



Sample Menus

How it Works

Our menu collections have been designed to make it as easy as possible for you to create the perfect menu for your big day. Just follow these easy steps to tailor make your dream menu

1

Upon enquiry, we will advise you to look at our sample menu booklet. Along with this, we encourage couples to put forward their ideas so we can create a bespoke menu tailored to your wedding day, complete with canapés, wedding breakfast and evening food

2

Then we will set up a face to face meeting or zoom call to run through menu ideas in more detail and the general runnings of the day

3

The next step is to secure your date with us by putting down a deposit

4

We will then invite you for a complimentary wedding taster with ourselves whereby you sample your wedding breakfast menu including canapés

5

We then finalise any changes you wish to make to your menu including writing any dietary menus for guests

6

The final details and confirmations are required 1 month prior to your wedding date along with the final remaining balance



What's Included?

Dependant upon venue of choice some of the following may vary:

- White crockery
- Stainless steel cutlery
- White table linen and napkins
- Chefs
- Full front of house team
- An event manager to run the day for you

Tipi and Marquee Event Catering Equipment

Should your event be taking place in a tipi or marquee where a satellite kitchen is required, Cheek and Tongue can hire the equipment needed for you to help set up for the big day.

For wedding and events taking place off site where a satellite kitchen is required, Cheek and Tongue will need the following

- A catering tent (minimum 6m x 4m) attached to the main tipi or marquee (this could also be done with a walk way)
- Solid flooring and lighting provided in catering tent
- Minimum of 10-12 plug sockets in the kitchen tent and if we are also operating the bar a further 4 sockets will be required in that area in the main tent
- Drivable access to the catering tent allowing for our vans to load and unload with ease
- Minimum of 8 tressel tables (provided by marquee or tipi company)
- Running water supply
- Reliable electric supply either via hook up to external building or separate generator from main tent



Canapes

Roast pumpkin, goats curd,
truffled honey, sourdough croute

Chili, garlic tiger prawn,
skewer, aioli

Salt cod croquette,
pepper purée, aioli

Beer battered black pudding
fritter, mustard mayonnaise

Duck rilette,
apple and date purée

Ricotta, pickled wild mushrooms,
sourdough croute

Pig cheek and pea arancini

Brunoise of smoked salmon,
dill creme fraiche

Goat cheese bon bon,
beetroot ketchup

Tempura king prawn,
tomato and chilli jam

Honey and mustard pork sausage

Mini quiche

Mini roast beef, yorkshire pudding,
onion jam

Cauliflower fritter,
curried mayonnaise

Mini fishcake, saffron mayonnaise

Spiced lamb bon bon, aioli

Smoked mackaerl, horse raddish
creme fraiche, croute

Street Food Canapes

Salt and pepper chips

Mini fish and chips, pea purée

Pork belly boa buns, teriyaki glaze

Buttermilk chicken slider,
chipotle mayonnaise

Beef burger slider and
Halloumi fries

Pulled beef taco, sour cream

Oriental spring roll (choice of duck,
pork or veg)

Mini lamb kofta, mint yoghurt

Mini satay skewer, peanut dip



Traditional Three Course Menu

Starters

Smoked haddock fishcake, curried mayonnaise, pickled cucumber salad

Roast chicken terrine, tomato and onion chutney, toasted sourdough

Seasonal soup, bread roll, whipped butter (v)

Torched goats cheese, heritage beetroot, candied walnuts (v)

Serrano ham, fresh mozzarella, torched figs, balsamic dressing

Chicken liver parfait, apple and date chutney, sourdough croute

Salt cod croquette, red pepper purée, ailoli, rocket

Main Course

Charred contra fillet of beef, beef cheek bon bon, burnt onion purée, chateau potatoes, grilled asparagus, red wine sauce
(Supplement charge)

Lamb duo, roast rump, braised shoulder, dauphinoise potato, carrot purée, english peas, lamb sauce

Roast chicken breast, potato fondant, sweetcorn purée, spinach, charred leeks, chicken and tarragon sauce

Wild mushroom wellington, celeriac, roast garlic mash, buttered greens, shallot and white wine cream.

Roast cod, french peas, potato purée, tender stem broccoli, dill

Roast pork chop, caramelised apple purée, celeriac pressing, braised cabbage, mustard and cider sauce

Dessert

Sticky toffee pudding, butterscotch sauce, vanilla ice cream

Dark chocolate brownie, salted caramel, honeycomb ice cream

Lemon tart, italian meringue, texture of raspberries

White chocolate and passionfruit cheesecake, mango purée

Apple and blackberry tart, biscoff crumble, custard

Trio of dessert- dark chocolate brownie, salted caramel - lemon cheesecake - warm pear frangipani, vanilla ice cream
(Supplement charge)



Roast Menu

Starters

Meat and Cheese Board

Chicken liver pate, honey and mustard roast ham, local cheese, mini pork pie, apple and date chutney, piccalilli, celeriac remoulade, artisan breads

Seafood Board

Beetroot gravlax of salmon, smoked mackerel pate, prawn cocktail, bloody mary mayonnaise, haddock goujons, tartare sauce, lemon, artisan breads

Mezze Board

Grilled mediterranean veg, tomato bruschetta mix, chickpea purée, feta cheese, olives, sundried tomatoes, olive oil, balsamic, artisan bread

Dessert

Sticky date and toffee pudding, salted caramel ice cream

Apple and ginger bread crumble, vanilla ice cream

Lemon posset, raspberry compote, meringue

Warm treacle tart, vanilla cream, fresh berries

White and dark brownie sundae, popcorn, butterscotch sauce, salted caramel ice cream

Main Course

Roast beef, goose fat roast potatoes, cauliflower purée, honey roast root veg, buttered greens, yorkshire pudding, proper gravy

Thyme roast chicken breast, buttered fondant potato, carrot purée, roasted root veg, stuffing, buttered greens, yorkshire pudding, proper gravy

Braised lamb kleftiko, oregano roast potatoes, roast tomatoes and peppers, feta, tenderstem broccoli, lamb sauce

Roast pork, apple purée, potato pressing, roast hispi cabbage, stock pot carrot, mustard and cider sauce

Cheek and Tongue suet pudding, slow braised beef shin, beef cheek, triple cooked chips, mushy peas

Goats cheese wellington, braised red cabbage, thyme roast potatoes, carrot purée, roasted root veg, vegetarian gravy (v)

Wild mushroom and spinach suet pudding, celeriac, thyme roast potatoes, fine beans, stockpot carrot, vegan gravy (ve)

Extra Sides

Cauliflower cheese
Crushed carrot and swede
Roast potatoes
Pig in blankets
Stuffing balls

Fine Dining

Wild mushroom raviolo, parmesan,
chive oil

Warm bread, homemade butter

Gravlax of salmon, golden
beetroot, creme fraiche

Seabass, almond butter, broccoli
purée

Duo of beef (fillet and cheek)
celeriac, pressed potato, burnt
onion purée

Compressed pineapple coconut
sorbet

Duck egg custard tart, blackberry,
pink peppercorn meringue,
clotted cream ice cream



Italian Four Courses

Rosemary focaccia bread, olive oil,
aged balsamic, gaeta olives,
parma ham

Ricotta and spinach ravioli, cherry
tomato ragu, basil oil

Slow cooked beef cheek, roast
garlic mash, pickled wild
mushrooms

Lemon tart, italian meringue,
raspberry purée

Dishes can be removed
or added to suit your
requirements

Tapas

Catalan bread
Olives
Charcuterie meats and cheese

Please choose one...

Croquettes:

Ham and manchego cheese, alioli

Salt cod, pepper purée, alioli

Wild mushroom, truffled
mayonnaise

Please choose one...

Chorizo in red wine and honey

Garlic and chili king prawns

Please choose one...

Catalan chicken skewers

Meatballs in tomato fritarda sauce

Treacle conrta fillet, smoked
potato purée, crispy shallots

(Supplement charge)

Patatas bravas

Orange and vanilla crème brule,
almond biscuit



Italian Sharing Menu

Antipasto

Balsamic, olive oil, warm focaccia,
gaeta olives, parma ham,
smoked scamorza,
buffalo mozzarella, tomato and
basil arancini

Cicchetti

(small italian plates)

Please choose three dishes from
this section:

Traditional polpette, pork and beef
meatballs

Rosemary and garlic grilled lamb
cutlets

Chicken with lemon, rosemary and
white wine

Lamb shoulder red wine sauce

Grilled pork chop, salsa verde

Fennel and chilli sausage, tomato
ragu

Skewers on the grill:

Lamb with lemon, garlic and
rosemary

Chicken, nduja, thyme

Sides

Please choose three dishes from
this section:

Roast potatoes, rosemary and
garlic

Tomato salad, pickled red onions

Green salad, lemon, olive oil

Fine beans, balsamic vinegar

Cream roast garlic mash

Polenta chips, truffle and
parmesan

Dessert Board

Chocolate cannoli

Mini lemon tart, italian meringue

Tiramisu



BBQ Sharing Menu

Sharing Board starter

Pick 4 Sharing Starters:

BBQ chicken wings, green onions

Battered cauliflower, mustard
mayo

Mini dogs, mustard and honey
Pork spring rolls, sweet chili,
coriander

Pork and black pudding sausage
rolls

Sticky BBQ pork ribs

Halloumi fries (v)

Mac and cheese bites, chipolte
mayo (v)

Med veg skewer (ve) (gf)

Sharing Board Main

Choose 3 meats and 4 sides
(all includes condiments and
breads)

Californian sausage

Pork and leek sausage

Jerk chicken thighs

Pulled BBQ pork

Spiced lamb kofta

Catalan chicken skewer

Beef burger sliders, burger sauce,
cheddar, baby gem

Greek style lamb kebab
(Supplement Charge)

Chili and lemon king prawn
skewers
(Supplement Charge)

Treacle contra fillet of beef
(Supplement Charge)

Sticky short rib
(Supplement Charge)

Vegetarian

Jerk halloumi
(v) (gf)

Moving mountain burger
(ve)

Vegetarian kofta
(ve)

Vegetarian brawtwurst
(ve)

BBQ pulled jackfruit slider
(ve) (gf)



BBQ Sharing Menu

Sides

Warm new potatoes, chives, brown butter

Slaw

Spicy BBQ rice

Ceasar salad, focaccia croutes, parmesan

Corn on the cob, chilli and herb butter

Green salad

Pasta salad, cherry tomatoes, pesto, rocket

Moroccan cous cous

Potato salad, green onion

Warm pittas, humous

Warm mac and cheese

Nicoise salad

Greek salad

Greek style potato wedges, peppers, crumbled feta



Sauces

Add Ons

Chipotle mayonnaise

Ketchup relish

Aioli

Burger sauce

Curried mayonnaise

Sweet chilli

Dessert Board

Raspberry bakewell

Mini lemon meringue pie

Profiteroles

Chocolate strawberries

Afternoon Tea

Sandwiches

Egg and cress mayo
Cucumber and cream cheese
Ham and mustard
Coronation chicken

Sweets

Mini lemon meringue pie
Carrot cake
Mini victoria sponge
Eclairs
Scone with jam and clotted cream

Warm Items

Mini pies
Sausage rolls
Lancashire cheese and
onion quiche



Kids Menu

- Choose one for each menu for toddlers, max 2 options per menu.
- Infants we can offer half portion of adults menu at half price
- Any dietary needs can be catered for. Please advice and we will adapt the menu to suit



Starter

Mini dogs
Garlic bread
Melon and fresh berries
Soup of their choice

Dessert

Chocolate brownie
Mixed ice cream
Strawberry jelly and ice cream
Chocolate fudge cake

Mains

Breaded chicken and chips,
baked beans

Sausage and mash,
Root veg, gravy

Penne bolognese

Fish fingers, chips, peas

Add Ons to your Menu

Available Soup Options

Roast pepper and tomato

Spiced carrot and squash,
corriander

French onion, gruyer croute

Curried parsnip

Broccoli and stilton

Sweetcorn and leek chowder

Leek and potato

Cauliflower, Lancashire cheese

More soup options available if
requested

Cheese

3 local cheese, artisan biscuits

Apple and date chutney, honey,
grapes

Lancashire sharrocks bomb

Garstang blue

Mrs Kirkham's Lancashire

Cheese Plate

Per Person

Served per person with breads
and biscuits on the table to share

Breads

Basket of artisan breads and
butter are served along side a
soup starter only - if you would
like to add this to your starter
option there would be an
additional charge.

Warm focaccia,
Toasted sourdough,
Whipped butter
Balsamic, olive oil

Cheeseboard

For the Table

Serves upto 10 guests

Cake made of Cheese

Cake made of cheese serves as an
alternative to your traditional wedding
cake on a grazing table

Examples of Dietary Dishes

Canapes

Grilled mediterranean veg skewer
(v, vg, gf)

Cauliflower fritter, curried
mayonnaise
(v, vg)

Mini brischetta, basil
(v, vg, gf)

Butternut squash arancini
(v, vg)

Vegan soft cheese, beetroot,
walnut pesto on croute
(vg, gf)

Mini oriental spring roll (vg)

Spiced falafel, hummus, mint (vg)

Starter

Seasonal soup, bread roll
(v, vg, gf available)

Tomato and basil arancini,
aubergine stew, basil oil, rocket
(v, vg)

Grilled asparagus bruschetta,
vegan cream cheese, pesto,
sundried tomatoes
(vg, gf available)

Cha grilled aubergine chickpea
purée, toasted almonds, garlic
flatbread
(vg, gf available)

Spiced roast squash, chilli and
mayo yoghurt dressing
(vg, gf)

Mains

Lentil and spinach wellington,
potato fondant, celeriac purée,
roasted roots, shallot cream
(v, vg)

Wild mushrooms suet pudding,
roast garlic mash, fine beans,
vegan gravy (vg)

Roast tomato risotto, toasted
pinenuts, basil pesto
(vg, gf)

Squash and spinach ravioli, roast
squash purée, sage, toasted
walnuts (vg)

Cauliflower and leek pie, triple
cooked chips, greens, chive cream
sauce (vg)

Desserts

Vanilla cheesecake, berry compote
(gf, vg)

Sticky toffee pudding, vanilla
ice cream
(gf,vg)

Dark chocolate brownie,
salted caramel ice cream
(gf,vg)

Apple crumble tart, custard
(vg)

Dietaries

As we make all of our dishes in house, these can be adapted to suit any dietary requirements that your guests may have.

Please be aware that although some dishes may not contain nuts, we are unable to guarantee that any menu item is entirely free of nut allergens due to shared cooking surfaces and utensils. However, we are happy to create a nut free menu if this is required.

We ask that upon writing your invitations you invite guests to make you aware of any intolerances or allergies that they have.

When required to send over final numbers 1 month prior to your date we will also ask for a full list of dietary requirements from your wedding party.

From here we can ensure all guests will be catered for within your menu on the day.

We will also require a full table plan with guests labelled in the correct seating arrangement. This is not only so we know how many guests are on each table but also specifically where those with dietaries are sat so we can ensure the correct meals get served to the guests.

Tasting Sessions

We provide a complimentary tasting session for our bride and grooms upon securing your date with ourselves.

These are either held at our restaurant or unit premises.

We typically operate these thursdays and fridays and time slots vary depending upon what availability we have around upcoming events.

We can arrange saturday tasting sessions however, these are subject to availability and are booked on first come first served basis and only operate out of wedding season.

We can accomodate additional guests for a fee of £25 per head. We will need to know amount of guests coming when making the booking along with any dietary requirements.

Tasting sessions taking approx 2 hours during which either a chef or one of our wedding coordinator team members will be there to discuss dishes and any questions you may have.

Evening Menus

Traditional Neapolitan Style Pizza

Diavola

(spicy salami, tomato base, nduja, fior di latte, fresh chillis)

Margheritta

(fior di latte, san marzano tomato, basil)

The napoli

(fior di latte, tomato, salami napoli, nduja)

Capra dolce

(fior di latte, tomato based, goats'cheese, caramelised onions, honey)

The don

(fior di latte, tomato based, italian fennelsausage, salami napoli, cured ham, nduja)

Prosciutto funghi

(fior di latte, cured ham, chestnut mushroom, tomato base, marinated olives)

Pinza Pizza by the Slice

The Romana

(tomato, mozzarella, parma ham, rocket)

Capri cipolla

(goats cheese, onion jam, honey, rocket)

Calabrian

(fennel sausage, chilli, mozzarella, tomato)

Margheritta

(tomato, mozzarella, basil)

Caponata

(aubergine, tomato, ricotta, pinenuts)

Nduja

(tomato, mozzarella, spicy italian sausage, honey)

Bergamo

(taleggio cheese, coated ham, jalopenos)



Street Food

Bratwurst sausage, mustard
ketchup, crispy onions

Salt and pepper chicken

Bang bang chicken, chipolte mayo

Katsu chicken curry

Loaded chilli beef tacos, sour
cream, salsa

Pulled brisket burrito

BBQ pulled pork, apple slaw,
brioche

Triple cooked chips,
pamesan and truffle

Mac and cheese bites

Loaded fries, sour cream, smokey
bacon, cheddar cheese

Stir fry noodles

Salt and pepper fries

Pitta Gyros

Chicken gyros

grilled chicken, flatbread, skin on
fries, tzatziki, chilli sauce, lettuce,
tomato

Halloumi gyros

flatbread, skin on fries, tzatziki,
chilli sauce, lettuce, tomato

Lamb kofta

flatbread, skin on fries, tzaziki,
chilli sauce, lettuce, tomato



Burger Shack

6oz beef burger, onion jam, burger sauce, baby gem, tomato

Buttermilk chicken burger, burger sauce, baby gem, tomato

Jerk chicken burger, siracha mayonnaise, grilled pineapple, baby gem

Moving mountain burger, ketchup relish, baby gem, tomato

All served with brioche and skin on fries

Add ons:

Cheddar cheese
Streaky bacon
Beef chili
Jalapenos
Onion rings
Slaw

Evening Classics

Traditional lamb hotpot, pickled red cabbage

Lasagne, garlic bread

Beef chilli, rice, sour cream, salsa

Steak pudding, chips, mushy peas

Choice of pies: steak and ale, cheese and onion, butter, chicken and ham. All served with cream mash, proper gravy

Fish and chips, tartare sauce
Chicken curry, rice, naan bread

Choice of breakfast baps: pork sausage, bacon, egg, hashbrown

Hog Roast

Full Hog Roast

Apple Sauce

Stuffing

Variety of Breads



Cheek & Tongue

Event Caterers



Get in Touch

We are unrestricted when it comes to your dining needs, so feel free to enquire or book a consultation by phone or email

f @cheekandtongue

📞 07514816146

✉ enquiries@cheekandtongue.co.uk

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