



## 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

*£2.50 each*

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

*£3.25 each*

Salmon Gravadlax, 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

*£3.95 each*

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*

*All £14 Per Person*







## TO START

Beetroot and Plymouth Gin Gravadlax, Pickles,  
Summer Vegetables & Pea Shoots £9.50  
Roasted Beetroot & Feta Bruschetta £8  
Chicken Liver Parfait, Devon Apple Chutney &  
Toasted Brioche £9  
Smoked Mackerel Pate, Sweet Pickled Red Onions &  
Toasted Sourdough £9  
Tomato & Sweet Potato Soup, Goats Cheese Fritters  
£8  
Ham Hock Terrine, Piccalilli & Crisp Breads £10  
Baked Filo Goat's Cheese, Tomato & Sweet Pickled  
Radish £8  
Crab Arancini, Orange & Tarragon Salad £9  
Prawn & Crayfish Cocktail Gem Lettuce, Marie Rose  
Sauce £13  
Beef Carpaccio Rocket, Parmesan, Olive Oil,  
Capers £13  
Courgette & Spinach Fritters, Tomato & Chilli Salsa  
£9

## THE MAIN EVENT

### Meat

Slow Roasted Citrus Chicken, Buttery Mash, Spiced Squash Puree, Red Wine  
Jus, £19  
Smoked 7 Day Cured Pork Belly & Dauphinoise Potatoes, Confit Tomato,  
Garlic & Herb Butter £23  
Braised & Slow Roasted Brisket of Beef, Potato Fondant, Creamed Savoy  
Cabbage, Pink Peppercorn Sauce £24  
Duo Of Lamb- Braised Shoulder & Roast Cutlet, Celeriac Puree, Braised Red  
Cabbage, Rosemary Jus £25  
Roasted Breast Of Duck, Roast Potato, Honey Roasted Figs, Madeira jus £22  
Breast of Guinea Fowl, Roasted Garden Vegetables, Beetroot Puree,  
Finished With Sherry Jus £23  
Fillet of Beef Wellington, Potato Dauphinoise, Heritage Carrots  
£32

### Fish

Harissa Monkfish, Saffron & Tomato Risotto £19.00  
Wood Roasted Hake, Roasted New Potatoes, Asparagus & Peas £19.00  
Cornish Mussels, White Wine, Onion, Garlic £18  
Cornish Mussels, Cider, Leek and Bacon £18  
Pan Fried Fillets of Seabass, Squid Ink Spaghetti £21  
Fillet of Gilt Head Bream, Fondant Potato, Buttered Asparagus, Tomato and  
Basil Vinaigrette £21  
Whole Salcombe Lobster, Minted New Potatoes & Garden Leaf Salad  
Market price (mp)  
Dressed Salcombe Crab, Slaw Salad & Home Baked Bread (mp)

### Vegetarian

Vegetable Cannelloni, Garlic Bread £17  
Roasted Squash, Chickpea & Moroccan Spice £17  
Roasted Spiced Cauliflower Wedges £16  
Tomato & Parmesan Stuffed Courgette, Soft Herb & Pea Risotto £16  
Niçoise Salad & Vegetables Tempura £17  
'Greek Salad' Marinated Feta, Plum Tomatoes, Cucumber, Red Onions,  
Olives & Oregano Dressing £16  
Goats Cheese & Red Onion Pizza, Sun Blushed Tomatoes, Basil & Rocket  
£15





## ROASTED & BBQ

Rib of Devon Beef £28  
 Sirloin Of Beef £24  
 Haunch of Venison £23  
 Stuffed Saddle of Lamb £24  
 Leg Of Lamb £19  
 Honey Glazed Pork Loins £18  
 Creedy Carver Duck £19  
 Whole Roasted Bream £21  
 Whole Seabass £21  
 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  
 All £5 each

## SWEETS

Chocolate Brownie & Cornish Clotted Cream £9.50  
 Mixed Berry Eton Mess £9  
 Pear & Almond Tart & Vanilla Cream £9  
 Lemon Posset & Raspberries £9  
 Vanilla Panna Cotta & Caramel Bananas £8  
 Selection of West Country Cheese & Chutney £15  
 Salted Caramel Cheesecake, White Chocolate Sauce,  
 Pop Corn £9  
 Triple Chocolate Fudge Cake Vanilla Ice Cream £9.50  
 Lavender Crème Brulee Shortbread Biscuit £8  
 Sticky Toffee Pudding, Caramel Sauce & Honeycomb  
 Ice Cream £9  
 Handmade Chocolate Truffles £4  
 Selection of Petit Fours £5.50  
 Tea & Coffee £3.50





## STREETFOOD

### Hot Smoked Mackerel £9

Hot Smoked Mackerel, Toasted Garlic Sourdough & Tomatoes

### North African Spiced Leg of Lamb £9.50

Slow Roasted Leg of Lamb, Apricot & Chickpea Tagine

### Slow Roasted Pork Belly £11

Five Bean Chilli & Chive Sour Cream

### Element Nachos £9

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

### Fully Loaded Burger £10.50

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

### Mussels -Bacon, Leek & Cider £9

### Element Fries £8

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



## FISH & CHIPS

Battered Cod/ Haddock or Hake and Chips

Small £13| Medium £16 | Large £19

### Elements Fish Cake Brioche Roll £10

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

### Element Fish Dog £10

Whiting Fish Fingers, Lettuce, Cucumber & Tartar Sauce

### Sides £5

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

## HOG ROAST

### Roast Pork Roll £20

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

### Pulled Brisket of Beet Ciabatta £22

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

### Lamb Gyros Wrap £22

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

Two of each section £24pp  
Three of each section £29pp  
Four of each section £34pp

### 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 £6per person

Cutlery Hire £4pp

Glass Hire £6pp

Catering Trailer hire from £250

Bar Trailer hire from £250

Full Bar Set up (p/a)

### MENU TASTING AT OUR HQ

*Struggling with what to choose? Why not come to our "Chefs Dining 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.*

*£55 per person for confirmed bookings*

*£95 per person for none confirmed bookings*



### 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

£25 (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

£25(p/h)

#### Chef

All our chefs very experienced working in some of the Regions best hotels and restaurants. We all have great passion for local & seasonal ingredients

£25 (p/h)

we have a minimum of 8 hours per staff member



### 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 90p 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