



# Mama Feelgoods



## Menus



Mama Feelgoods  
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## MAMA FEELGOODS

*Our highly experienced 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*

- Chicken Caesar salad with heart-shaped Parmesan croutons
- 'Hot smoke' 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 cream on seed toast, finished with truffle oil and rocket garnish
- Spiced butternut squash soup or seasonal soup of your choice
- Smoked trout tartlet with a baby leaf salad garnish
- Ham hock terrine with a celeriac roumalade
- Chicken liver pâté with chutney, crunchy bread and salad garnish
- Puff pastry and asparagus tower with a red onion confit and goats cheese
- King prawns with a fresh mango salsa
- Roasted pepper & cherry tomatoes on the vine with buffalo mozzarella bocconcini

### *starter platters for sharing*

- Flat breads, olives, babaganoush, houmous, griddled halloumi and traditional Greek salad
- Selection of Italian meats and cheeses with roasted peppers, olives and focaccia

Additional plates \*  
choose from

- Large shell on tiger prawns with Marie-rose sauce
- Smoked salmon & asparagus
- Lamb koftas with spiced tomato sauce (served hot)
- Arancini - crispy pesto risotto balls with melted mozzarella (served hot)

### *main course options*

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

- Tenderloin of pork with a herb stuffing in a Kentish cider jus
- Roast belly pork with crackling, rich jus
- Slow roasted lamb rump in a red wine jus
- Rack of lamb with herb crust†
- 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
- Braised carbonnade of beef
- Roasted fillet of beef with a red wine jus†
- Roasted duck leg with a spiced plum sauce
- Poached fillet of salmon with a lemon dill sauce and asparagus spears
- Seafood thermidor served with a crisp salad rustic breads
- Sea bass fillets with a beurre blanc and minted pea puree
- Vegetable parcel with Provençal sauce (v)
- Creamy Mushroom Wellington with roasted cherry tomatoes (v)
- Gnocchi with spinach and walnuts (v)
- Roasted vegetable stack with a sweet roasted pepper puree(vegan)

or

### *carvery roast \**

*please choose three choices from the carvery menu*

Roast rib of beef, roast chicken with sage and onion stuffing, honey glazed gammon, loin of pork with crackling or roasted leg of lamb

served with:

crisp roast potatoes, honey roast parsnips, Yorkshire puddings  
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 pork steaks

Chicken or beef satay

Piri Piri chicken pieces (spicy hot)

Lemon and herb chicken

High quality pork sausages

100% Aberdeen Angus ¼ lb beef burgers

Lamb kebabs marinated in an Indian spiced yoghurt

Lamb loin chops in a lemon and yoghurt marinade

Salmon parcels

Tiger prawn kebabs

Minute steaks\*

Haloumi and vegetable kebabs

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

Caesar Salad

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

Vine tomato & mozzarella salad

Pasta with tomato and olives

Pasta in a garlic basil dressing

Rice with apricots, mushrooms & peppers

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

Choose an additional option for your vegetarian guests :

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 couscous and roasted vegetables (vegetarian)

*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

Poached salmon medallions

Coronation chicken

Cold roast turkey

Chicken mayonnaise

Pesto chicken

Italian meat platter

Smoked fish platter with dill mayonnaise

Platter of large tiger prawns\*

Roasted vegetable layers with feta cheese (v)

Goats cheese and spinach tart (v)

Mature cheddar and onion quiche (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)

Thai vegetable curry (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 from our options or create your own bespoke trio or three choices of the dessert options for your guests to choose from on the day.*

### *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 cake with raspberries and creme chantilly

Crème brûlée

Lemon 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)

Marinated tiger prawn skewers

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

Thai fishcakes with chilli jam

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 French breads

Marinated olive bowls and cocktail pickles

Savoury pastry selection

Spicy chicken wings

Platter of fresh crudités  
with hummus dip

Crisps, nuts and nibbles

*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 all the below options*

Hot bacon rolls, mini fish and chip cones, sausage baguettes  
or mozzarella and tomato ciabattas (*vegetarian*) assorted ciabatta pizza slices, chicken  
satay skewers, scampi and chips 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 cheddar, a rich tomato relish and jalapenos & 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 or vine tomatoes with 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

Garlic breads (served hot)

Parma ham and melon skewers

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





## 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 rice, sour cream and jalapenos

Cottage or shepherds 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 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

served on elegant 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.