LOVE & ROCKET

COLOURFUL & CREATIVE CATERING

WEDDINGS

loveandrocketfood.co.uk

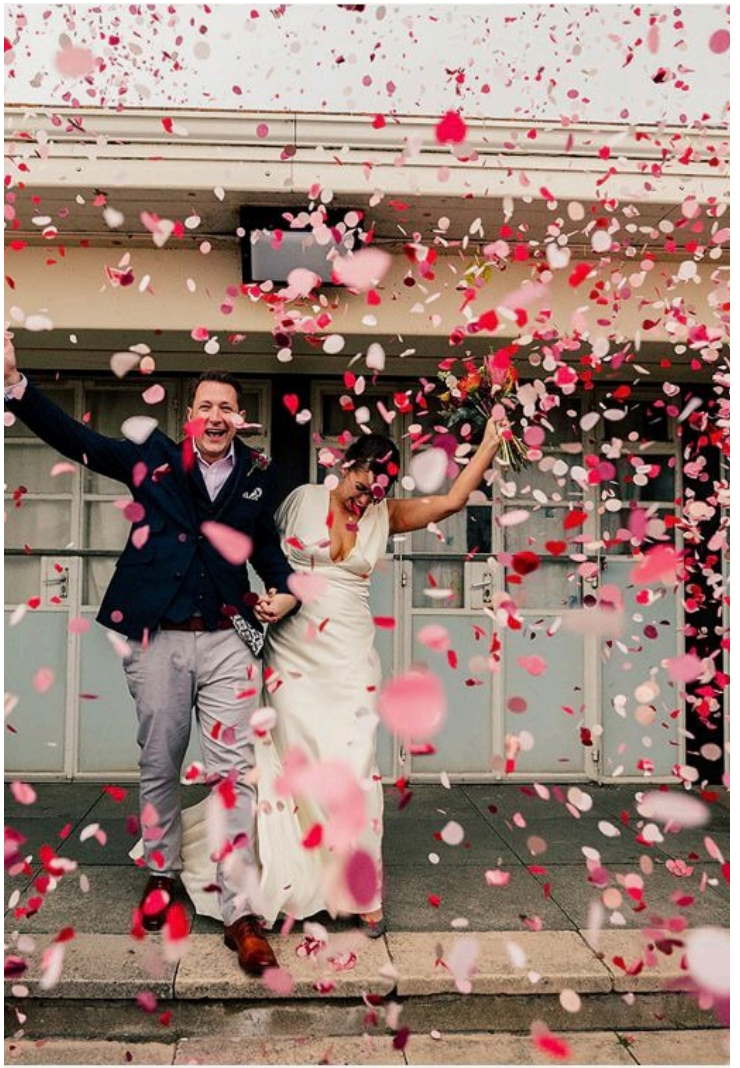
“Absolutely sensational food! I can't praise the team highly enough - our guests were thrilled with the quality of the food and the service”

LOVE & ROCKET

COLOURFUL & CREATIVE CATERING

Love & Rocket is a family-run catering company based in the heart of the South Downs National Park, near Midhurst in West Sussex. We create vibrant, seasonal food for weddings, private celebrations, corporate events and film productions across Sussex, Surrey and Hampshire.
Inspired by the seasons and sourced from trusted local suppliers & producers, our food is fresh, colourful and full of flavour. Paired with thoughtful service and meticulous attention to detail, we create memorable experiences that feel effortless, welcoming and unmistakably yours.

Whether you're looking for beautifully presented sharing feasts, elegant plated dining, vibrant canapés or relaxed late-night food, every menu is created exclusively for you using exceptional seasonal ingredients.
Choose as much or as little support as you need. We can simply deliver your food ready to enjoy or take care of every detail—from styling and tableware to experienced chefs, professional front-of-house staff, kitchen equipment & furniture and seamless coordination—so you can relax and enjoy every moment with the people who matter most.



CANAPÉS

Presented on a curated collection of organic and vintage platters,
and finished with fresh herb posies and wildflower garnishes.
For a pre-dinner reception, we recommend selecting 3–5 canapé
options, or 4–6 if no starter course is being served.



CANAPÉS

£18 FOR 7 CHOICES | £13 FOR 5 CHOICES | £8 FOR 3 CHOICES

Vegetarian & vegan canapés – ambient
Roast squash filo tarts, crispy sage & candied walnut crumble Vg/G/ N
Cauliflower fritatta with caperberry & lemon salsa E/G
Whipped ricotta croustade, smashed broad beans & peas, preserved lemon & mint G/Mi

Vegetarian & vegan canapés - best served warm
L&R Eccles cakes, baked goat cheese & Sussex honey G/Mi
Taleggio soufflé tart with beetroot chutney G/Mi/E
Wild mushroom arancini w/ smoked garlic aioli Ce/Mi/E/Mu/G

Non vegetarian canapés - ambient
Pressed confit chicken & tarragon terrine with truffled cream & crispy chicken skin Ce/Mi
Hoi sin glazed confit duck, charred cucumber & candied kumquat So
Sussex onglet steak tartare, pickled heritage carrot & smoked garlic aioli G/Mu/Mi/E

Non vegetarian canapés – best served warm
Spiced lamb filo parcel with burnt orange, spinach & pinenuts G
Cider braised pork belly w/ rhubarb & crackling Ce
Free-range chicken & tarragon pies G/Ce/E

Fish & seafood canapés – ambient
Mackerel tartare croustade, beetroot chutney & horseradish sour cream F/E/Mi
Squid ink risotto cake, fresh crab & avocado Mo/Cr/Ce/E/Mi
Scallop ceviche* with tiger's milk, dill oil, apple & celery Mo/Ce/F

Fish & seafood canapés – best served warm
Miso glazed salmon skewer, wakame aioli & crispy shiso F/E/So/Mu
Deep fried tiger prawns with rosemary skewers, smoked chilli pangratatto & lemon mayonnaise Cr/G/E/Mu
Hot-smoked salmon tart with tarragon mayonnaise & caviar F/G/E/Mi/Mu

CANAPÉS

£18 FOR 7 CHOICES | £13 FOR 5 CHOICES | £8 FOR 3 CHOICES

Signature Canapés
Cherry tomato & black olive tarte tatin, rocket & pumpkin seed pesto Vg/G
Sussex sirloin tataki with green beans, sesame & tamari soy Se/So
Buttermilk fried chicken w/ Champagne hollandaise & salmon roe Mi/G/E/Mu/F
Sesame crusted tuna loin w/ seaweed cracker, Japanese pickles & wasabi mayo Se/F/E/Mu
Beetroot cured salmon, buckwheat blini, sour cream, caviar & dill F/E/Mi

Classic canapés
Wild mushroom tartlet with poached quail egg & hollandaise G/E/Mi/Mu
Sussex beef carpaccio with crostini, ranch dressing, rocket & Parmesan G/E/Mi/Mu
Smoked salmon blini, crème fraiche, caviar & dill F/Mi

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

Bespoke options
In addition to the canapés listed we can also create bespoke menus
to fit any specific theme or style you may require. Contact us for more details.

Key to dietary information:
V Vegetarian | GF Gluten Free | Vg Vegan | Ce Celery | G Gluten | Cr Crustaceans | E Egg
F Fish | Mi Milk | Mo Molluscs | Mu Mustard | N Nuts | Pe Peanuts | Se Sesame | So Soya



SHARING FEASTS

Our Sharing Wedding Menus are created for joyful celebrations where generous, beautifully presented food brings guests together. Designed for larger weddings with a relaxed, convivial style of dining, each menu is served as abundant sharing feasts for guests to enjoy around the table.



SHARING FEASTS

STARTERS

Simple Starters – All priced at £2.50 each
Pre-laid on your tables & served with freshly baked breads

Hummus with spiced toasted seeds & roast chickpeas
House marinated olives
Yellow split peaswith onion & caper salsa
Smokey walnut & tomato muhammara
Homemade labneh with dill & pomegranate

First Plates £16.50 - Choose 3 options
Served with freshly baked breads & whipped fennel seed butter

Wild mushroom arancini and smoked garlic aioli /Mi/Ce/E/Mu/G
Sussex beef carpaccio with parmigiano shavings & salmoriglio /Mi/Mu (£5 supp)
Romesco sauce with roasted red onions /Nu
Gin cured sea trout with green apple salad & dill oil /Fi/Ce (£5 supp)
Burrata with smashed broad beans, radish & peas /Mi
Steamed asparagus with lemon butter sauce & chive flowers /Mi
Crunchy seasonal vegetables & bagna cauda /Fi/Mu
Roasted pepper mechouia, cucumber & black sesame /Se
Baked feta with honey & sesame /Mi/Se

SHARING FEASTS

MAIN COURSES

Second Plates £35 - Choose 1 main option, 1 plated vegetarian & 3 side dishes
Garlic & rosemary roast chicken with parmesan polenta, roasted red onions &
crispy chicken skin pangrattato /Mi
Roast poussin with pearl barley, lettuce & peas /G/Ce
Char grilled rosemary marinated leg of Sussex lamb with green anchovy sauce /Fi
Lamb koftes with sweet spices, burnt orange & mint yoghurt /Se/Mi
Seared bavette steak with salsa verde /Mu
Char grilled Sussex sirloin with Café de Paris butter & peppercorn sauce /Mi/Mu (£5 supp)
Venison Wellington with Cumberland sauce G/E/Mu/Mi (£20 supp)
Cider braised pork belly with caramelized fennel, crackling & rhubarb
Whole grilled seabream with roasted cherry tomatoes & sauce vierge /Fi
Roasted aubergine & oregano polpettes with rich tomato sauce & crispy sage /V/ E/G/Mi
Deep filled Sussex Charmer rarebit tart with beer pickled onions /V/G/Mi/Mu/E/Fi
Blackened savoy cabbage with bearnaise butter & crispy shallots /V/Mi

Sides
Grilled artichoke hearts, lemon, broad beans & slivered almonds /Nu
Puy lentils, roasted beetroot & red onions with crumbled feta & blackberry vinaigrette /Mi
Radicchio, frisée and endive salad with toasted hazelnuts, saffron & orange dressing /Mu/Nu
Heritage tomato salad, torn basil, sea salt & olive oil
Panzanella – Tuscan bread, roasted pepper & tomato salad /G/Fi
Crispy roast potatoes with sea salt & tarragon
Butterbeans in smoked cascabel chilli & citrus oil
Flamed aubergine & smokey freekeh tabbouleh with chermoula /G
Pickled red cabbage with aromatic seeds & spices
Char grilled tenderstem broccoli with maple tahini dressing & candied pumpkin seeds /Se
Haricot blanc & leek salad with mustardy dressing /Mu
Celeriac Waldorf salad with celery, flame raisins & apples Ce/E/Mu
Baby spinach, watercress & fresh pea salad with cider vinegar dressing /E/Mu



SHARING FEASTS

DESSERTS

Plated / Sharing Dessert £6.25 – Choose 1 option

Baked Basque cheesecake with roasted peaches /Mi/E
Peach, amaretto & almond trifle /Mi/E/Nu/G
Lemon curd meringues with gooseberry & elderflower compote & whipped cream /E/Mi
Layered Summer pudding with thick cream /G/Mi
Sicilian lemon tart with vanilla mascarpone /E/Mi/G
Chocolate truffle coffee cake with burnt orange & cardamom syrup /E/Nu/Mi
Layered tiramisu served in crystal bowls /E/Mi/G

Dessert Station £8.50

Choose any 3 of the above desserts.

Simple Dessert £4

Fresh seasonal berries & jugs of pouring cream to serve with your wedding cake.
Includes side plate, pastry fork & napkin.

Tea & Coffee
includes dark chocolate truffles, milk & oatmilk

Cafetiere coffee service to guests after the meal (tea served on request) £4.75
Coffee & tea served from a buffet station for guests to help themselves £3.50

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SHARING FEASTS

VEGETARIAN SHARING FEAST

Canapés
Cherry tomato & black olive tarte tatin with rocket & pumpkin seed pesto
Roast squash filo tarts, crispy sage & candied walnut crumble
Whipped ricotta croustade, smashed broad beans & peas with preserved lemon & mint

First Plates
Flatbreads with za'atar & herb oil
Smokey tomato & walnut muhammara
Baked feta with honey & sesame
Roasted pepper mechouia, fresh cucumber & nigella

Second Plates
Char grilled artichoke hearts, lemon, broad beans & slivered toasted almonds
Aubergine & oregano polpettes with rich tomato sauce & crispy sage
Roasted beetroot & red onions with beluga lentils & blackberry vinaigrette
Charred tenderstem broccoli with maple tahini dressing & candied pumpkin seeds
Bitter leaf salad with orange & pomegranate and saffron orange dressing

And for dessert
Pink pepper meringues with gooseberry & elderflower fool

Late Night Snacks
Gochujang sweet potato mac & cheese with pangratatto
Smokey plant-based dogs in brioche rolls with sauerkraut & jalapeños



“The food was exactly what we wanted – bursting with flavour, perfectly prepared and presented, inventive and different from the standard fare”

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.



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

£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

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LATE NIGHT SNACKS

Late night street food style snacks to keep the party going!
Circulated in kraft pots & paper wraps or as a styled out food station with Pimp Your Own sprinkles.



LATE NIGHT SNACKS

3 CHOICES £12 / AS A FOOD STATION £POA

Deli Rolls & sliders

Fish finger deli roll, sweet gemm lettuce, jalapenos, pink pickled onions & sour cream
Smokey pulled pork sliders, coleslaw, crackling & rhubarb compote
Pulled mushroom & bbq jackfruit sliders, veggie crackling & mustard mayo
Bratwurst with French's mustard, dill pickles, Heinz ketchup & sauerkraut

Kraft pots

Really good chicken ruby with rice, yoghurt, crispy shallots & pomegranate
Really good spinach & paneer ruby with rice, yoghurt, sev & pomegranate
Classic French onion soup topped with Gruyere cheese crostini
Truffled Mac 'n cheese with chilli pangratatto, smokey coconut chips (v) or crispy bacon bits
Chickpea falafel, tahini sauce, minted yoghurt & pickled red cabbage
Char grilled halloumi or chicken gyros, soft flour tortilla, tzatziki, crisp salad & chilli sauces

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

Sharing Feast 1

ESTIMATE 1

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

Menu	**Canapés**	3 choices	£8 per person	
	Starters	First plates, 3 choices	£16.50 per person	
	Main Course	Main course, plated vegetarian & 3 sides	£35 per person	
	Dessert	Simple dessert	£4 per person	
	Late night snacks	3 choices	£12 per person	
	Total Food Cost		**£75.50**	**£7550**
Equipment & Staffing	**Equipment Hire**	Glasware, crockery & cutlery, servingware, table linen	£13.50 per person	**£1350**
	Staffing	Event Manager & Head Chef Waitng staff x 10 Chefs x 4	INCLUDED £2500 £1000	**£3500**
Other Costs	**Transport**		-	-
	Rubbish Collection		-	-
			VAT@ 20%	**£2480**
TOTAL COST inc. VAT				**£14,880** (£148.80 per person)

Sharing Feast 2

ESTIMATE 2

Based on 100 guests at a venue that includes tables & chairs but no kitchen facilities

Menu	**Canapés**	5 choices	£13 per person	
	Starters	No starters		
	Main Course	Main course, plated vegetarian & 3 sides	£35 per person	
	Dessert	Simple dessert	£4 per person	
	Late night snacks	3 choices	£12 per person	
	Total Food Cost		**£64**	**£6400**
Equipment & Staffing	**Equipment Hire**	Kitchen equipment, glasware, crockery & cutlery, servingware, table linen	£16.50 per person	**£1650**
	Staffing	Event Manager & Head Chef Waitng staff x 10 Chefs x 3	INCLUDED £2500 £750	**£3250**
Other Costs	**Transport**		-	-
	Rubbish Collection		-	-
			VAT@ 20%	**£2260**
TOTAL COST Inc. VAT				**£13,560** (£135.60 per person)

Buffet 1

ESTIMATE 3

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

Menu	**Canapés**	5 choices	£13 per person	
	Starters	No starters		
	Main Course	Lemon & Basil Menu	£27 per person	
	Dessert	Add dessert	£6.25 per person	
	Late night snacks	3 choices	£12 per person	
	Total Food Cost		**£58.25**	**£5825**
Equipment & Staffing	**Equipment Hire**	Glasware, crockery & cutlery & table linen	£8.50 per person	**£850**
	Staffing	Event Manager & Head Chef Waitng staff x 7 Chefs x 3	INCLUDED £1750 £750	**£2500**
Other Costs	**Transport**		-	-
	Rubbish Collection		-	-
			VAT@ 20%	**£1835**
TOTAL COST Inc. VAT				**£11,010** (£110.10 per person)

CONTACT

Love & Rocket Food

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Call us

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