

Fork Buffet 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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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



Fork Buffet Menus



These selected menu is freshly prepared and delivered just prior to your event and displayed on appropriate decorative platters and dishes, accompanied with appropriate relishes, sauces and dressings. This is ideal for corporate events, wedding receptions, funeral catering and parties at a venue or home.

Choose from our Set Menus or Create your own and then compliment it with a selection of Sides, Salads and Desserts.

Prices include uniformed waiting staff and/or Chefs, clothed buffets tables, set up, crockery, cutlery, quality disposable napkins and clearing up leaving you nothing to do but relax and enjoy the occasion. Minimum of 24 people (surcharges apply for less). Prices are Subject to VAT and possible travel expenses.

Compliment your menu with a Selection of Fork Buffet Desserts: **£4.00 per person**

Mexican Fork Menu 1: £10.00 per person

Classic Chilli Con Carne

Spicy Bean Con Carne (V)

~ ♦ ~

Above is served with:

Long Grain Rice,

Grated Cheese,

Sour Cream and Nachos

Curry Fork Menu 2: £11.50 per person

Select 3 Currys (sauce with filling) from the following options:

Korma, Tikka, Balti, Rogan Josh, Jalfrezi or Thai Green/Red

Chicken, Beef, Lamb, King Prawns or mixed Vegetables

~ ♦ ~

All Curry Dishes are served with Poppadums, Basmati Rice, Nan Bread, & Mango Chutney

Italian Fork Menu 3: £11.00 per person

Garlic Bread Slices

~

Beef Lasagne

Tuna Pasta Bake

Spinach & Ricotta Cannelloni (V)

~ ♦ ~

Above is served with Mixed Salad with Dressings

Continental Fork Menu 4: £12.00 per person

Selection of Bread Rolls and Butter

~

Beef Bourguignon

Chicken Casserole

Mushroom Stroganoff (V)

~ ♦ ~

Above is served with Creamy Chive Mash Potatoes and Seasonal Vegetables

Cold Fork Menu 5 (Ploughman's): £8.00 per person

Honey Roast Ham, Scotch Roast Beef,
Mature Cheddar, Gala Pie
~
Iceberg Lettuce, Pickled Onions, Cucumber & Cherry Tomatoes
~
Served with French bread, Dressings & Branston Pickle

Compliment your menu with a Selection of Fork Buffet Desserts: £4.00 per person

Cold Fork Menu 6: £15.00 per person

Selection of Bread Rolls and Butter
~
Platter of Roast Meats, Sirloin Beef, Glazed Ham & Thyme Chicken
Icelandic Prawns with Lemon and Marie Rose Sauce
Vintage Cheddar and Red Onion Tart (V)
~
Continental Mixed Leaf Salad with Dressings
Vine Tomatoes, Cucumber & Chive Salad
Chunky Creamy Coleslaw
New Potato Salad
~ ♦ ~
Following Desserts are served with Fresh Double Cream
Fresh Seasonal Fruit Salad
Strawberry Cheesecake
Chocolate Fudge Gateaux

Cold Fork Menu 7: £18.00 per person

Selection of Bread Rolls and Butter
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Fillets of Dressed Poached Scottish Salmon & Tiger Prawns with Lemon and Marie Rose Sauce
Anti-Pasta Selection of Pastrami, Salami, Parma Ham & Chorizo garnished with Pickles and Olives
Red Pepper, Feta and Spinach Tart (V)
~
Classic Caesar Salad with fresh Croutons and Parmesan Shavings
Buffalo Vine Tomato, Mozzarella and Rocket Salad with Balsamic Glaze
New Potatoes with Chives and a Mustard Marinade
Chunky Creamy Coleslaw
~ ♦ ~
Following Desserts are served with Fresh Double Cream
Classic Lemon Tart
Fresh Strawberries & Summer Mixed Berries
Chocolate Profiteroles

Hot Fork Menu 8: £19.00 per person

Selection of Bread Rolls and Butter

~

Lamb Shank in a Red Wine & Rosemary Sauce
Roasted Salmon Fillets, Vine Tomatoes & Dill Sauce
Brie, Mushroom & Cranberry Wellington (V)

~

Roasted Asparagus, Baby Corn & Chantenay Carrots
Hot New Minted Potatoes

~ ♦ ~

Eton Mess

Belgium Chocolate Fudge Gateau
Selection of Cheeses served with Chutney and Crackers

Compliment your menu with either:

Pre-dinner canapés on arrival: £7.00 per person

Selection of Continental & Local Cheeses served with Celery, Grapes, Chutney, Fresh Bread and Crackers: £7.00 per person

Fresh Ground Columbian Filter Coffee and a Selection of Teas with Organic & Fair trade Chocolates: £2.95 per person

Carvery Menu 9: £22.00 per person

Selection of Bread Rolls and Butter

~ ♦ ~

Select Three Roasted Joints carved by our chef (Minimum of 30 guests):

Honey Glazed or Smoked Gammon

Whole Free Range Chicken

Whole Free Range Turkey

Sirloin of Beef

Leg of Lamb

Loin of Pork

~ ♦ ~

Vegetarian Wellington (V)

~ ♦ ~

Selection of Fresh Seasonal Vegetables

Roasted Thyme Potatoes, Sage & Onion Stuffing Balls, Yorkshire Puddings and Gravy

~ ♦ ~

Select Four Desserts, served with Double Cream

Plated Set Starter

£7.00 per person (*£1.50 extra)

Crab & Chilli Ravioli with Lobster Bisque Sauce *

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

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

Thai Fish Cakes served with a Spring Onion & Lemon Grass Salad and a Sweet Chilli Glaze

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

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

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

Broccoli and Stilton Soup served with Crunchy Croutons (V)

Italian Anti Pasti *

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

Spanish Anti Pasto *

Serrano Ham, Chorizo & Manchengo Cheese served with Grilled Vegetables, Olives, Sundried Tomato Tapenade and Ciabatta Slices

Create your own Fork Buffet Menu: £20.00 per person

Create your own menu from the following options:

3 Mains and 3 Desserts (24+ people)

4 Mains and 4 Desserts (36+ people)

5 Mains and 5 Desserts (48+ people)

All options come with a Selection of Bread Rolls and Butter

Meat & Fish Mains

Cottage Pie with Seasonal Vegetables

Beef Lasagne with Mixed Leaf Salad & Dressings

Chicken & Potato Casserole with Seasonal Vegetables

Steamed Salmon Fillets with Asparagus and Parsley New Potatoes

Beef Bourguignon with Diced Herbed Potatoes and Seasonal Vegetables

Lamb Shank in a Red Wine & Rosemary Sauce with Garlic Mash and Root Vegetables

Chicken Breast stuffed with Mozzarella wrapped in Parma Ham, Herb Parmentier Potatoes & Med Vegetables

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

Traditional Irish Stew with Crusted Dumplings and Champ

Seafood Pie with Chive Mash and Seasonal Vegetables

Chilli Con Carne with Long Grain Rice & Sour Cream

Shepard's Pie with Seasonal Vegetables

Vegetarian Mains

Mushroom Stroganoff with Long Grain Rice

Vegetable Cottage Pie with Seasonal Vegetables

Butternut Squash Risotto with Spinach & Stilton and Mixed Leaf Salad

Three Cheese Broccoli & Pasta Bake with Mixed Leaf Salad

Vegetable Tagine with Roasted Vegetable Couscous

Mushroom, Brie and Cranberry Wellington

Vegetable Lasagne with Mixed Leaf Salad

Classic Range:

Mexican Rice
Creamy Crunchy Coleslaw
Spiced Braised Red Cabbage
Classic Potato Salad with Chives
Roasted Parmentier Herb Potatoes
Continental Mixed Leaf Salad with Vinaigrette Dressing
Dressed Baby Plum Tomatoes with Cucumber and Chives
Roasted Vegetable Couscous Salad with Harissa-Style Dressing
Pesto Pasta Salad with Sundried Tomatoes & Black Olives
Corn on the Cob with Chilli Butter
Hot Fresh Seasonal Vegetables
Creamy Chive Mash Potatoes
Hot Minted New Potatoes
Greek Salad

Executive Range:

(Additional 50p per person per selection)

Two-Tone Potato Salad
Classic Dauphinoise Potatoes
Hot Roasted Potatoes with Thyme
Warm butternut, beetroot and feta salad with lemon and coriander dressing
Hot Roasted Mediterranean Vegetables with Sun Blushed Tomato Dressing and Basil
Italian Basil Pasta Salad with Sweet Yellow Pepper, Olives, Red Onion and Mozzarella
Slices of Beef Tomato and Buffalo Mozzarella with Rocket Salad and Balsamic Glaze
Cos Leaves, Vine Tomatoes and Avocado with a Lemon and Garlic Dressing
Classic Caesar Salad with fresh Croutons and Parmesan Shavings
Savoy Cabbage with Bacon & Rosemary
Broccoli and Cauliflower Cheese

All the following desserts are served with Double Cream on the side

Panna Cotta Lemon Tart
Seasonal Fresh Fruit Tart
Normandy French Apple Tart
Salted Caramel & Chocolate Tart
Lemon Meringue Pie

Chocolate Gateau
Strawberry Gateau
Black Forest Gateau
Belgium Chocolate Fudge Cake

Banoffee Pie
Strawberry Cheesecake
Blackcurrant Cheesecake
Classic New York Cheesecake

Exotic Fresh Fruit Salad
Seasonal Fresh Fruit Salad
Fresh Strawberries & Mixed Summer Berries

Eton Mess
Chocolate Profiteroles

Hot Desserts:

All served with Hot Custard on the side

Spotted Dick
Sticky Toffee Puddings
Golden Syrup Sponge Puddings
Brioche Bread and Butter Pudding
Apple and Rhubarb Crumble
Traditional Apple Pie

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.



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