



Mama Feelgoods



Menus



Mama Feelgoods
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MAMA FEELGOODS

Our highly experienced event chefs are proud to present this selection of menus, from sumptuous three-course Wedding Breakfasts to delicious BBQs, luxury buffets and elegant canapés.

All menus are prepared with fresh, locally sourced ingredients.

Our meat is guaranteed British, and all desserts are created using the finest quality ingredients.

We hope you will enjoy browsing through our selection and choosing your menu. However, should you not find what you are looking for, we're happy to create a bespoke menu for you.

It's a special day and naturally you want it to be perfect.

Our team will provide you with a flawless service, exquisite food and an unforgettable dining experience!

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Mama Feelgoods - event caterers with over 10 years experience. Their primary business is in event catering and with their unique creativity, menus are always fresh and exciting. Their passion for food extends to an award winning fine food store and boutique café in Bekesbourne near Canterbury, and a boutique cafe & wedding venue at Quex Park, Birchington.



THREE COURSE DINNER MENU

choose **one** option plus a vegetarian option from both first and second courses and **three** choices from the dessert menu

Speciality breads and butter

first course options

- Caesar salad with chicken and heart-shaped parmesan croutons
- Hot smoked salmon, new potato and dill salad with pea shoots and beetroot caviar
- Cherry tomato and wild rocket bruschetta with a balsamic glaze
- Mixed mushrooms and hazelnuts in a garlic cream, served on seed toast, finished with truffle oil and rocket garnish
- Spiced butternut squash soup
- Pea and mint soup
- Crab tian with citrus king prawns and soda bread*
- Chicken liver pâté with chutney, crunchy bread and salad garnish
- Puff pastry and asparagus tower with a red onion confit and goats cheese
- Lamb kofta with a spiced tomato chutney and a salad garnish
- King prawns with a fresh mango salsa
- Roasted cherry tomatoes on the vine and buffalo mozzarella with a lemon and mint dressing

starter platters for sharing

- Selection of Italian meats and cheeses with roasted peppers, olives and focaccia
- Country pâté, cheese and pickles, homemade scotch eggs summer salad and rustic breads
- Flat breads, olives, babaganoush, houmous, gridded halloumi and traditional Greek salad
- Beetroot cured salmon, tiger prawns, roasted asparagus spears, clams in chilli and tomato sauce and lobster tails†

main course options

All served with seasonal vegetables and one of the following:
potatoes dauphinois, mustard or horseradish mash, rosemary roasted potatoes or buttered new potatoes

- Tenderloin of pork with a herb stuffing in a Kentish cider jus
- Roast belly pork with crackling, rich jus and an apple tart tatin
- Slow roasted lamb rump in a red wine jus
- Rack of lamb with a fresh mint salsa†
- Roasted chicken supreme with a pork and sage stuffing and a rich jus
- Pan fried chicken breast in a Kentish cider and leek and cream sauce
- Tender chicken breast wrapped in Parma ham with a white wine cream sauce
- Braised beef in ale with heart shaped crisp puff pastry lid
- Roasted fillet of beef with a red wine jus†
- Duck breast with a spiced plum sauce on a bed of red cabbage†
- Sea bass fillets with a beurre blanc and minted pea puree
- Poached fillet of salmon with a lemon dill sauce and asparagus spears
- Seafood thermidor
- Vegetable parcel with provençal sauce (v)
- Creamy Mushroom Wellington with roasted cherry tomatoes (v)
- Gnocchi with spinach and walnuts (v)
- Butternut squash tagine with toasted almonds and tabbouleh (vegan)

or

carvery roast

please choose three choices from the carvery menu

- Roast beef, roast turkey, gammon,
- Roast loin of pork with crackling or lamb

served with:

crisp roast potatoes, honey roast parsnips, Yorkshire puddings cauliflower cheese, seasonal vegetables and a rich gravy

dessert menu (see page 10)

please choose either a trio of mini desserts or three choices from our dessert menu

Filter coffee, tea and mints served

A cheese course can be added

A selection of fine British cheeses, crackers, grapes, celery and a fruit puree presented to the table

select your choice of cheese with our cheesemonger



BANQUET BBQ MENU

suitable for a less formal wedding breakfast

2 courses - main and dessert

choose four dishes from the bbq menu including a vegetarian option plus an assortment of breads and six salads from the page opposite

Sweet and sour belly pork strips

Chicken or beef satay

Piri Piri chicken pieces (spicy hot)

Lemon and herb chicken

High quality sausages

100% Aberdeen Angus ¼ lb beef burgers

Lamb kebabs marinated in an Indian spiced yoghurt

Lamb cutlets in a lemon and yoghurt marinade

Salmon kebabs

Tiger prawn kebabs

Minute steaks*

Haloumi and vegetable kebabs (vegetarian)

Vegetable kebabs with peppers, tomatoes, courgettes and red onion (vegetarian)

Spicy bean burgers (vegetarian)

salad menu

Mixed leaves

Rocket spinach and parmesan

Feta, olive and tomato

Tomato, basil and red onion

Couscous with mint and lemon

Couscous with roasted vegetables

New potato salad

Coleslaw

Waldorf salad

Roasted vegetables with balsamic vinegar dressing

Carrot with black mustard seed dressing

Mixed beans

Pasta with tomato and olives

Pasta in a garlic salad basil dressing

Rice with apricots, pine nuts, and peas

Beetroot and ricotta salad

Greek salad

Hot new potatoes can be added instead of a salad choice

BANQUET HOG ROAST MENU

2 courses - main and dessert

Roast pork and crackling - carved and served by our chef,
with apple sauce, stuffing and onion relish

plus a vegetarian option:

Goats cheese tartlet with a rocket and pumpkin seed salad (vegetarian)

Roasted layers of sweet peppers and red onion and toasted feta cheese (vegetarian)

Sweet pepper filled with risotto, parmesan and roasted vegetables (vegetarian)

Lamb or rib of beef spit roasts are also available

these menus include

Six dishes from our salad menu and an assortment of breads

dessert menu (see page 10)

*please choose either a trio of mini desserts or
three choices from our dessert menu*

Filter coffee, tea and mints served



LUXURY FORK BUFFET

2 courses - main and dessert

a first course can be added

choose four main dishes including a vegetarian choice:

Whole glazed ham carved and served

Cold roast beef

Whole poached salmon

Coronation chicken

Cold roast turkey

Chicken mayonnaise

Pesto chicken

Italian meat platter

Smoked fish platter with dill mayonnaise

Seafood platter with large tiger prawns

Roasted vegetable layers with feta cheese *(v)*

Goats cheese and spinach tart *(v)*

Mature cheddar and onion tart *(v)*

This menu includes a selection of breads and a choice of six salads from the salad menu *(see page 7)*

dessert menu (see page 10)

please choose either a trio of mini desserts or three choices from our dessert menu

Filter coffee, tea and mints served



HOT FORK BUFFET

2 courses - main and dessert

a first course can be added

choose four main dishes including a vegetarian choice:

Lemon chicken

Chicken breasts braised in white wine sauce

Pork braised in apple juice with thyme and cream

Boeuf bourguignon

Beef braised in beer

Chilli con carne

Lasagne

Chicken in whole spices

Toulouse sausage and bean cassoulet

Hungarian goulash

Lamb moussaka

Fish pie

Roasted stuffed peppers *(v)*

Spinach and goats cheese tarts *(v)*

Roasted vegetable lasagne *(v)*

served with:

Hot buttered new potatoes and/or basmati rice

This menu includes a selection of seasonal vegetables or a choice of four salads from the salad menu *(see page 7)*

dessert menu (see page 10)

please choose either a trio of mini desserts or three choices from our dessert menu

Filter coffee, tea and mints served



DESSERT MENU

choose either a trio of mini desserts or three choices of the dessert options for your guests to choose from on the day.

*Alternatively a selection of mini cakes and puddings served to tables on vintage cake stands 'afternoon tea style' for guests to share**

trio of mini desserts options

Vintage Tea - Mini meringue with Kentish strawberries, mini victoria sandwich and mini berry tartlet with a pool of raspberry coulis

French Fancy - Two mini macaroons sandwiched with a vanilla cream - pastel colour of your choice, a berry mille feuille and a choux bun with a boozy orange cream filling and rich chocolate sauce

Black Forest - Rich chocolate brownie with a boozy kirsh cherry compote and vanilla panna cotta

Lemon - lemon posset, lemon meringue pie and a lemon shortbread with Chantilly cream

dessert options

Handmade meringue with berries and cream

Spiced pears in a warm syrup with a vanilla cream

Chocolate and hazelnut brownie with a white chocolate cream

Kentish summer berries served with or without cream and a raspberry coulis (seasonal)

Lemon mousse served with a heart-shaped shortbread and local raspberries

Rich chocolate torte served with white chocolate cream and berry coulis

Sticky toffee pudding with stem ginger ice cream

Almond and apricot tart served warm with Chantilly cream

Crème brûlée

Strawberry cheesecake

Seasonal fruit crumble

Fine cheese and fruit plate (either as a dessert choice or as an extra course)

You can choose your cheese from our own cheesemonger



CANAPÉ MENU

suitable for pre dinner canapés

please choose six savoury items from below

suitable for an afternoon event or drinks reception

*for a canapé only reception please choose nine savoury
and three sweet dishes*

savoury (served cold)

Smoked salmon triangles

Smoked trout pâté on seed toast

Salmon, sour cream & beetroot blinis

Curried chicken tartlets

Parma ham wrapped gorgonzola bites

Crab crostini

Mozzarella, sunblush tomato and olive skewers (v)

Sweet baby peppers with a cream cheese filling (v)

Spicy salsa and sour cream cups (v)

Houmous and olive cups (v)

Savoury scones with cream cheese and red onion marmalade (v)

Roasted pepper and feta crostini (v)

served hot

Marinated chicken skewers

Prawns in filo with a spicy chilli dip

Asian style beef skewers

Lamb koftas with a spiced relish

Honey mustard sausages

Chicken and apricot bites

Mini Yorkshires with rare steak and horseradish mustard

Mini onion bhajis with a yoghurt and cucumber dip (v)

Vegetable mini spring rolls (v)

sweet canapés

Mini fruit tartlets

Bite sized chocolate brownies

White chocolate and butterscotch profiteroles

Chocolate dipped fruits

Buttered gingerbread squares topped with crystallised ginger

Mini pavlovas

Mini cream tea scones



SUNSET BUFFET

ideal as a late evening snack after a wedding breakfast

Cheese board with chutneys and crackers, crisp celery and grapes

Pâté selection served with speciality breads

Marinated olive bowls and cocktail pickles

Savoury pastry selection

Spicy chicken wings

Platter of fresh crudités with hummus dip or sour cream and chive dip

Crisps, nuts and nibbles

Fresh fruit platter

Platters of sandwiches and hot oriental platters with a sweet chilli dip can be added alternatively swapped with the cheese or pâté options*

HOT PLATTERS

served from trays by our waiting staff to your guests

choose two options from

Hot bacon rolls, mini fish and chip cones, sausage baguettes or mozzarella and tomato ciabattas (*vegetarian*)

ciabatta pizza slices, chicken satay skewers, scampi and wedges in a cone, mini pots of roasted new potatoes

cheeses displayed as a wedding cake

Served with crackers and locally made chutneys, celery and grapes, simple and impressive - can be served in addition to another menu

A platter of your wedding cake can also be served with any of these menus

PARTY BBQ

(minimum of 80 guests)

Piri Piri chicken wraps with a spicy mayonnaise, Aberdeen Angus ¼ lb beef burgers served with stilton or mature cheddar, a rich tomato relish and jalapenos (optional), vegetable kebabs served with a selection of sauces, relishes and garnishes

Optional extras - Minute sirloin steak ciabatta or tiger prawn skewers with lemon and garlic butter†

PARTY HOG ROAST

(minimum of 80 guests)

Roast pork with crackling and stuffing, served in soft floured rolls or wraps, with apple sauce, chutneys and relishes

add salad buffet

Optional extras to make into a casual plated buffet can be added to BBQ or Hog roast menu, choose **four** from the following:

Roasted new potatoes with sour cream and chive dip, mixed baby leaves, traditional Greek salad, roasted vegetable couscous, coleslaw and vine tomatoes and red onion salad

MEDITERRANEAN MEZE

Bruschetta selection:

Roasted vine tomato with rocket and balsamic dressing, goats cheese and honey, roasted sweet pepper

Hand made pizza selection (served hot)

Olive mozzarella and sun-blush tomato skewers

Parma ham and melon skewers

Luxury crudités - asparagus spears, baby gem lettuce, fine green beans, cherry vine tomatoes, peppers with herb alioli

Garlic breads (served hot)



BOWL FOOD

stylish alternative to a hot buffet

choose two savoury dishes plus a vegetarian option although additional choices and desserts can be added for a supplement

Small sized bowls of delicious dishes, circulated by our waiting team on trays for guests to enjoy - small enough to hold in your hand and allow you to eat several different dishes whilst mingling with your guests

Lamb mango curry with steamed basmati rice

Mini lamb hot-pot

Braised beef and horseradish mash

Chilli with sour cream and jalapenos

Cottage pie

Meatballs in tomato and chilli sauce

Chicken and mushroom pie

Breaded chicken strips and crisp potato wedges

Fish pie

Seafood bouillabaisse

Mushroom and parmesan risotto, with truffle oil (v)

Pea and mint soup with goats cheese croutons

Thai vegetable curry with steamed basmati rice and coriander (v)

Syrup sponge and custard

Sticky toffee pudding

Clotted cream rice pudding

Prosecco and elderflower jelly

Eton mess



OTHER OCCASIONS

*menus suitable for working lunches,
afternoon buffets, etc*

finger buffet

Selection of freshly cut and open sandwiches on soft white,
seeded and wholemeal bread

Hand-made savoury pastry selection including
home-made quiches and sausage rolls with a spicy chutney

Breaded chicken breast bites with a tomato chutney and garlic mayonnaise dip

Platter of fresh crudité's with hummus dip or sour cream and chive dip

Luxury crisps and nibbles

Mini chocolate brownie squares, buttered tea loaf, mini cream tea scones

afternoon tea

Luxury finger sandwiches

Selection of sweet and savoury pastries

Warm scones with clotted cream and jam

Filter coffee, tea or herbal infusions

Vintage cake stands



CHILDRENS MENU

suitable for under 11's

*under 3s free of charge (except picnic box)
or half portion of adult meal at half price*

first course

Melon and strawberries

or

Garlic bread, carrot and cucumber sticks and cherry tomatoes

main

Sausage and mash with peas and carrots - (*gravy served separately*)

Roasted chicken breast and mash with peas and carrots - (*gravy served separately*)

Chicken goujons and chips

Pasta and meatballs

dessert

Ice cream

Chocolate brownie

Strawberries and cream

or

PICNIC BOX

suitable for under 6's

A cheese and a jam sandwich, yogurt, fruit, cupcake or chocolate brownie and crisps

choose one option from above for all young guests



Additional Information

- 1 An additional main course option can be included if you invite your guests to chose beforehand, it is recommended to send out a delicious menu card with your RSVP's. A £2 supplement is charged to cover the cost of additional waiting staff.
- 2 Dessert can be supplemented with your wedding cake if made by ourselves only. We will supply additional cake to ensure all guests receive a dessert sized portion with cream and berries. This works best with chocolate cake. Please enquire for an individual quotation.
- 3 The price includes the provision of all equipment and staff.
- 4 All prices include VAT.
- 5 Please see our current published price list which is available on our website.
- 6 Final confirmed numbers are required 21 days before your event, any last minute additions we will accommodate but will not refund any changes after 10 days prior to your event.
- 7 Dishes with marked with *or † carry an additional cost, please see our price guide.
- 8 Events on a bank holiday or new years eve will incur additional staffing cost.