



# How can we help you?

ECO CATERERS &  
EVENT MANAGEMENT

## Dining Menus

### Catering Tailored for You

Established since May 2004 with  
Gold Award Winning Green Credentials.

- ~ Weddings
- ~ Parties
- ~ Birthdays
- ~ Funerals
- ~ Corporate Meetings
- ~ Any Event that We Can Help You with!

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[www.hcwhy.co.uk](http://www.hcwhy.co.uk)

Supporting Local Communities and Charities whilst caring for our Environment

### 'Supporting local communities and charities whilst caring for our environment'

At How Can We Help You? all our menus have been created using only the freshest local ingredients, using our reliable, trusted sources and farmers. From organic vegetables and free range dairy to grass-fed beef and lamb. We pride ourselves on our wide, diverse range of choices available to our clients including Kosher and Halal food. However, it is important to work with you to create the perfect menu and we therefore



listen closely to your requirements and requests. We are proud of our flexibility when it comes to making everything exactly as you want it however lavish or simple it may be. Your personal touch is what makes a menu and we thrive on making it perfect for each individual client. Our food is based on classical dishes with a modern influence and provides value to the client through quality food, presentation and service.



*.....local organic and free range produce is used where possible*

**Sustainability is about protecting the environment but also involves economic growth and personal responsibility**

We closely follow our Environmental Policy, Recycling Scheme and strict regulations, our clients are aware of how important it is for us to be sustainable and continue to be as green as possible. We focus largely on conserving resources whilst maintaining complete safety and using non harmful chemicals and cleaning products. Whilst using these practices we are determined to never compromise on quality and value. We go over and beyond standard procedures to do our part in creating a cleaner, greener environment that our clients can be proud of.

### Looking after each other, our communities and our planet!!!

Cookery, like eating, is enjoyable, sociable and nourishing. It's also a practical way of promoting great fresh food which is our passion. We feel a sense of satisfaction when bringing people together with great food. Cooking gives us the chance express ourselves creatively while doing something practical with fantastic. Cooking and eating together is a simple way of connecting with others. It helps individuals, families and communities to be healthier, more aware and in tune with the natural rhythms of life. Food is our passion:

- ◇ cooking and enjoying good, fresh food
- ◇ using fresh, locally sourced ingredients
- ◇ understanding our food and where it comes from
- ◇ sharing and eating food with other people
- ◇ passing on our skills and knowledge
- ◇ working with each other and our community to create a sustainable food system for us all

*.....delivering exquisite food and memorable events for everyone*



## Dining Menus

These exquisite and elegant menus for up to 1000 guests are ideal for any special occasion through to corporate events and functions. Please select one from each course to create your menu alternatively our Chef can create a bespoke menu focusing on your requirements and ensuring that you remain the character behind the event. Some venue and home kitchen facilities may require additional equipment due to logistics and speed of service – this will be an additional cost and will be quoted accordingly.

Special dietary requirements are catered for individually.

### Menus include

Selection of Freshly Baked Rolls with Butter, Your choice of Starter, Main and Dessert

Freshly Brewed Coffee, Speciality Teas and Petit Fours

Full Set Up The Day

A Dedicated Event Manager

Professionally Trained Chefs & Kitchen Staff

Polite, Friendly and Attentive Waiting Staff

All Service Equipment, White crockery, Cutlery, and White Linen Napkins.

Rubbish removal, Recycling and Disposal

Preparation of all Dining Tables

The following dishes are pre-prepared from our premises then cooked at the event leaving you nothing to do but relax and enjoy the occasion.

Prices are subject to VAT, with additional Travelling Expenses, Main Kitchen Equipment, Furniture, Marquee and Linen Hire if required.

We offer comprehensive drink packages to either serve your drinks (no corkage charge) or drinks sold on consumption by ourselves and from our extensive menu and knowledge we can advise the perfect food and wine pairings to complement your occasion with drinks from reception through to after dinner.



Compliment your menu with either:

Arrival Canapés: Please enquire for our list £7.00 per person

Amuse-Bouche: (before your starter) Gazpacho Shot with Pimenton & Caraway Seed Twist £3.50 per person

Interim: (Between your starter and main to refresh your palate): Lemon Sorbet set in a whole lemon £4.50 per person

After: Selection of Local Cheeses served with Celery, Grapes, Walnuts, Fresh Bread and Crackers £7.00 per person

Please Note:

Should your guests fall below 45, there will be an additional supplement charge

All prices are subject to change without notice

Children aged 10 + will be charged at the main menu price

**£39.50 per person**

### Starters

Italian Anti Pasti - Parma Ham, Salami Milano & Mozzarella served with Roasted peppers, Artichokes, Sun Blushed Tomatoes, Olives and Ciabatta Slices

Duck Liver and Pork Pâté with Orange & Cognac Liqueur, Red Onion Confit and Toasted Brioche

Broccoli and Stilton Soup served with Crunchy Croutons (V)

### Mains

Slow Roasted Sussex Lamb Shank, Garlic Mash, Roasted Root Vegetables and Red Wine & Rosemary Jus

Pan Roasted Chicken Breast stuffed with Mozzarella wrapped in Parma Ham, Rosemary Parmentier Potatoes, Mediterranean Vegetables and a Madeira Jus

Scottish Salmon Fillet, Crushed New Potatoes, Marinated Cherry Tomatoes, Baby Leeks and a Hollandaise Sauce

Trio of Sausages, Mustard Mash, Green Beans, Chantaney Carrots and a Caramelised Red Onion Gravy

Wild Mushroom Risotto with Rocket, Pine Nuts and Balsamic Dressing (V)

### Desserts

Traditional Eton Mess

Chocolate Hazelnut Brownie, Madagascar Vanilla Ice Cream and Chocolate Pencil

Fruit Crumble, Vanilla Crème Anglaise and Honey Wafer

Vanilla Cheesecake, Crunchy Meringue and a Duo of Sauces

## Platinum Menu



**£44.50 per person**

### Starters

Spanish Anti Pasto - Serrano Ham, Chorizo & Manchengo Cheese served with Grilled Vegetables, Olives, Sundried Tomato Tapenade and Ciabatta

Smoked Salmon on Cream Cheese and Sourdough Toast with Rocket and Red Chard Salad, Horseradish Crème Fraiche

Spinach and Ricotta Tart with Aged Balsamic served with Dressed Garden Leaves (V)

### Mains

Pot Roasted Beef Brisket in Beer with parsnips, Chantaney Carrots, Mushroom and Mustard Jus

Rump of Lamb, Dauphinoise Potatoes, Baby Carrots, Sautéed Leeks and Red Wine & Mushroom Reduction

Roasted Monkfish, Baby New Potatoes, Pancetta Crisp, Celeriac Puree, Marinated Tomatoes and Red Pepper Sauce

Pumpkin and Amoretti Ravioli, Grilled Asparagus, Parmesan Shavings and Mint Dressing (V)

### Desserts

Classic Lemon Tart, Clotted cream, Passion Fruit Coulis and Crushed Pistachios

Madagascan Vanilla Crème Brûlée with Lavender Shortbread

Dark Chocolate Tart, Mint Crème Fraiche and Fresh Raspberries

Trio of Summer Fruit Meringue, Chocolate Brownie and Lemon Tart

## Diamond Menu



**£49.50 per person**

### Starters

Crab & Chilli Ravioli with Lobster Bisque Sauce

Cherry-Wood Smoked Duck with a Beetroot Puree and Basil Dressing

Asparagus Salad with a Soft Boiled Duck Egg, Baby Red Chard and Pomegranate Dressing (V)

### Main Courses

Fillet of Sussex Beef, Dauphinoise Potato, Tender Stem Broccoli, Champagne Honey Carrots and Red Wine Jus

Pink Peppercorn Venison Fillet, Thyme Fondant Potato, Roast Butternut Squash & Parsnip and Juniper Berry Jus

Pan Fried Fillet of Sea Bass, Scallops, Roasted Vine Tomatoes, Parmentier Potatoes, Pea Shoots and a White Wine Sauce

Roasted Rack of Sussex Lamb, Crushed New Minted Potatoes, Sauté Hispi Cabbage, Butternut Squash & Redcurrant Jus

Asparagus and English Pea Risotto with Toasted Pine Nuts and Balsamic Dressing (V)

### Desserts

Lemon Meringue Pie with Popping candy

Frozen Summer Fruits with Dark & White Chocolate Pencil

Caramel & Chocolate Tart, Cinnamon Mascarpone Cream, Raspberry Coulis

Tonka Bean Martini with Fresh Raspberry topping

### STARTERS (\*OPTIONAL)

CREAM OF TOMATO SOUP

CHEESEY GARLIC BREAD STRIPS

BARBECUE CHICKEN WINGS & SALAD

VEGETABLE CRUDITES

### MAINS

PENNE PASTA & TOMATO SAUCE

FISH OR CHICKEN GOUJONS

CUMBERLAND SAUSAGES

CHEESE & TOMATO PIZZA

BRITISH BEEF BURGER

LASAGNE (VEGETARIAN OPTION AVAILABLE)

ALL SERVED WITH YOUR CHOICE OF  
CHIPS OR MASH · BAKED BEANS, PEAS, VEGETABLES OR SALAD · TOMATO SAUCE

### DESSERTS

CHEESECAKE

FRESH CREAM OR ICE CREAM

VANILLA & STRAWBERRY ICE CREAMS

POPPING CANDY OR 100'S & 1000'S

FRESH FRUIT KEBABS WITH RASPBERRY COULIS

CHOCOLATE BROWNIE SQUARES

FRESH CREAM OR ICE CREAM

ALL CHILDREN'S TWO COURSE MENUS ARE PRICED AT 50% OF THE MAIN MENU PRICE

\*PLEASE ADD £4.00 FOR CHILD'S STARTER

## Pricing & Dietary Requirements

### Trust

We are happy to take responsibility for ensuring that the occasion is set up and ready for your guests' arrival. We will supply a team you can trust who will keep your guests relaxed and refreshed and clearing away leaving everything clean, neat and tidy as we found it – so you do not need to consider or do anything. The only thing we leave behind is a lovely memorable occasion for you and your guests to remember us by. With many affiliations, accreditations and awards with FSB, The Guild including Green Achiever Gold Award to name a few, the company is growing from strength to strength.



### Special Diets, Range and Availability

If you have any people with particular allergies or special dietary requirements in your party we can cater for them individually but must be notified to How Can We Help You at least 3 working days prior to the event. All goods and ingredients are offered subject to availability. If an item becomes unavailable, or is of insufficient quality to be provided for a clients function, we reserve the right to make a substitution. Wherever possible the client will be notified of any changes.

### Menus include staff but we can supply additional staff to help with your event:

Operations Manager	£30 p/h	Mixologist / Cocktail Flarer	Price on Request
Event Manager	£25 p/h	Cocktail Bartender	Price on Request
Supervisor	£20 p/h	Food & Drinks Waiting Staff	£15 p/h
Head Chef	£25 p/h		
Chef	£20 p/h	On Bank and Public Holidays cost will be time and a half.	
Kitchen Porters	£10 p/h	Christmas Day and New Year's Eve costs will be double.	

### Placing Your Order and Payment

On booking How Can We Help You - a deposit of 50% of the approximate total cost will be required to hold and confirm your date and final numbers of guests with any last minute requests are required 3 working days prior to the event. The final invoice will be adjusted accordingly request payment within 5 working days after the event. Please see our terms and conditions.

### Prices

Prices are subject to VAT and are correct at time of going to print. How Can We Help You reserves the right to alter its equipment, menus and prices and is subject to seasonal variations. All prices quoted are for the specified number of guests. Prices do not include any provision for mobile kitchens which may be necessary for some menus dependent on what facilities are available at the chosen site. In an addition please enquire for travel expenses to the event destination. Catering on Bank and Public Holidays will cost an additional 25%, New Year's Eve will cost an additional 40% and Christmas Day will cost an additional 50% on the whole invoice.