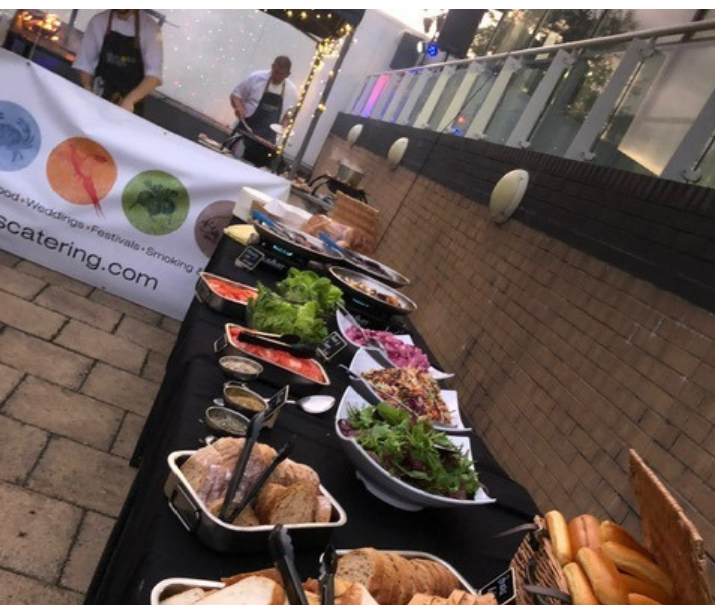
Roasted Boned & Rolled Beef Cooked In Our Homemade Wood Barrel Smoker, Horseradish & Watercress

### 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 Gravadlax  
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

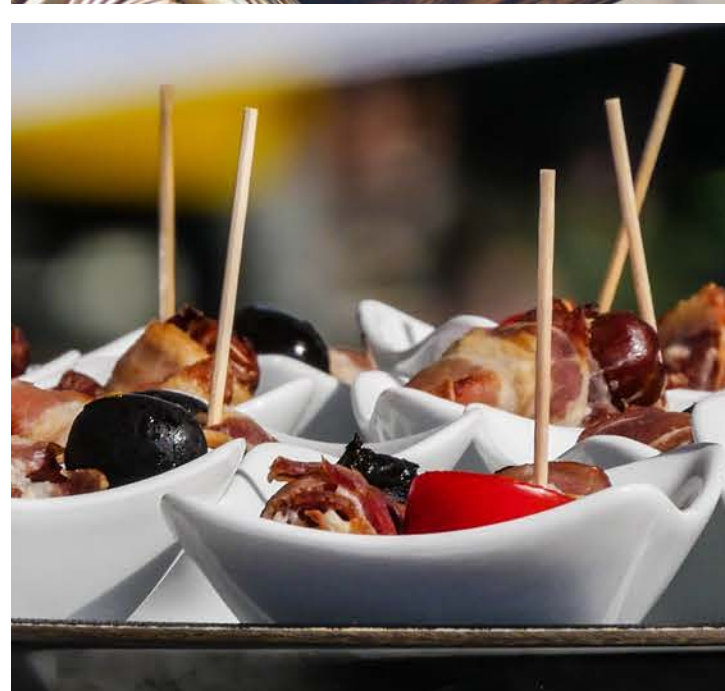
Seasonal Slaw Salad  
Potato Salad  
Greek Salad  
Dressed Leaves

### 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