



High Quality Bespoke Catering Service

SAGE AND ONION

Sage and Onion was formed by two friends who wanted to provide a high quality bespoke catering service using locally sourced produce and high welfare meat. Having been raised on Suffolk farms they understand the importance of supporting local growers and breeders as much as possible.

“ We are passionate about food and take pride in every job we undertake down to the finest detail. ”

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Catering

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Example Menu

Starters

Charcuterie Board

Thai Style Sirloin Beef Salad

Whole Baked Rosemary Infused Camembert served with Fresh Bread

King Prawns Cooked in Garlic Butter

Devilled Chicken Livers

Hedgerow Salad, Seared Pigeon Breasts served with Hazelnuts and Blackberries

Homemade Chicken Liver Pate served with Red Onion Chutney

Fishcakes served with Salad Garnish and Lemon Mayonnaise

Mains

Roast Sirloin of Beef served with a Port Jus, Roasted New Potatoes and Seasonal Vegetables

Pan Fried Sea Bass served with Dauphinoise Potatoes and a Lemon and Dill Sauce

Chicken Stuffed with Olive Tapenade wrapped in Parma Ham

Spinach and Butternut Squash Risotto

Slow Roasted Pork Belly served with Bubble and Squeak, Apple Sauce and Crackling

Persian Spiced Pulled Shoulder of Lamb served with Roast Vegetable Couscous

Desserts

Profiteroles

Crème Brûlée

Lemon Posset

Hazelnut Meringue with Berries

Lemon Cheesecake with a Ginger Crust

Mojito Fruit Salad

Summer Fruit Jellies

Chocolate Brownies



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Hog Roast

Delicious slow roasted Suffolk pig covered in golden crackling with homemade apple sauce and stuffing served in a freshly baked roll, or on a plate with salads and potatoes

BBQ Meats

Some examples of the meats we use are listed below, but we can do much more so please let us know what you fancy

3oz Sirloin Steak. The meat is 28 day hung Suffolk beef reared just 2 miles from our kitchen.

Piri Piri Chicken Thighs

Handmade Beef Burgers

Sausages - you can choose traditional, county, Cumberland, chilli and cheese plus many more

Cajun Chicken Kebabs

Vegetarian Kebabs with Halloumi and Red Pepper

Salads

Green Salad with Vinaigrette on the side

Saffron infused Rice with Roasted Vegetables with Balsamic Reduction on the side

Potato Salad with Sun-Dried Tomatoes in a Dijon and Aspal Cider Vinegar Emulsion

Roasted Vegetable Couscous with a Garlic and Mustard Vinaigrette

Chopped Salad with Tomatoes, Cucumber, Celery, Peppers, Spring Onion in a fresh Mint Dressing

Seasonal Coleslaw

Greek Salad

Mixed Bean Salad with Garlic Vinaigrette

Green Bean and Asparagus Salad with a Salsa Verde

Cos lettuce with a rich Parmesan and Garlic Dressing, not for the faint hearted

Thai Carrot Salad with Peanuts

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Buffet - Sample Menu

Canapé Bites (see canapé menu) - Whole Poached Salmon - Selection of Charcuterie Meats
Patés and Terrines - Selection of Sandwiches - Homemade Deep Filled Quiche
Homemade Sausage Rolls with Red Onion Chutney - Salad Dish (see salad menu)
Kettle Crisps – Dessert - Tea and Coffee and Biscuits

Sandwiches

Examples of some of the sandwiches we do are below. We can also provide gluten free bread.

Rare Roast Beef & Horseradish

Ham with Wholegrain Mustard Mayonnaise

Salami, Mustard & Rocket

Egg Mayonnaise with Watercress

Smoked Salmon & Cream Cheese

Grated Cheddar with Mayonnaise and finely chopped Spring Onion

Goat's Cheese, Rocket & Olive Tapenade

Crispy Bacon and Egg Mayonnaise

Tuna, Mayonnaise & Lemon

Crab, Avocado & Lime Mayonnaise

Tomato, Pesto & Feta

Houmous with Crushed Olives

Quiches – All homemade, including the pastry.

Roast Pepper

Bacon and Mushroom

Broccoli and Smoked Salmon

Butternut Squash and Feta

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Canapés

We recommend that you allow 5-6 canapés per person per hour.

Bitesize Canapés

Filo Tartlets with Spicy Coriander Prawns
Goat's Cheese and Chilli Jam Oatcakes
Parmesan Shortbreads with Beetroot Pesto
Sweet Potato and Prosciutto Stacks
Mini Bruschetta
Sweet Chilli Prawn Filo Bites
Mango Chilli and Lime Cups
Crab, Lime and Chilli Cups
Cherry Tomato, Mozzarella and Basil Skewers
Smoked Trout Pate on Rye Bread with Pickled Cucumber
Croustades filled with Gravavlax and Soured Cream
Teriaki Beef and Lettuce Cups

Large Canapés

Fish Goujons with Tartare sauce
Meatballs with Spicy Tomato Dip
Mini Homemade Burgers
Chicken Satay Skewers
Thai Chicken Skewers with Sweet Chilli Dip
Mini Poppadoms with Creamy Chicken Tikka
Stilton and Chutney Rarebits
Mini Yorkshires with Rare Beef and Horseradish Crème Fraiche
Mini Samosas and Bhajees with Raita

Dessert Canapés

Strawberry & Pistachio Mini Meringues
Mini Brownies
Zingy Lemon Cheesecake Bites
Triple Chocolate Biscotti with Hazelnuts
Chocolate covered Fruit Skewers