



AVO CATERING CO

2021 Wedding Brochure



WELCOME TO AVO CATERING CO. THE SUSTAINABLE CORNISH CATERING COMPANY.

Congratulations on your recent engagement!

Getting married in Cornwall is a truly magical experience for any couple, no matter the venue.

We are AVO Catering Co, a growing, sustainable wedding and events company nestled in the hills between Truro and Falmouth.

We pride ourselves on our locally-sourced, seasonal ingredients and our commitment to reducing our impact on the environment.

Chef's and Co founders, Danny and Mark have a combined experience of 25 years in the food industry and have a passion for creating exciting menus for your big day.

Created with any wedding day in mind, from small and intimate ceremonies to exquisite celebrations, our menus will bring everyone together to share in your special day.



'We cannot thank you enough for being part of our special day and delivering such a high quality of food for our guests.'

A MENU DESIGNED FOR SHARING IN THE MOMENT.

We believe weddings are all about sharing, from the first moments to the final speeches.

Our menus have been designed with this sharing culture in mind.

Whether it's our Canapes, World Flavours or our Grazing Tables, we love nothing more than cooking food designed for your family and friends to enjoy together.

We have included something for everyone to enjoy but if you have a certain flavour or ingredient in mind please let us know and we would love to showcase it for you.

Our experienced team will be on hand to support you in the lead-up and throughout your special day.



BUT FIRST, CANAPÉS.

Our canapés selection is the perfect way to welcome your guests.

Enjoyed with the first drinks of the day, canapés are the perfect introduction to the flavoursome courses that will follow.

Lovingly served on our handmade wooden boards decorated with edible flowers, shoots and herbs - a touch of class and a real showstopper.

We recommend six canapés per person, this means we can provide plenty throughout the welcome drinks and will keep you and your guests topped up for the big day ahead.



FISH

Cornish hake fishcakes, Thai spices, chilli mayo.

St Ives Gin & beetroot cured gravadlax salmon, dill cucumbers, toasted rye.

St Ives smoked mackerel, sticky beets, horseradish, blue corn taco. **(gf)**

MEAT

Salt beef, English mustard mayo, cornichon rye tartines.

Smoked ham hock, Skinners ale and Davidstow cheddar croquette.

Roasted hoisin duck pancakes, spring onion, cucumber.

VEGAN

Curgurell courgette and pea arancini, Cornish saffron rouille.

Turmeric cauliflower, beetroot houmous, pistachio dukkah on St Ives bakery flatbread.

Vietnamese rice rolls, mint, beansprouts, sweet chilli ginger sauce. **(gf)**

VEG

Smashed green pea, mint, feta & pea shoots on St Ives bakery toasted sourdough.

Cornish cauliflower and kale bhaji, curried mayonnaise.

Local goats cheesecake, red onion jam, pickled walnuts.

*'Amazing food and service, they created,
cooked and delivered an amazing menu.
The food was delicious!'*



A to G
FEAST

Groom

STARTER BOARD

*Indian sharing board;
Cauliflower and kale pakora, chunky sambal,
& ginger chutney, spiced crispy paneer,
flatbread, cucumber raita.*



A SIMPLY CORNISH WEDDING MENU.

As two born and bred Cornish chefs we are lucky enough to work with some of the finest food producers in the county, drawing our menu inspiration directly from the ingredients themselves.

Each menu starts with the fresh local produce delivered to our kitchen, where we work together to develop new seasonal menus for our events.

Our Simply Cornish menu has been designed to lay down the centre of the tables and to be shared between you and your guests.

Both our Simply Cornish and World Flavours menu have set, mezze style starters, main course and desserts. Simply pick four sides and your good to go!

Should you have any personalisations or requests just let us know and we will do the rest.

STARTER

A Cornish Picnic:

Etheringtons ham hock terrine, Roskillys picalilli, St Ives smoked mackerel & horseradish pate, St Ives Bakery crostini, Skinners Ale rarebit flatbread, pink pickled onions, chopped herbs.

or for the vegetarian/vegans:

Roasted fennel, heritage tomato, Mylor leaves, balsamic glaze on St Ives Bakery focaccia.

MAINS

Angus Trotters smoked beef brisket, pan juices, roasted onions & rosemary.

or for the vegetarians/vegans:

Portabello mushroom kiev with garlic bechamel sauce

SHARING SIDES

Cornish bubble & squeak cakes **(v)**

Seasonal Cornish greens **(vg)**

Roasted chilli beets, balsamic glaze **(vg)**

Roasted Cornish new potatoes, sticky garlic, thyme **(vg)**

Canara Farm green leaf salad, pickled shallots, lemon oil. **(vg)**

Cornish Tabouleh, heritage tomato, charred Curgurell courgettes, mint & lemon **(vg)**

DESSERT

Cornish roasted summer fruit pavlova, Polgoon elderflower syrup, mint **(v)**

Cornish summer berry, Polgoon elderflower sponge, mint **(vg)**





'We used these guys for a recent event and cannot wait to use them again. Delicious food and professional company.'



WORLD FLAVOURS MENU

Our World Flavours Menu combines local Cornish ingredients with spices and flavours from around the world, inspired by years of travelling the globe.

Perfect for those looking to transport their guests, this menu transforms year on year taking us to a new continent with each turn.

This year join us as we explore Indian cuisine with our unique sharing boards and seasonal sides.

STARTER

Indian sharing board:

Cauliflower and kale pakora, chunky sambal, tomato, chilli & ginger chutney, spiced crispy paneer, St Ives Turkish flatbread and cucumber raita **(v) (vg)**

MAINS

Tikka style roasted chicken thighs, chopped coriander n' chillis, pink onions, little gem lettuce.

Cumin and smoked garlic slow roast lamb, mint salsa verde, feta.

Indian stuffed squash, spiced red lentils, chermoula, mint. **(vg)**

SHARING SIDES

Spicy Bombay potatoes, cumin, spinach, ginger. **(vg)**

Kidney bean dahl, spring onion, coriander. **(vg)**

Saag Paneer, spinach, spices, toasted almonds. **(v)**

Cabbage koshimbir, Indian slaw, pickled chillis. **(vg)**

Jewelled rice, turmeric, pomegranate, apricots, cardamom. **(vg)**

Cauliflower Chaat; spiced cauliflower, pomegranate, green chutney, natural yoghurt. **(v)**

Chopped Indian salad, little gem lettuce, cucumber, mint, cherry tomatoes, pickled radishes. **(vg)**

SOMETHING SWEET

Mango and lime posset, ginger crumb, raspberries. **(v)**

Coconut pannacotta, spiced rhubarb, ginger crumb. **(vg)**

AVO SUMMER GRAZING TABLE

Our grazing menu is a wonderfully versatile offering, perfect for relaxed dining, allowing for reduced staff costs and a grazing window of 2 hours. We have bespoke plans to allow you to customise your menus exactly how you would like them.

Option A: 8 dishes, 3 salads.

Option B: 8 dishes, 3 salads, Dessert bar.

Seasonal bruschetta: all served on St Ives Bakery focaccia. **(v)**

Dressed summer greens, prosciutto, walnut pesto, cream cheese and shoots.

Roasted balsamic veg, rocket and almonds.

*Beetroot hummus, toasted seeds and goats cheese. **(v)***

*Chunky tomato salsa and basil **(vg)***

Dressed St Ives Turkish flatbreads, homemade pesto, toasted almonds, pink onions. **(vg)**

Vietnamese rice noodle rolls, mint, crunchy veg, rice noodles, sweet chilli ginger sauce **(vg)**

St Ives smoked mackerel crostini, lemon ricotta, capers.

AVO scotch eggs, Etherington sausage meat, St Ewe eggs, panko crumb

Veggie sausage rolls, roasted squash, coriander, zzatar mayo.

Vegan mushroom and sage sausage rolls **(vg)**

Roasted hoisin duck pancakes, spring onions, pickled cucumber.

Sweet potato samosa, cumin, chilli. **(vg)**

Banh Mi; Vietnamese pulled pork baguettes, tangy pickles and sriracha aioli.

Sticky Korean chicken skewers, dokkachi sauce. **(2 per portion)**

AVO chickpea falafel, tzatziki, harissa houmous.

Slow roasted lamb flatbread, harissa aioli, pickled chilli, pomegranate.

Chilli beef empanada, sour cream, lime.

Broccoli and Cornish blue cheese frittata. **(gf)**

Slow roasted ham hock, apricot and pistachio terrine, ciabatta toast, cornichons.

Smashed Avocado on toast, pistachio dukkah, pickled radish **(vg)**

SALADS

AVO Herby Slaw - Organic root veg, chopped herbs and toasted seeds. **(v)**

Cornish New Potatoes - spring onions, gherkins, mustard mayo. **(v)**

Asian Noodle - Vermicelli noodles, sugar snaps, beansprouts, chilli, spring onions, peanut dressing. **(vg)**

Harissa carrot, feta and puy lentil salad, charred lemon, mint **(v)**

Watermelon, feta, kalamata olive, pink onions, local leaves, mint, lime dressing. **(vg)**

Herby orzo salad, black olives, sun-dried tomato, pepper, balsamic glaze. **(vg)**

Jewelled couscous salad, raisins, pomegranate, radish, apricot, chopped herbs, cranberries **(vg)**

Canara Farm green salad, cucumber, green bean, pea shoots, lemon and shallot dressing **(vg)**

ADDITIONAL GRAZING BOARDS

Served as an add on to the grazing table, served per 10 people.

Cornish Ploughmans:

Handmade sausage rolls, honey roast ham, St Ives smoked chicken, local cheese, pickled onions, chutney on St Ives Bakery bread.

Taco Box:

St Ives smoked mackerel, roasted and pulled chicken and a selection of veggie tacos, all served with salsa fresca, pink onions, sour cream, smokey chipotle and lime.

AVO Antipasti:

A selection of St Ives bakery bread, sun blushed tomatoes, olives, artichokes and anchovies.

Cornish Charcuterie Board:

A selection of the finest local cornish charcuterie, olives, artichokes, chutneys & Pickles

Vegan Poke Board:

Sticky beets, tofu, chargrilled broccoli, edamame beans, pickled veggies, sticky rice, toasted sesame seeds, pickled ginger, seaweed **(vg)**

Cornish Cheese Board:

A selection of the finest local cheeses, homemade chutneys, a range of biscuits, fruit and pickles.

DESSERT BAR

Dark chocolate and Cornish Sea Salt caramel brownie.

Cornish rhubarb and custard slice.

Pink lemonade bars.

St Ives Gin & tonic cheesecake.

Vegan rocky road **(vg)**

Peach melba slice.

Vienesse whirls, zesty lemon curd, vanilla buttercream.

Cornish scones, Boddingtons jam, Trewithan dairy clotted cream.

Cornish summer berry tartlets, vanilla cream, elderflower syrup.

Our grazing menu comes with a selection of homemade chutneys, sauces and pickles.



EVENING FOOD

At AVO we love to keep the party food going long until the night, from simple pasties and sausage rolls to our twist on the wonderful kebab cooked on our famous smokey pig!

Please find our evening menu below:

Cornish pasties

Homemade Sausage rolls.

Smoked beef brisket baps on St Ives Bakery brioche.

Hot pork rolls with crackling, apple sauce and stuffing on St Ives Bakery brioche.

Cornish cheese and charcuterie, grapes, crackers, chutneys etc.

Smokey Pig lamb or chicken kebabs with Sriracha mayo, crunchy veg, crisp lettuce, pink onions and pickled chillis.

Cornish hake goujons, tartare sauce, rosemary n' garlic chunky chips, Cornish Seasalt.

Beef or butternut squash chilli nacho trays, sour cream, smashed avo, fresh salsa, coriander, roquitos.

Pimpin' St Ives Bakery Turkish flatbreads, Classic mozzarella, Napoli or Deli Farm Charcuterie fiery pepperoni.



TEA & COFFEE STATIONS

We can set up a tea & coffee station for you with freshly brewed locally sourced coffee and tea made in our large flasks ready for your guests to serve themselves.

PRE & POST WEDDING FOOD

We offer a variety of options to feed your guests the night before your wedding or the following day.

We offer a hand-delivered buffet service of beautifully presented salads and finger foods to feed your guests the day before or the day after the wedding, please get in touch to find out more!



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