LOVE & ROCKET

COLOURFUL & CREATIVE CATERING

WAKE & LIFE CELEBRATIONS

loveandrocketfood.co.uk

Beautifully presented with a selection of freshly prepared finger sandwiches, savouries, homemade cakes and sweet treats, they're ideal for occasions where guests can gather, share stories and spend time together in a relaxed, informal setting. Designed to be both generous and easy to enjoy, each menu can be tailored to suit your event.

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

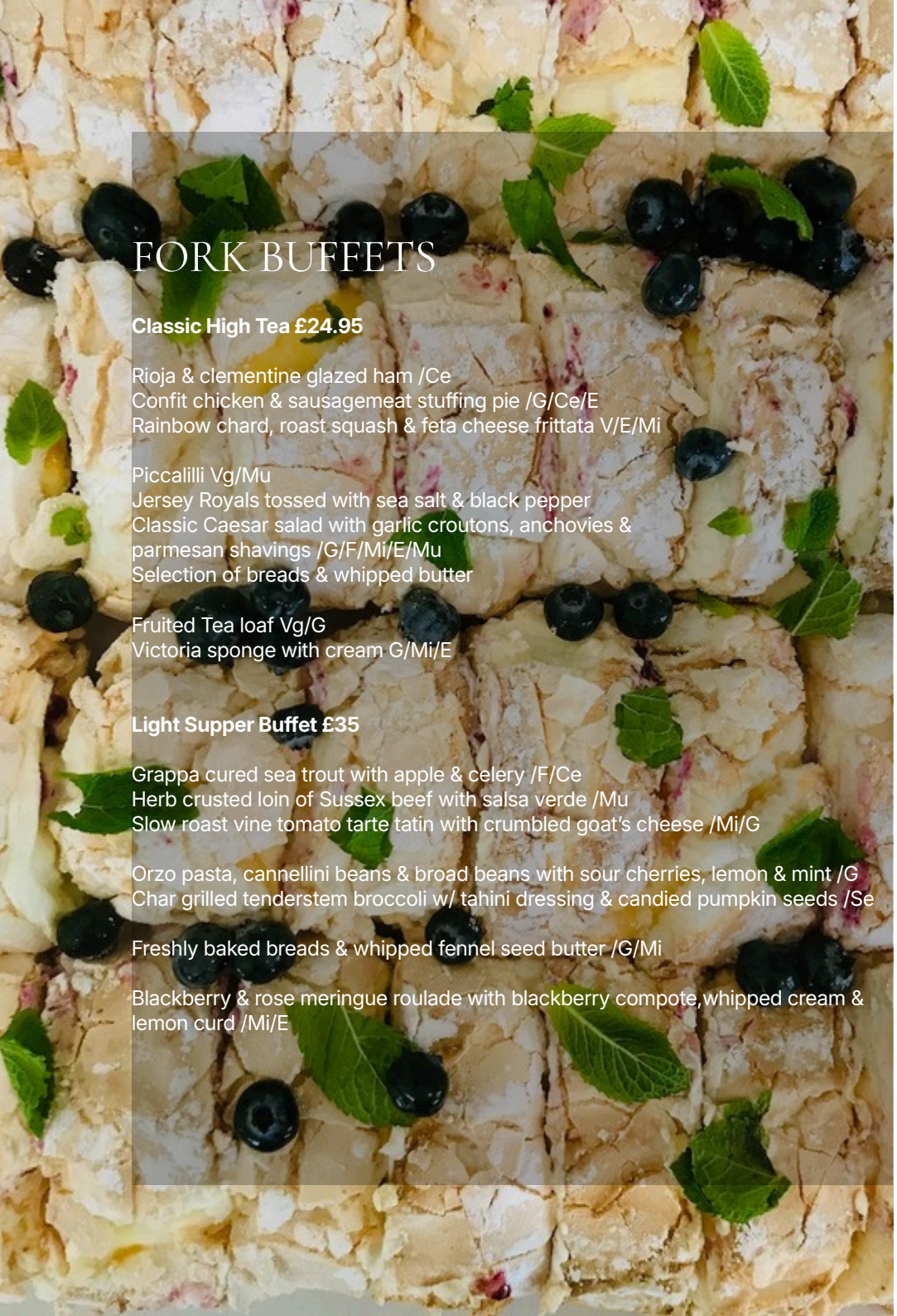
Red & white wine POA
Sparkling wine POA

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



FORK BUFFETS

Classic 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 events, staff will work 6 - 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

Afternoon Tea 1

ESTIMATE 1

Based on 80 guests at a venue that includes tables & chairs and a fully equipped kitchen

Menu	**Canapés**			
	Starters			
	Main Course	High Tea	£17.95 per person	
	Drinks	Tea & Coffee	£3.50 per person	
	Additional			
	Total Food Cost		**£21.45**	**£1716**
Equipment & Staffing	**Equipment Hire**	Crockery & cutlery (cups & saucers included)	£3.10 per person	**£248**
	Staffing	Event Manager & Head Chef Waitng staff x 3 Chefs x 1	INCLUDED £450 £150	**£600**
Other Costs	**Transport**		-	-
	Rubbish Collection		-	-
			VAT@ 20%	**£512.80**
TOTAL COST Inc. VAT				**£3076.80** (£38.46 per person)

CONTACT

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