sonny's Cornish kitchen

Locally sourced, lovingly prepared

Cold fork buffet example menu 2026

Please choose 3 main courses and 4 salads from 14.50 pp

Delivered in biodegradable boxes with see through lids or we can provide service and use reusable crockery on white and stainless steel

Main course

Meat and fish

Roasted ham slices (gf)

Roast beef (served pink) (gf)

Whole dressed salmon (minimum 20) (gf)

Baked Salmon pieces with pesto glaze

Lemon and garlic Roast chicken pieces (using the whole bird) (gf)

Vegetarian and vegan

Vegetable tart slices

Cauliflower steaks marinated and roasted (gf/Vegan)

Spicy stir-fry vegetable filo slices (vegan)

Whole tortilla sliced (gf)

Spinach and feta pie

Meze platter – stuffed vine leaves, roasted pepper slices, olives, capers, cornichons, hummus, tzatziki, crudites, bread

Salads

Sonny's slaw

Roasted squash with Blue cheese and caramelised pear

Mozzarella, tomato and basil

New potato salad with free-range mayo and fresh mint

Sonny's Waldorf – apple, walnuts, natural organic yoghurt and celery

Tabbouleh – cracked wheat, cucumber, tomatoes, parsley, olive oil, lemon

Giant couscous with roasted seasonal vegetables

Quinoa and brown rice with mixed peppers

Rice noodles with spring onion, chilli and toasted sesame oil

Puddings @ 6.50

Cheesecake – vanilla or lemon

Black forest trifle

Chocolate and amaretto torte

Chocolate brownies (can be vegan, g/f option)

Apricots with saffron and pistachio (can be vegan option)

Scones, jam and clotted cream

Local strawberries and clotted cream

Service is charged at £14.00 per hour for each server and a minimum four-hour shift (£56.00)

We can hire crockery, cutlery, glassware etc on your behalf or supply you with biodegradable plates and recycled napkins

I am proud to source Cornish meats from local farms from Perranwell and Truro and fish from dayboats out of Newlyn.

Sonya ran eco cuisine, a corporate catering business based in North London before returning back to Cornwall in 2020.

Her clients have included LQ Living, London Imperial college, Enfield council, Millfield theatre, Graduate fashion week, Notre Dame university, C40 cities, Ethical property company, Independent music festivals