LOVE & ROCKET

COLOURFUL & CREATIVE CATERING

BUFFETS

loveandrocketfood.co.uk

BUFFETS

Our Buffet Menus have been thoughtfully curated for elegant entertaining within your home or venue, and all our Buffet Menus can be served hot or cold or simply delivered.

We are committed to exceptional quality, using only the finest seasonal ingredients sourced from carefully selected local producers across Sussex, Surrey and Hampshire, including pasture-grazed, free-range meat and game from West Sussex. Every dish is prepared with care to showcase the very best of the season.

AFTERNOON TEAS

Classic Afternoon Tea £12.95
Selection of finger sandwiches:
Roast ham & homemade piccalilli /G/Mu/So/Mi
Coronation chicken /G/Mu/So/Mi/E
Sussex Charmer with marmite butter & butterhead lettuce V/G/So/Mi/Ce
Free-range egg & tarragon mayonnaise with watercress V/G/Mu/So/Mi/E
Cucumber & vegan cream cheese Vg/G/So/

Pork, fennel seed & Dijon mustard sausage rolls /G/Mu/E

Buttermilk scones with clotted cream & strawberry jam V/G/Mi
Lemon polenta drizzle cake with whipped cream & seasonal berries V/N/E/Mi

High Tea £17.95
Selection of finger sandwiches:
Coronation chicken /G/Mu/So/Mi/E
Sussex Charmer with smoky tomato chutney /G/Mu/So/Mi
Free-range egg & tarragon mayonnaise with watercress V/G/Mu/So/Mi/E

Crostini with whipped ricotta, smashed peas, radish & preserved lemon
Smoked salmon blini with sour cream, caviar & dill
Pork, fennel seed & Dijon mustard sausage rolls /G/Mu/E

Buttermilk scones with clotted cream & strawberry jam /G/Mi
Blackberry & crème de mûre eclairs
Rich chocolate truffle cake with fresh berries & cream /N/E/Mi

Tea & Coffee £3.50
Freshly brewed coffee, tea & herbals with milk & non-dairy milk

Soft Drinks £2.50
St. Clement's iced tea with Earl Grey, orange & lemon
Apple, elderflower & ginger ale cooler with fresh mint
Still & sparkling water

Red & white wine POA
Sparkling wine POA

Bespoke Options

Sandwich Selection £6 or Mini Rolls £7.50 for 4 choices
Roast beef & horseradish
Crispy bacon & avocado
Sussex Brie with rocket & cranberry relish V
Free-range devilled egg & herb mayonnaise V
Smoked salmon with lemon & herb butter & rocket
Crayfish cocktail & sweet gem lettuce
Chargrilled aubergine & sundried tomato pesto Vg
Flamed pimento with hummus & rocket Vg

Savouries from £3.75
Leek & Wensleydale tart V
Hot smoked trout, crème fraiche & tarragon tart
Chestnut & wild mushroom sausage rolls Vg
Roast sweet potato, sage & feta frittata V
Smoked salmon blinis with sour cream
Confit chicken & sausagemeat stuffing pie
Filo parcels with butternut squash, ricotta, spinach & sultanas V
Crostini of Parma ham with caponata & caper berries
Spanish tortilla with romesco sauce Vg

Cakes from £30 for 12 people
Rich chocolate truffle cake with jugs of cream
Tunisian orange & almond cake w/ zesty mascarpone
Baked Basque cheesecake with drunken apricots
Carrot, orange & pumpkin seed cake with frosted cream cheese topping
Coffee & walnut cake

BUFFETS

£27 / ADD DESSERT £6.25

The Ploughman's Menu

Whole cider glazed ham /Mu/Ce
Wild mushroom scotched eggs /E/G/
Sussex cheeses with crabapple jelly /Mi
Coleslaw with white & green cabbage, fennel, celeriac & red onion /E/Mu/Ce
Crisp leaf salad with lemony mustard dressing /Mu
Home-made piccalilli & beer pickled onions /Mu
Freshly baked breads & salted butter /G/Mi

Add dessert
Jersey milk honey custard tart & strawberries /G/Mi/E

The Libeccio Menu

Confit pork tenderloin and chorizo sauce /Mi
Classic Spanish tortilla with saffron aioli /E
Butterbeans in smoked cascabel chilli & citrus oil
Smokey roast squash with manchego shavings & candied pepitas /Mi
Baby spinach, rocket & watercress salad with citrus vinaigrette /Mu

Add dessert
Burnt Basque cheesecake, blueberry compote & whipped cream /Mi/E



Lemon & Basil Menu

Roast chicken breast wrapped in sage & prosciutto with crispy sage & caper berries
Spinach & parmesan tart /G/Mi/E
Caponata – roasted Mediterranean vegetables with tomato, basil & olive oil dressing
Orzo pasta & cannellini beans with ricotta salata, broad beans, sultanas, lemon & mint /Mi
Radicchio, chicory & endive salad with orange & olives and saffron orange vinaigrette /Mu
Freshly baked breads & smoked garlic aioli /G/E/Mu

Add dessert
Sicilian lemon tart, raspberries & sour cream /G/Mi/E

English Garden Party Menu

Chargrilled rosemary marinated leg of Sussex lamb
Leek & Sussex Charmer rarebit tart /G/E/Mi
New potatoes with lemon, parlsey & olive oil
Roasted heritage beet & black lentil salad with roasted onion & blackberry vinaigrette /Mu/Ce
Spiralised courgette, asparagus & sprouting broccoli
Assorted freshly baked breads, whipped fennel seed butter & salsa verde G/Mi/Mu

Add dessert
Gooseberry, elderflower & lemon verbena meringue roulade E/Mi

BUFFETS CONTINUED

£35 / ADD DESSERT £6.25

Saffron & Sesame Menu

Chickpea & broad bean falafels /Se
Harissa roasted chicken breast with grilled lemons & olives
Filo parcels of rainbow chard, roasted butternut squash, feta, sultanas & mint /G/Se/Mi
Hummus with roasted chickpeas & toasted seeds /Se
Smokey walnut & tomato muhammara /G/Nu
Yellow split peas with onion & caper salsa
Fattoush salad with sumac pitta chips & garlicky kefir dressing /G/Mi/Ce
Roasted pepper mechouia with cucumber & black sesame /Se
Flamed aubergine & smokey freekeh tabbouleh with chermoula /G
Flame baked flat breads with za'atar & herb oil /G/Mi/Se

Add dessert
Tunisian orange & almond cake with zesty mascarpone /Nu/E/Mi

Primavera Menu

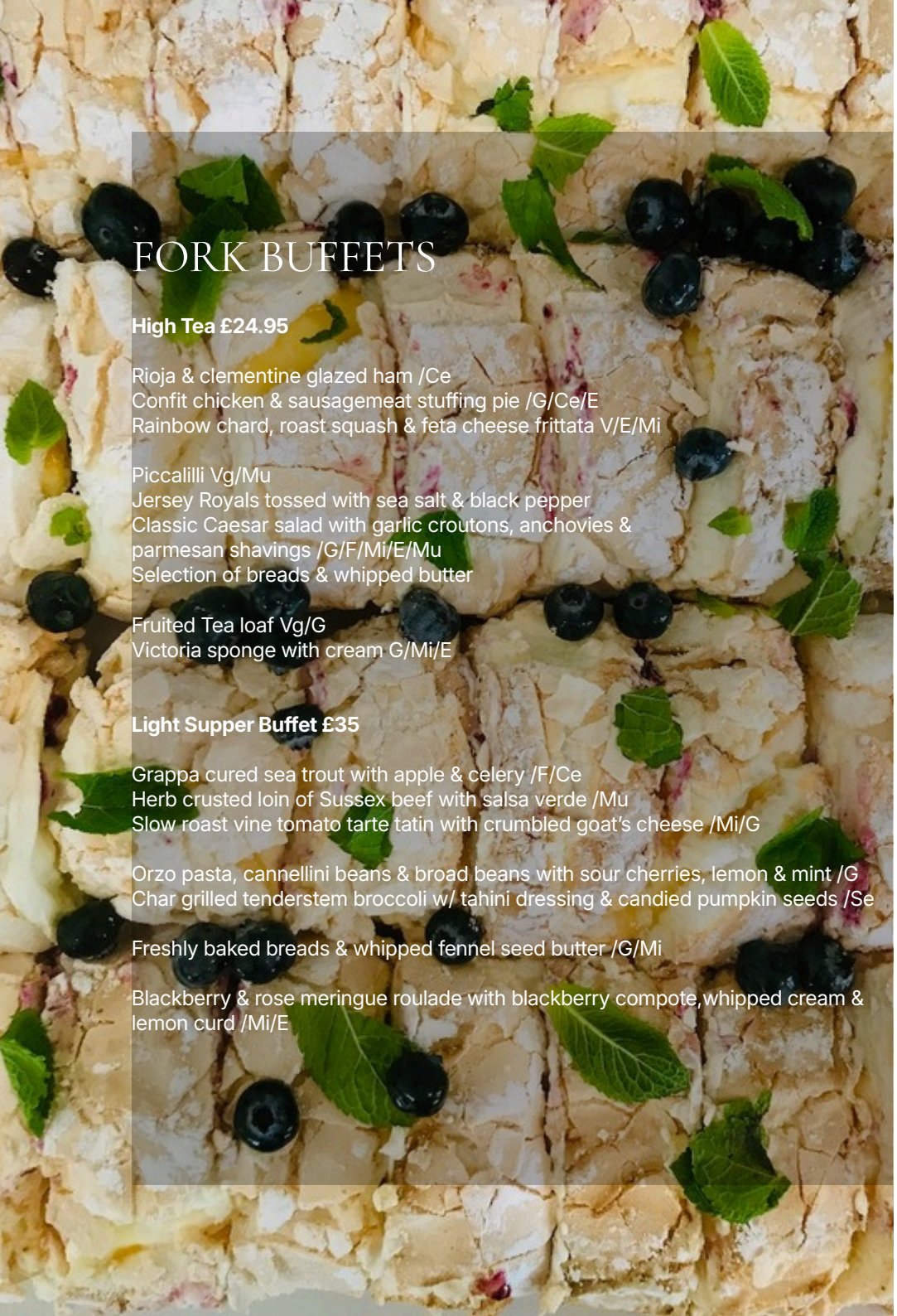
Vitello tonnato – thinly sliced roast rose veal with tuna fish, caper & anchovy dressing Ce/E/Mu/Fi
Chicken saltimbocca with prosciutto, sage & caper berries
Smoked cheese & caramelized leek tart /E/G/Mi
Buffalo mozzarella & heirloom tomato salad with basil & olive oil /Mi
Green panzanella with shaved asparagus, peas & broad beans, rocket leaves & pecorino /Mi/Mu
Cannellini beans dressed with parsley, garlic, lemon & olive oil
Freshly baked focaccia & romesco sauce /G/Nu

Add dessert
Sicillian lemon tart with sour cream & berries /E/G/M

Supper Menu

House cured salmon with Grappa, lemon & dill /Fi
Pink pepper crusted loin of Sussex beef with salsa verde /Mu
Rainbow chard & sweet potato frittata with pecorino & crispy sage leaves /E/Mi
Jersey royals, dressed with black pepper, sea salt & olive oil
Char grilled tenderstem broccoli with tahini dressing & candied pumpkin seeds /Se
Celeriac Waldorf salad with celery, green apples & tarragon /Ce/E/Mu
Freshly baked breads & smoked garlic aioli /G/E/Mu

Add dessert
English strawberry Pavlova



FORK BUFFETS

High Tea £24.95

Rioja & clementine glazed ham /Ce
Confit chicken & sausagemeat stuffing pie /G/Ce/E
Rainbow chard, roast squash & feta cheese frittata V/E/Mi

Piccalilli Vg/Mu
Jersey Royals tossed with sea salt & black pepper
Classic Caesar salad with garlic croutons, anchovies & parmesan shavings /G/F/Mi/E/Mu
Selection of breads & whipped butter

Fruited Tea loaf Vg/G
Victoria sponge with cream G/Mi/E

Light Supper Buffet £35

Grappa cured sea trout with apple & celery /F/Ce
Herb crusted loin of Sussex beef with salsa verde /Mu
Slow roast vine tomato tarte tatin with crumbled goat's cheese /Mi/G

Orzo pasta, cannellini beans & broad beans with sour cherries, lemon & mint /G
Char grilled tenderstem broccoli w/ tahini dressing & candied pumpkin seeds /Se

Freshly baked breads & whipped fennel seed butter /G/Mi

Blackberry & rose meringue roulade with blackberry compote,whipped cream & lemon curd /Mi/E

Working Lunch £22.95

Miso glazed salmon fillet with soy marinated soft boiled egg, kale & edamame beans with ponzu dressing, toasted sesame seeds, puffed brown rice & furikake seasoning /So/F/E/Se

Roasted squash, beluga lentils, baby spinach and roasted walnuts with ricotta, pickled jalapenos & green goddess dressing /N/Mi/Mu

Grilled free-range chicken breast & flamed aubergine freekeh tabbouleh with preserved lemon, sultanas & herbs, cucumber yoghurt, maple toasted seeds & pomegranate molasses /G/Mi

Raspberry & white chocolate blondies /G/Mi/E

Wellbeing Retreat £32

Char-grilled halloumi, puy lentil, coriander & pumpkin seed salad pots /Mi
Pumpkin, coriander & cumin fritters with nappa slaw & lime kefir /Mi/E/Se
Summer squash bhajis w/ chimichurri
Chargrilled chipotle tiger prawn skewers with pangrattato & roasted garlic mayonnaise /Cr/G/E/Mu
Bang bang chicken & vermicelli noodle salad pot w/ spicy peanut dressing /N/Se/So
Firecracker beef brisket tostada with caramelised onion & sour cream /G/Mi/Mu
Charred corn ribs, roast sweet potato & rocket with toasted seeds, lime & chipotle dressing /Mu
Mixed leaf & herb salad with edible flowers & apple cider vinegar dressing /Mu

Rhubarb yoghurt fool with pink pepper shortbreads /Mi/G

FINGER BUFFETS

5 ITEMS £19 | 7 ITEMS £24 | 9 ITEMS £27 | ADDITIONAL ITEMS £3.40

Vegetarian & vegan - ambient
Filo rolls with roasted squash, spinach & feta cheese /G/Mi
Whipped ricotta crostini with smashed broad beans & peas, radish, preserved lemon & mint /G/Mi
Classic Spanish tortilla cubes with romesco sauce /E/N
Char grilled halloumi, ancient grains, coriander & candied pumpkin seed salad pots with chilli relish /G/Mi
Baby gem leaf with celery, grapes, toasted walnuts & tarragon yoghurt dressing /Vg/Ce/N/Mu
Pumpkin, coriander & cumin fritters with spicy nappa cabbage slaw & lime kokoyo /Vg
Chipotle roast sweet potato, rainbow chard & sage frittata with lemon aioli /E/Mu
Brioche finger roll w/ whipped goat's cheese, caramelised onion & rocket /G/Mi
Rye bread with smashed avocado, soft boiled quail egg & furikake seasoning /G/E/Se

Vegetarian & vegan - best served warm
Love & Rocket Eccles cakes with crumbled Olde Sussex G/Mi/E
Taleggio soufflé tart with beetroot chutney G/Mi/E
Wild mushroom arancini w/ smoked garlic aioli Ce/Mi/E/Mu/G
Summer squash bhajis with chimichurri /Vg
Deep fried spinach & ricotta tortellini with rich tomato sauce & crispy sage leaves /Mi/E/G

Non-vegetarian - ambient
Sweet gem cup with hoi sin glazed confit duck, charred cucumber & candied kumquat /So
Sussex onglet steak tartare, pickled heritage carrot & smoked garlic aioli on sourdough toast G/Mu/Mi/E
Crostini of Milano salami with caponata & caper berries /G
Char grilled chicken Caesar salad pots with Romaine lettuce, parmesan & anchovy /G/F/E/Mi
Spinach & ricotta tortellini salad pot with spicy nduja & Caprese dressing /Mi/G/E
Bang-bang chicken & vermicelli noodle salad pot with spicy peanut dressing /F/E/N

Non-vegetarian - best served warm
Chicken spiedini with truffled aioli & crispy chicken skin pangratatto /Mu/E
Free-range chicken & tarragon pies G/Ce/E/Mi
Spiced lamb, spinach & burnt orange filo cigars w/ minted cucumber yoghurt /G/Mi
Firecracker beef brisket tostada with caramelised onion & smoked garlic aioli /G/Mu/E
Merguez sausage rolls with harissa yoghurt /G/Mi/E
Cajun chicken skewers with mango & avocado salsa

Fish & seafood – ambient
Blackened Mackerel crostini with beetroot chutney & horseradish sour cream F/Mi/G
Sesame crusted tuna loin with seaweed cracker, Japanese pickles & wasabi mayonnaise F/Se/Mu
Grappa cured salmon on rye bread with sour cream & pink pickled onions F/Mi/G
Smoked trout & watercress tarts F/Mi/E/G
Brioche finger roll with lobster salad & holy f**k mayonnaise Cr/Mi/E/Mu/G

Fish & seafood – best served warm
Deep fried tiger prawns with rosemary skewers, smoked chilli pangratatto & lemon mayonnaise Cr/G/E/Mu
Frito misto – mixed seafood in tempura batter w/ chilli flakes & lemon aioli F/G/Mu/E

Canapé Desserts
Sicilian lemon tarts G/Mi/E
Cointreau-steeped gooey chocolate brownies G/E/Mi
Sticky orange & almond cakes w/ zesty mascarpone /E/Mi/N
Baked blueberry cheesecakes /Mi/E
Glazed berry tarts w/ crème patisserie G/Mi/E

PRICING & ESTIMATES

Every event is as unique as you and our bespoke packages mean you can choose as little or as much service as you need. Use the following pages as an estimate of costs for 2026/27. Your final quotation will be based on your own individual requirements. All prices for menus & services exclude VAT at the standard rate.

Pricing & Estimates 2026/27

EQUIPMENT HIRE

Costs for Equipment Hire will vary depending on your venue & menu choices. Some venues include tables & chairs and some will have full kitchen facilities. Costs are approximate and will depend on your venue location as to which event hire company is used and any style upgrades you choose. All prices exclude VAT at the standard rate.

Equipment Hire	**Glassware**	2 x Champagne flute for reception & toast Wine & Water	£1.55 per person	Plus delivery & collection, cleaning & damages
	Crockery & Cutlery		£1.55 per person per course	Plus delivery & collection, cleaning & damages
	Servingware	Sharing Feast	£3.30 per person	Plus delivery & collection, cleaning & damages
		Buffet	INCLUDED	
	Table Linens	Approximate cost for white rectangular table cloths & napkins. Other colours & shapes / sizes are available	£23 per table of 6	Plus delivery, collection & laundry
	Furniture	Approximate cost for 6' trestle tables & chairs. Other tables & chairs are available.	£37 per table of 6	Plus delivery & collection
	Bar Set-up	Dependant on venue specific facilities but can include trestle table bar & table linen or bar-top, glassware, ice, ice buckets, ice bins, bar accoutrements.	£POA	
	Kitchen Equipment	<50 Guests 51 - 100 101 - 150	£320.00 £560.00 £850.00	Approximate costs if your venue has no kitchen facilities. If your venue is a marquee, a catering marquee will be required including hard flooring, power & lighting.

Pricing & Estimates 2026/27

STAFFING & OTHER COSTS

We always include an Event Manager and Head Chef on every event to ensure the smooth running of the day and quality of the service & presentation.
All our staff are looked after - we provide a hot meal, snacks & refreshments throughout the day as well as uniforms and travel expenses.
For weddings & larger events we always recommend a tasting session of your chosen menu. Tastings are billed at a fixed cost of £100 for up to 4 people, which will be refunded against your final bill if your food spend exceeds £2500.
Other costs are dependant on venue specific facilities & location and all prices exclude VAT at the standard rate.

Staffing	**Waiting / Bar Staff**	On the majority of weddings, staff will work 8 - 12 hour shifts depending on the menu, number of guests and any extra services.	£25 / ph	Approximately 1 : 10 guests for Sharing Feast service Approximately 1 : 15 guests for Buffet service Bar staff subject to requirements
	Chefs		£25 / ph	Subject to menu, number of guests & style of service. Approximately 1 : 25 guests
	Event Manager & Head Chef		INCLUDED	
Other Costs	**Transport**	Venue specific.	-	
	Rubbish & Recycling	Venue specific - arrangements can be made if required.	-	
	Tastings	Tasting of your chosen menu for up to 4 people	£100	Refunded against your final bill where menu cost exceeds £2500

Fork Buffet 1

ESTIMATE 1

Based on 100 guests at a venue that includes tables & chairs and a fully equipped kitchen

Menu	**Canapés**			
	Starters			
	Main Course	Lemon & Basil Menu	£27 per person	
	Dessert	Add dessert	£6.25 per person	
	Late night snacks			
	Total Food Cost		**£33.25**	**£3325**
Equipment & Staffing	**Equipment Hire**	Crockery & cutlery	£3.10 per person	**£310**
	Staffing	Event Manager & Head Chef Waitng staff x 7 Chefs x 3	INCLUDED £1750 £750	**£2500**
Other Costs	**Transport**		-	-
	Rubbish Collection		-	-
			VAT@ 20%	**£1227**
TOTAL COST Inc. VAT				**£7362** (£73.62 per person)

CONTACT

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