

The Main Ingredient

foodby@the-main-ingredient.com ~ 01473 210610

Three Course Menu 1

Confit of Telmara farm duck leg 'Mediterranean flavours' - piquillo, basil & olive
Roast partridge breast, red onion tarte fine, hazelnut dressing
Rabbit & ham hock terrine, Pease pudding, wholegrain mustard
Sea trout and caviar rillettes, crisp greens, shellfish oil
Pressed smoked eel terrine, fine beans, Asian chipotle dressing
Brinkburn goats cheese, marinated beetroot, and tarragon salad



Fillet of beef, horseradish potato cake, broad bean cream
Breast of lamb & roast saddle, celeriac puree, bordelaise sauce
Pancetta wrapped guineafowl, sage, mushroom fricassee, truffle cream
Roast loin of venison, grilled figs & beetroot, fondant potato & thyme sauce
Herb rolled sole, marinated summer vegetables, white wine veloute
Brill 'buerre rouge', roast samphire with purees of garlic and parsley, potato mousseline
Wensleydale & beetroot tian, bitter fruits and crystallised flowers



Bitter chocolate delice, hazelnut crumble, honeycomb
Nougat glace, redfruits, balsamic jelly, sesame snaps
Poached peach, champagne, raspberry syrup, marzipan
Suffolk apple parfait, pressed terrine and caramel apple biscuits
Chocolate pave, steeped cherries, cherry arctic roll
Caramelised lemon tart, chiboust & caramel ice cream



Coffee & petit fours

£41 + VAT

inc crockery, cutlery & service

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Three course menu 2

Telmara farm duck roulade, herb salad, traditional Cumberland sauce
Hot smoked salmon with 'house' pickles, tartare sauce, crisp asparagus spears
Smoked squab pigeon, macerated prunes, dandelion salad
Hake rillettes, watercress, roast mackerel & whole grain toast
butternut squash & crumbled goats cheese soup
Spiced pear, blue cheese mousse & walnuts



Rump of lamb, broad bean and ham torte, salsa Verde
Rack of pork in mustard & rosemary 'tattie scone'
Sustainable 'cod', buerre rouge, colcannon mash, savoy cabbage
Grilled gurnard, braised pak choi, samphire and chilli
Wild mushroom & aubergine torte, local herb paste
White cut chicken, Asian greens, hoi sin dressing, crisp noodles
Garlic, parsley & anchovy stuffed rack of hogget with redcurrant & mint



Gooseberry fool, elderberry syrup, smashed honeycomb
White chocolate mousse, almond brittle, meringue 'eclairs'
Carrot cake, cream cheese sorbet, caramel sauce
Lemon posset, ladies fingers, pistachio 'soil'
Strawberry & vanilla seed pannacotta, shortbread, grain of paradise ice cream
Plum tarte fine, brown bread ice cream, vanilla custard



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Three course menu 3

Cherry wood smoked duck with sweet shallots
Smoked salmon & cucumber cannelloni, keta & lemon mayonnaise
Gilthead bream ceviche, braised fennel and peppers
Caramelised onion 'pizza' slow cooked tomato ragu
Cheese 'sablé' tart, rocket, tomatoes & stichleton
smokey tomato soup with creme fraiche & corn bread



Smoked haddock, spring greens, new potatoes, poached hens egg
Bavette steak, red wine onions & classic peppercorn sauce, chips
Crispy-braised brisket, smoked wild mushrooms, roast potatoes, gravy
Roast Pollock, clams & mussels, pea's ala Françoise, potato puree
Confit of pork belly, etuvee of root vegetables, bramley apple spiked gravy
Leg of lamb, rosemary fried root vegetables, mashed Swede, mint salsa



Red wine syrup poached pears, crunchy walnuts, piped cheesecake
Limón cello syllabub, hazelnut shortbread 'croissant'
Classic tart tatin, spiced crème fraiche
Custard tart, nutmeg cream
Sunken chocolate cake, vanilla crème Chantilly
Plum frangipane tart, marscapone & tonka bean ice cream



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BBQ menu

Suffolk beef burgers, black treacle bacon & Suffolk gold cheese
Butterflied leg of lamb, marinated in lemon thyme & black pepper
Coconut, chilli & lime gurnard kebabs and fish sauce xo
Sweet red pepper and teriyaki haloumi



Rosemary butter roasted potatoes
Oven dried tomato & mozzarella
baby gem, spring onion & chilli
Soft herb & garlic focaccia
Homemade sauces



Strawberries, brown sugar meringues & grain of paradise cream
Limón cello syllabub, hazelnut shortbread 'croissant'

£28 + VAT

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Cold fork buffet 1

Fennel & bleu d'Auvergne galette
Roasted rib of beef, broad bean and mint salsa
Almond, lemon & mint stuffed trout
Quiche: Lorraine, caramelised onion & blue cheese,
broccoli, leek & smoked haddock
Pork pie, cider jelly



Feta, pea & oregano
Char grilled and pickled fennel
Baby gem, spring onion & chilli
Herb marinated puy lentils with salsa Verde
Rosemary butter roasted potatoes



White chocolate mousse, almond brittle, meringue 'eclairs'
Red wine syrup poached pears, crunchy walnuts, piped cheesecake



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Cold fork buffet 2

Rillettes: Pork, duck, chicken, eel, lamb breast,
salmon with fennel seeds & pickled cucumber.

Quiche: Lorraine, caramelised onion & blue cheese,
broccoli, leek & smoked haddock

Baked fennel & lemon stuffed mackerel wrapped in saddleback bacon
Garlic roasted brisket



Green bean, coriander & capers
Butternut squash & goats cheese
Iceberg with blue cheese dressing
Oven dried tomato & mozzarella
Olive, caper & red onion potato salad



Custard tart, nutmeg cream
Sunken chocolate cake, vanilla crème Chantilly



Coffee

£26 + VAT

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Hot fork buffet 1

Monkfish with broad beans, peas and Savoy cabbage
Braised leek crumbles brioche and hazelnuts. Slow cooked tomatoes & brie
Braised duck with smoked garlic, leeks & salsa Verde



Suffolk apple parfait, pressed terrine and caramel apple biscuits
Crème brulee, 5 biscuits



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Hot fork buffet 2

Very slow cooked pork belly, braised red cabbage & sweet pear
Rocket & cashel blue stuffed conchiglioni rigati with courgette fritters and dhal
Smoked haddock, whiting, smoked eel, hake Mornay with new potatoes



Neapolitan terrine, brandy snaps, Seville oranges
Classic tart tatin, spiced crème fraiche



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Finger buffet

Sandwiches: Open, country style or toasted from a selection of breads
(Fillings: Salad items, tuna, honey roast ham, turkey and cranberry,
mackerel and avocado, cheddar & pickles and more)

Poppy seed tart of blue cheese, marscapone and red onion
Chive pancakes with brie & watercress
Frittata of onions, peppers and artichokes
Hand salted, cut and cooked crisps
Miniature baked potatoes

Kiln smoked salmon mousse, marinated cucumber and bacon bread
Smoked mackerel, pickled carrot and horseradish
Lobster omelettes sauce mousseline
Potted crayfish crostini

Gougers (served warm)
Tartlet of shallot puree, crispy pigs head
Turmeric and cardamom chicken brochette
Beef Carpaccio on olive bread with parmesan
Corn-fed chicken breast and guacamole on toasted foccaccia
Roast rib of beef, hollandaise sauce & baby gherkins
Croquettes of chicken and mushrooms
Charred pork belly in gem wraps
Rice paper rolls of duck teriyaki
Foie gras bon bons
Haggis bon bons
Crispy pig's ears

Select **five** items for **£8.90 + VAT** per head

Select **seven** items for **£11.20 + VAT** per head

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Wine List

White

2011 `S` Soave
Alpha Zeta, Veneto, ITALY
£14.25

2010 Sauvignon Blanc
IGP Val de la Loire, Vignerons de Valençay, Loire, FRANCE
£15.30

2010 Pinot Grigio
Ponte del Diavolo, Friuli-Venezia-Giulia, ITALY
£17.30

2010 Albariño
Martín Códax, Galicia & the North West , SPAIN
£18.30

2011 Marlborough Sauvignon Blanc
Tinpot Hut, Marlborough, NEW ZEALAND
£18.50

2010 Yarra Valley Chardonnay
Innocent Bystander, Victoria, AUSTRALIA
£21.10

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Wine List

Red

2010 Monastrell Yecla
Bodegas Castaño, South East Spain, SPAIN
£14.55

2011 `V` Valpolicella
Alpha Zeta, Veneto, ITALY
£15.45

2010 `Punto Final` Mendoza Malbec Clasico
Bodega Renacer, Mendoza, ARGENTINA
£17.90

2008 Marlborough Pinot Noir
Tinpot Hut, Marlborough, NEW ZEALAND
£18.40

2009 `Lionheart of the Barossa` Shiraz
Dandelion Vineyards, South Australia, AUSTRALIA
£20.20

2008 `Palazzo della Torre` IGT
Allegrini, Veneto, ITALY
£23.50

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Canapés

Carpaccio of veal, pigeon, duck, lamb, beef or venison
(with rocket salad, parmesan, balsamic jelly)
Miniature fish & chips – tartare sauce, avruga caviar, gaufrette potatoes
Arancini (crispy risotto balls stuffed with vegetables or a rich meat ragu)
Smoked guinea fowl, thyme mayonnaise, raisin bread
Suffolk gold tartlet, Williams pear & walnut
Duck liver/foie gras parfait, cassis jelly, brioche
Lamb loin, salsa verde, pea fritter, pea shoots
Smoked wild mushroom & copys cloud croustade
Corn-fed chicken, sage & pancetta roulade
Scallop tartare, cauliflower beignets, avruga caviar
Lemon & Dijon cured salmon, caper berries & dill
Brochette of tiger prawns, chilli & lemon
Black treacle bacon & poached quail egg crostini
Croque monsieur or Madam
Mozzarella & cherry tomato tarte fine
Rump steak in yellow mustard seeds
Courgette, goats cheese & mustard pickles on truffle oil fried bread
Red pepper & smoked paprika croquettes
Smoked eel, horseradish and lemon thyme croquettes

Potted

Suffolk crab, lemon butter & chilli
Brown shrimps, nutmeg butter & Suffolk wholemeal toast
Shin of Red Poll beef & horseradish foam
Gressingham duck with a tangerine and radish salad

Soup

Peking duck consomme - smoked haddock vichysoisse – gazpacho - butternut squash & crumbled goats cheese - cauliflower cheese - smokey tomato - caramelised onion

Choose 4 @ £5.80 + VAT

Choose 6 @ £7.75 + VAT

Choose 8 @ £9.90 + VAT

