sonny's Cornish kitchen

Locally sourced, lovingly prepared

Canape example menu

Choose 4 options @ 8.50

Choose 6 options @ 10.75

Choose 8 @ options 12.50

Meat and fish

Organic Cocktail sausages in mustard and honey (gf)

Chicken bites with Linghams chilli sauce (gf)

Sirloin of beef with mustard mayo croustade

Mini duck roll with spring onion, cucumber, black cherry jam

Salmon, beetroot and horseradish cream croustade

Prawn salsa on little gem (gf)

Mini prawn cocktail croustade

Scallops wrapped in prosciutto (gf)

Smoked mackerel and organic yoghurt, paprika

King prawn egg noodle nest and sour cream

Vegetarian and vegan

Spicy stir-fry vegetable filo rolls (vegan)

Tortilla towers (gf)

Stuffed vine leaves

Roasted squash with Blue cheese and caramelised pear croustade

Mozzarella, tomato and basil (g/f)

Cornish gouda or Yarg with melon and cucumber (g/f)

Parmesan baskets with micro salad (gf)

Spinach and feta filo rolls

Stuffed radish tapenade (gf)

Medjool date with blue cheese (gf)

Cornish Gouda gougeres – light and fluffy choux

Cornish Goats cheese terrine with marinated raisins and apple

Sweet things – small in size but not flavour

Mini scones, jam and clotted cream

Flapjacks (can be vegan)

Chocolate brownies (can be vegan and g/f)

Fresh fruit sticks (Vegan & g/f)

Can be delivered in biodegradable boxes with see through lids or

we can provide service and use reusable crockery on white and stainless steel trays.

I have my own team of experienced serving staff, charged at 14.00 per hour with a minimum four hour shift charged.

Locally sourced meat from Perranarworthal and Chacewater, fish, seafood from Newlyn or Wing of St Mawes. Cornish dairy and eggs locally sourced. We endeavour to use seasonal fruit and vegetables whenever possible.

Sonya ran eco cuisine, a Corporate catering business based in North London before returning back to Cornwall in 2020 and starting Sonny's Cornish kitchen.

Her previous clients have included WWF, LQ Living, Imperial college London, Enfield council, Millfield theatre, Graduate fashion week, Notre Dame University, C40 cities, Ethical Property company, Independent music festivals, Trip Advisor, Women in Tax