sonny's Cornish kitchen

Locally sourced, lovingly prepared

Hot fork buffet example menu 2026

Please choose 2 or 3 main courses from 14.50 pp

Meat and fish

Slow cooked Dexter beef in red wine, shallots, chestnut mushrooms

Beef lasagne – rich and unctuous minced beef, tomato sauce, pasta

Coq au vin – chicken thighs in red wine, shallots, chestnut mushrooms

Spanish chicken stew – boneless chicken thighs, olives, chorizo, onion, lemon, potatoes

Dopiaza chicken curry – layers of flavour with plenty of onions, spices, boneless chicken thighs served with basmati rice

Navarin of lamb – lamb, onions, carrots, new potatoes in white wine reduction

Lamb or fish tagine with basmati rice

Cornish fish pie and seasonal vegetables

Cornish fish stew – hake, white beans, onions

Thai green prawn or chicken curry with basmati rice

Baked fish of the day with lemon butter sauce

Vegetarian and vegan

Roasted and spiced Cauliflower steak (gf/Vegan) with seasonal vegetables and potatoes

Spicy stir-fry vegetable filo pie(vegan) served with giant couscous and mixed roasted vegetables

Chickpea and Cornish kale curry with basmati rice

Aubergine parmigiana and a mixed seasonal salad

Spanokopita (filo pastry with spinach, feta, herbs) served with new potatoes and salad

Thai green tofu and mixed vegetable curry served with basmati rice

All served with potatoes, rice and seasonal vegetables or salad

Puddings @ 6.50

Lemon Cheesecake

Black forest trifle

Chocolate and amaretto torte

Chocolate brownies

Fruit crumble

Bread and butter pudding

Summer pudding

Chocolate mousse

Cornish cheese selection @ 8.50

Yarg, Blue, Jacks served with biscuits, celery, grapes, chutney

We have our own bains-marie’s and serve the hot buffet for you, or you may choose for a delivery only.

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

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