

nourish

catering & more

Welcome to our Love for Food



Catering Brochure 2020-2021

Nourish: Provide with food, necessary for growth, health & good condition.

Birthdays, Weddings, Christenings, Funerals, Baby Shower, Afternoon Tea, Dinner Party, Corporate.... or just because

Nourish Catering & More

Welcome to Nourish Catering, whatever your event we can assure that Nourish provide only the freshest ingredients and the tastiest of dishes.

We pride ourselves in having a chef with over 20 years' experience who designs and creates our menus.

With a flair for well presented delicious food, you won't be disappointed.

With your input, we can tailor our menus to your budget and taste.

With excellent service and a friendly voice at the end of the phone, why not give us a call today?

Let Nourish take the stress out of planning your special occasion.

Rob & Karen Allen  **07971 447 771**

 info@nourishcatering.co.uk

 www.nourishcatering.co.uk

Menus

"Nothing brings people together like good food"

Celebration Buffets

Dessert Menu

Canapés

Corporate Menu

BBQ

Funeral Services

Afternoon Tea

Wedding Catering

Grazing Platters

Chef to You

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Celebration Buffets

"Happiness is great food & great company"

BRONZE MENU

£7/pp

Sandwiches – variety of breads & fillings (20% Vegetarian)

Homemade coleslaw (v)

Homemade potato salad (v)

BBQ ribs

Homemade cheese & onion quiche (v)

Tandoori chicken skewers with yogurt & mint dip

Sweet chilli chicken skewers with sesame seeds

Tuna & mixed bean pasta salad

Cold meat platter

Savoury pastries (v)

Poppy seed topped sausage rolls

Homemade scotch eggs

Fruity Moroccan cous cous (v)

Feta, beetroot & spinach salad (v)

Mixed salad (v)

Optional extras

Large seafood platter £50 serves 25–30

Standard seafood platter £25 serves 12–15

Large cheeseboard with a selection of cheeses, fruit, pate, butter & chutney £50

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"Some like it hot!"

SILVER MENU

£8/pp

Choose 1 hot dish from the list below

Chicken or vegetable curry – Chinese style with rice & Chinese platter selection.

Spicy as you like it Indian curry with rice & Indian platter selection.

Beef or Vegetarian Lasagna served with garlic ciabatta.

Mexican chilli with rice & nachos / salsa.

Traditional lamb scouse served with crusty bread,
pickled beetroot & red cabbage.

Plus all of the dishes on our bronze menu

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"Friend's who provide good food, are friends for life"

GOLD MENU

£9/pp

Take your pick of 2 tasty hot dishes from the list below

Chicken or vegetable curry – Chinese style with rice & Chinese platter selection.

Spicy as you like it Indian curry with rice & Indian platter selection.

Beef or Vegetarian Lasagna served with garlic ciabatta.

Mexican chilli with rice & nachos / salsa.

Traditional lamb scouse served with crusty bread,
pickled beetroot & red cabbage.

Luxury macaroni cheese with chorizo served with garlic focaccia.

Lancashire hotpot served with crusty bread, pickled beetroot & red cabbage.

Plus all of the dishes on our bronze menu

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Dessert Menu

"Life is too short to say no to cake"

FROM £2.50/pp

Our dessert menu starts simple with delicious treats such as

Chocolate Fudge Cake
Vanilla Cheesecake
Fruit Platter

Or why not take it to the next level and order

Profiteroles
Biscoff Cheesecake
Lemon Meringue Pie
Indulgent Carrot Cake

Or for the sweetest of sweet toothed

Personalised Cupcakes
Cake Pops
Doughnut Wall

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Canapés & Manapés

"Are you saying antipasto or antipasti?"

£4.50/ pp

**Ask for our endless list of mix & match Canapé menu,
or if you prefer a bigger bite why not request our "Manapé" Menu!**

Favourites include:

- Pulled pork mini sliders
- Mini roast beef yorkies
- Antipasti skewers
- Pork pie & pickle bites
- Cheese straws
- Devilled eggs (pic)
- Asparagus & Parma ham
- Mini cheesecakes
- Cakepops

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Corporate Menu

"Your meeting is a high priority, if there's food"

You can adjust any of our Bronze, Silver or Gold menus or pick something a little simpler from below.

Menu A

£6/PP

Sandwiches

*seeded bloomers
or mini sliders.*

Fillings – egg & cress,
cheese, ham & pickle,
tuna crunch
or chicken salad

Pork pies, Sausage rolls
Cheese pastries
Luxury crisps
Fruit kebabs

Menu B

£8/PP

Menu A +

Choice of one hot dish;

Chicken or
vegetable curry
Boiled rice / spring rolls

Lasagna / garlic bread

Lancashire hotpot /
pickled beetroot

Menu C

£10/PP

Menu A & B +

Carrot cake
Chocolate fudge cake
Lemon drizzle cake
Fresh cream

Breakfast Menu 1

£3/PP

Danish pastries,
croissants,
fruit selection,
Fresh apple,
orange juice.

Breakfast Menu 2

£4.50/PP

As Breakfast Menu 1 +
Bacon / Sausage roll

Snack

£2/PP

Water, Cordial
Tea, Coffee
Individually wrapped
biscuits

Snack Luxury

£2.50/PP

Water, Cordial
Tea, Coffee
Selection of cakes

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Nourish from the grill

Sample BBQ Menu

"Grilling & Chilling"

**Our BBQ is brought to you, with gazebo and serving table,
our chef will cook on site to order.**

**BBQ party menu – prices on request or hire our stall for your local events
(event menu & example prices below)**

Cheeseburger with fried onions	£3.00
Go Large! Double Cheeseburger with all the trimmings Fried Onions, Lettuce, Beef Tomato (brioche or plain bun)	£5.00
Award winning sausage smothered with fried onions, ketchup & mustard (brioche or plain roll)	£3.50
Charred chicken wrap with salad & sweet chilli sauce	£5.00
Vegetarian / Vegan Burger – your choice of spicy bean burger or meat substitute with a choice of cheese	£5.00

All our meat is purchased locally and can be source traced.

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Funeral Menu

"To live in hearts we leave behind is not to die"

When planning a funeral for your loved one, here at Nourish we can arrange not only the food, but tea, coffee, flowers ect..... we can also help you find a venue.

Example Funeral Buffet for 50 people - £350

Scouse served with crusty bread.

Mixed sandwiches – variety of breads and fillings.

Homemade coleslaw & potato salad.

BBQ ribs.

Tuna pasta salad.

Homemade quiche.

Salt & pepper chicken drumsticks.

Savoury pastries.

Pork pies.

Sausage rolls.

Homemade scotch eggs.

Variety of cakes.

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Afternoon Tea

"Everything's better with tea & cake"

Enjoy the luxury of this decadent treat in the comfort of your own home.....
or a venue of your choice.

**Delivery and set up of vintage China including tiered cake stands, plates,
cups and saucers, teapots, milk jugs, sugar bowls & cutlery.
Matching napkins and bunting if requested.**

Menu

£12/pp

Selection of sandwiches and rolls with a variety of fillings:
Egg & cress, Smoked salmon & cream cheese, Tuna & cucumber,
Roast beef & horseradish

Homemade scones with strawberry jam, clotted cream & fresh strawberries
Mini lemon tarts

Twinning's English Afternoon Tea, milk, brown & white sugar cubes supplied.

£16/pp

All of above plus
Pesto, cream cheese & pine nut pastries
Homemade scotch eggs, Homemade profiteroles with various fillings

Staff to serve on request for an additional cost

(We also hire our extensive collection of vintage China without food)

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Wedding Catering

"Eat, drink & be married"

At Nourish, we understand that this will be one of the most important days of your life. We will work with you to ensure the food for your special day is as perfect as the day itself.

We have an extensive list of menus for you to choose from or you can tell us your favourites and we can turn your ideas into a feast fit for your special day.

We know that wedding planning can be stressful; we are here to take the stress away, stand beside you every step of the way, and give you all the support you need.

We can help you to decide on food that will wow your guests and have them talking about it for years to come. Choose from our 3, 4 or 5 course sit down menus or something a little less formal like a hot and cold buffet, hog roast or a BBQ. Or why not mix and match and have a bespoke package just for you.

Why not complete your wedding experience by looking at our other services for your special day.....

Bridal Shower Canapés

Morning of the Wedding - Breakfast Platter

Hen / Stag Party BBQ

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Grazing Platters

"Let yourself go graze!"

Are you looking for something a little bit different?
Our extra large granite tiles can be filled with sweet and savoury
delights for a less formal way of entertaining your guests.

Our grazing platters are the perfect alternative to a sit down meal.....
where everybody can just tuck in!

Sweet, Savoury or both will be the hardest decision you have to make.

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Chef to you

"There's no taste like home"

When you have great company and great food why go out?

Let Nourish come to you.

We will bring everything needed to give you and your guests a dining experience they'll never forget all in the comfort of your own home.

We will create a bespoke menu, or you can choose from our carefully selected "chef to you" menus.

Start your evening by allowing us to greet your guests with canapés, and when you are ready, sit down to a beautifully decorated table and enjoy three delicious courses of food chosen by you.

We guarantee you won't be disappointed.

Service is included throughout the evening, ensuring your kitchen is left exactly how we found it.

Pricing available on request.

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Allergies & Food Intolerances



Please ensure we are aware of any food allergies or intolerances. Our food is prepared in a kitchen exposed to common allergens such as:

- Celery,
- Cereals- including wheat, rye, barley and oats
- Crustaceans such as prawns, crabs & lobsters
- Eggs
- Fish
- Lupin
- Milk
- Molluscs, such as muscles and oysters
- Mustard
- Tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- Peanuts
- Sesame seeds
- Soybeans
- Sulphur dioxide & sulphates

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