

EAST LODGE



Menu MATTERS

We help you to choose the perfect wedding breakfast for your reception



Other than saying 'I do', the wedding breakfast is one of the highlights of the wedding day, for you and your guests. This happy feast is where you celebrate your nuptials with close friends and family, where speeches are presented, toasts are made and your married life begins. And, of course, catering tends to be the area that soaks up the largest percentage of a wedding budget, so it's important to get it right.

FOR ALL SEASONS

The time of year undoubtedly dictates what ingredients are available to you. While you can get hold of produce throughout the year, it's always a good idea to stick to seasonal food. Simon Goggin of [Cooks & Partners](http://cooksandpartners.co.uk) (cooksandpartners.co.uk) says, "Winter is a great time of year for creating wholesome menus and using good quality fresh ingredients is key. Perhaps a warm soup to start followed by game such as guinea fowl or venison which are always fantastic alternatives to the more traditional chicken or beef."

Eattheseasons.co.uk is a fabulous website to show you what's best to serve when. As well as tasting great, seasonal ingredients will tend to be more cost effective. It's also a good idea to consider the style of food that works well on your chosen date. If you're tying the

knot on a summer's day, keep your menu light and refreshing. Alternatively, a winter's day is the perfect time to offer something rich and warming. "Food is crucial at weddings and has become much more of a bigger focus for my clients," says wedding planner [Mark Niemierko](http://niemierko.com) (niemierko.com). "Certainly choose food seasonally. We've had great fun with some alternatives over this summer with dessert being served in a Marie Antoinette style dessert room, and offering guests a shawarma (kebab) at the end of the evening."

BUDGET FRIENDLY

There's nothing less romantic than debt so it's essential to stick to your wedding budget. The wedding breakfast will be one of the most expensive aspects of your big day, so you need to work out what you can afford to spend per head and choose a menu that will come in on target. Remember that it's far better to serve good quality, simple food, than to attempt something too adventurous and not do it well. Consider serving your wedding cake for pudding, leaving more money for the starter and main course, and getting married later in the day so you only need to feed your guests once, perhaps with a few bacon sarnies as a midnight feast. Wedding planner, Tiffany

Grant-Riley from Grant-Riley Weddings (granrileyweddings.co.uk), advises talking to your catering manager, "Remember to listen to your catering manager when you're choosing your menu. They'll be able to advise you on

MINI PLATES & POTS

COLD

Salad of chargrilled artichokes, roasted pumpkin, butter beans, preserved summer tomatoes & toasted seeds

Seared brown trout with watercress, hazelnut & rapeseed oil pesto

Peppered beef sirloin with pickled cucumber & celeriac

HOT

Pheasant casserole with mash & parsnip crisp

Honey glazed roasted winter vegetable pot

PUDDING

Sweet chestnut and orange lollipops with white chocolate, popping candy & gold leaf

Roasted pear and bramley apple trifle with lemon cream in mini pots

MENU BY
COOKS & PARTNERS
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