



WEDDING

LBK
—FLAVOURS—

AUTUMN WINTER
2027

INSPIRATION



Welcome to

LBK
— FLAVOURS —

LBK Flavours is a bespoke catering company, led by women and driven by a love of great food. Our Spanish heritage is at the heart of what we do, but our cooking is shaped just as much by the places we've travelled, restaurants we love, the people we've met and the food we've shared along the way.

We celebrate great seasonal ingredients and let them do the talking – creating food that is uncomplicated, plentiful, delicious and beautiful. From relaxed feasting to elegant wedding celebrations, we create menus that feel personal, abundant and full of flavour, with a style that is distinctly our own.

For us, good food is about bringing people together. We've created a selection of menus inspired by our favourite cuisines – from the food of Spain and the Mediterranean to the vibrant flavours of the Middle East. These are a starting point, and we're always happy to tailor them to suit your celebration, your guests and the way you want to eat.

Monica

Signature Menus

**SPANISH TABERNA
MIDDLE EASTERN FEAST
ITALIAN BANQUET
SEASONAL BRITISH**



Spanish Taberna

FROM A PINTXOS BAR IN SAN SEBASTIAN TO A TAPAS BAR IN SEVILLE, WE HAVE YOU COVERED! WE ARE BRINGING THE BEST OF SPAIN TO YOUR WEDDING WITH OUR FAVOURITE PINCHOS, TAPAS & PAELLAS





BITES AND SHARING
TAPAS TO KICK
THINGS OFF!

CANAPÉS & PINCHOS

(choose your preferred selection)

Croquetas: choose from spicy chorizo/ Iberico ham/ Prawn pil pil/ squid/ wild mushroom & truffle (V)

Spanish tortilla, roasted garlic aioli (V)

Galician beef, roasted cherry tomato, aioli, manchego crostini.

Roasted red peppers, grilled chorizo & goat's cheese tart.

Beef cecina, grilled goat's cheese & caramelised onion crostini

Chicken liver parfait, quince jelly glazed grape, crispy chicken skin

Beef slider with manchego cheese, guindilla mayo & lettuce and padron pepper.

Seared scallop, sweetcorn puree, chorizo crumb, tarragon & caper salsa.

Galician style octopus; griddled octopus, pomme puree, paprika, olive oil caviar mini spoons

“Marriage” crostini; anchovy, boqueron, padron pepper, tomato tartare

“Gildas”; olive, guindilla & anchovy skewer.

Cauliflower floret, romesco sauce, seedy cracker (Vg)

Basque chillies tempura (Piparras), caraway seeds, roasted garlic aioli (vg).

TAPAS

(choose your preferred 2)

Spanish charcuterie platter w/ sourdough; Iberico ham, chorizo and salchichon. Served with sourdough bread.

Spanish artisan cheese platter with grapes and quince jelly. Served with sourdough bread.

Prawn PilPil (garlic & chilli prawns), sourdough.

Torched & Albarino cured mackerel, ajo blanco, pickled greapes, herb oil.

Pork and fennel meatballs with slow roasted tomato and oloroso sauce

Griddled tenderstem broccoli, straciatella, almond romesco sauce, Pedro Ximenex reduction (v).

“Pan con tomate”; tomato tartare, charred sourdough(v).

Spanish Tortilla w/ aioli & saute Padron peppers (v).

Crispy aubergines w/ sugarcane molasses dressing (v).

Heritage rainbow tomato salad, burrata, almond romesco sauce, basil oil, garlic croutons (V)

Griddled artichokes, ajo blanco, pickled grapes, herb oil.



GENEROUS AND
COLOURFUL SHARING
DISHES AND IRRESISTABLE
DESSERTS

SHARING MAIN COURSE

(choose 1 plus veggie/vegan option)

Spanish marinated roasted chicken supreme w/
romesco sauce & olive salsa

Paella; select 2 from Meat/Seafood/ Mixed/ Vegan

Sherry braised pork cheeks w/ creamy potato
mash, herb salsa

Rioja braised oxtail, parsnip and potato mash,
parsnip crisps, herb salsa

Herb, garlic & Albarino marinated & slow roasted
lamb shoulder w/ salsa verde.

Iberico pork loin, caramelised onions, piquillo and
chorizo puree, chimichurri.

Charred cauliflower steak, romesco sauce, broccoli,
olive salsa (vegan)

SIDES

(choose your preferred 2)

Thyme & garlic roasted new potatoes

Heritage tomato salad, sweet onion, moscatel dressing

Charred baby gem lettuce, piquillo peppers, Pedro
Ximenez dressing, pine nuts

Green bean and pea salad with manchego cheese,
toasted pine nuts & balsamic dressing

Ibicenco style tomato salad with olives, herbs & garlic
croutons

DESSERTS

(choose 1)

“LBK” signature caramelised baked Basque
cheesecake w/ seasonal fruit.

“Torrijas”: white chocolate brioche. French toast,
miso ice cream, white chocolate soil, strawberries.

Seville orange & dark chocolate tarts w/ crème
fraiche.

Churros with dark chocolate dipping sauce

Olive oil dark chocolate mousse w/ sea salt &
hazelnut-chocolate soil.

Pedro Ximenez poached pears & blackberry pavlova.

Buttermilk panna cotta bowls w/ Pedro Ximenez
poached peaches & pistachios.

Tarta de Santiago (almond tart)









Middle Eastern Feast

DELICIOUS, COLOURFUL, FULL OF
FLAVOUR, SPICES AND HERBS - DISHES
INSPIRED BY SOME OF OUR FOOD
HEROES LIKE OTTOLENGUI, SABRINA
GHAYOUR, CLAUDIA RODEN, SELIN
KIAZIM AND OUR FAVOURITE LONDON
RESTAURANTS LIKE BERBER & Q,
PALOMAR & MANGAL 2 TO NAME A FEW!



Middle Eastern Feast

Bright, vibrant and made for sharing. Think bright herbs, smoky vegetables, creamy dips, warm flatbreads and plenty of spice – generous, colourful and full of flavour.

CANAPÉS

(choose your preferred selection)

Mini chicken pastilla w/ harissa mayo

Merguez lamb sausage roll w/ tahini yogurt

Cardamom & fennel cured salmon, labneh, preserve lemon, latke

Mini lamb koftas, tahini yogurt, pickled pink onion, mini flatbreads

Lamb merguez, labneh, honey, quindilla pepper, charred flatbread

Spinach, feta & herbs borek (v)

Dukkah crusted quail egg & harissa mayo croustades (v)

Burn aubergine puree, labneh, za'atar & pomegranate, sweet potato crisp (v)

Maple syrup spiced beetroot, carrot & chickpea burek w/ tahini sauce (vg)

Crispy halloumi, black onion seed and spiced honey glaze skewer (V)

Slow roasted tomato, baba ganoush, seeded cracker (Vg)

MEZZE

(choose 2 dip & 1 mezze)

DIPS SERVED WITH ZA'ATAR FLATBREADS

Pistachio & feta dip (V)

Rose harissa spiced hummus w/ shawarma crispy chickpeas (VG)

Baba ganoush, sumac. molasses, pomegranate seeds (VG)

Walnut muhammara, spiced walnuts (VG)

Medjool date whipped butter w/ sourdough (v)

MEZZE

Chilli-garlic glazed chicken skewer, za'atar & chicken skin crumb, lime mayo

Lamb koftas, minty yogurt, pickled onions

Burrata, honey griddled peaches, pistachio dukkah, orange blossom dressing (V)

Sumac & pistachio dukkah prawns w/ Lebanese salad & tahini sauce

Za'atar aubergines, labneh, pickled chilli, dukkah & molasses (v)

Griddled artichokes, white bean hummus, za'atar, fresh herbs, herb oil & crispy capers (v)

Burrata, muhammara, heritage tomatoes, spiced walnuts, herb oil(v)

Middle Eastern Feast

COLOURFUL PLATTERS WITH WOW
FACTOR - FULL OF WARM SPICES,
FRESH HERBS AND TEXTURE.

SHARING MAIN COURSE

(choose 1 plus veggie/vegan option)

Pulled lamb shawarma, dukkah, herb & guindilla salsa

Griddled ras el hanout spiced chicken w/ preserved lemon gremolata

Chicken shawarma, tahini sauce, crunchy pickles

Molasses roasted chicken with olives, capers & dates

Sticky pomegranate molasses & sumac roasted salmon, tahini sauce

Cauliflower shawarma, tahini dressing, pomegranate & pine nuts (Vg)

Za'atar aubergine w/ labneh, shawarma chickpeas, pomegranates (V)

Falafels with lemon tahini and pickled cabbage (Vg)

SIDES

(choose your preferred 2)

Spiced roasted new potatoes, fresh herbs.

3 grain salad, molasses & sumac dressing.

Herby tabbouleh, pomegranate seeds

Jeweled rice w/ pistachios & dried berries

Hispi cabbage, tahini sauce, Aleppo chilli & pistachio butter, crispy onions

Harissa & honey glazed carrots, tahini, seedy dukkah

French bean salad, orange & hazelnuts

Fattoush salad, pomegranate, crispy pitta

Persian tomato and cucumber salad

DESSERTS

(choose 1)

“Dark chocolate & cardamom tart, sweetened crème fraiche, toasted hazelnut

Orange blossom & rhubarb panna cotta, pistachio praline

Sticky toffee pudding w/ cardamon infused salted caramel sauce

Fig & almond frangipane tart w/ vanilla ice cream

Feta & honey cheesecake on kadaif pastry nest w/ peaches & toasted almond

Pavlova w/ orange blossom and grand Marnier poached nectarines, raspberries & pistachios

Caramelised baked cheesecake w/ ginger & cardamon poached rhubarb





Italian Banquet



FROM THE TRENDY APERITIVO
BARS OF MILAN TO THE RUSTIC
TRATTORIAS IN TUSCANY, WE
WILL BRING A BIT OF ITALY INTO
YOUR PARTY



Italian Banquet

Italian favourites made for sharing, from delicious little aperitivo bites to generous antipasti.

CANAPÉS (choose your preferred selection)

Beef carpaccio, slow roasted datterini tomato, wild rocket & roasted garlic aioli crostini.

Nduja & saffron arancini, pesto, grated pecorino

Pork & fennel polpette, spicy tomato sauce

Sicilian style tuna crudo, gremolata, crispy caper, micro basil mini spoons.

Anchovy & sage fritti.

Prawn bruschetta, datterini tomatoes & gremolata.

Seared scallop, sweetcorn puree, tarragon & caper salsa.

Cavolo nero and straciatella crostini (V)

Autumn vegetable, sage & goat's cheese frittata bites(V).

Crispy cheesy polenta bites, melted taleggio, wild mushroom (V).

Porcini mushroom & truffle arancini, aioli (v).

Caramelised butternut squash, gorgonzola, sage, dried cranberry crostini (V).

Gnocchi, brown butter, crispy sage, hazelnut pangrattato mini spoons(v).

ANTIPASTI & PRIMI (choose your preferred 2)

Italian charcuterie platter w/ rosemary focaccia, & nocellara olives; Prosciutto San Damielle, finocchiona salami, coppa & capocollo, bresaola.

Antipasti boards w/ rosemary focaccia: griddled artichokes, marinated aubergines, sun dried tomatoes, olives, caperberries, bocconcini (V).

Rigatoni w/ sausage & fennel ragu.

Rigatoni mezzi w/ beef cheeks ragu, smoked ricotta.

Griddled octopus, nduja, braised fennel, cannellini bean puree and dragoncello salsa

Anchovies, straciatella, smoked chillies, garlic sourdough.

Grilled prawns, fennel and tomato orzo, feta & chilli.

Burrata, marinated & griddled cavolo nero, heritage beetroot, hazelnut & parmesan dressing (V)

Three cheese macaroni, truffle pangrattato (V)

Veg nduja, mascarpone & cavolo nero rigatoni mezzi. (V)

Burrata, roasted butternut squash, crispy sage, radicchio (V)

Heritage tomato, pesto, chilli, basil & mozzarella bruschetta (v).

Saute artichokes, canellini beans puree, crispy capers, herb oil (VG)

Italian Banquet

Generous Italian
feasting, followed by
indulgent Italian
desserts – simple,
seasonal and
delicious.

SHARING MAIN COURSE

(choose 1 plus veggie/vegan option)

Herb, garlic & white wine marinated slow roasted lamb
shoulder w/ salsa verde

Garlic, thyme & herbs marinated & roast chicken
supremes w/ tarragon salsa verde

Ossobucco, creamy mash potato, gremolatta

Braised pork belly, cannellini beans, salsa verde, pork
crackling

Beef and mozzarella lasagne

Baked salmon w/ roasted fennel, cherry tomatoes, olives
& gremolata

Aubergine parmigiana (V)

Creamy polenta, wild mushrooms, griddled artichokes &
goats' cheese (v)

Charred hispi cabbage, braised cannellini beans, roasted
pepper salsa(Vg)

SIDES

(choose your preferred 2)

Thyme & garlic roasted new potatoes (V)

Cavolo nero w/ garlic, chilli, anchovy & rosemary

Winter salad leaves, castelfranco, pecorino, orange
segment, white balsamic dressing (V)

Green beans, courgette and pea salad, sweet onion, basil
vinaigrette, parmesan (V)

Rocket salad with balsamic dressing and parmesan

Panzanella tomato salad w/ focaccia croutons, olives &
anchovies

Charred hispi cabbage, garlic parmesan sauce, toasted
pine nuts (V)

Charred tender stem broccoli, lemon, chilli, parmesan (V)

Braised fennel and purple olive dressing (V)

DESSERTS

(choose 1)

Giant tiramisu tray or individual tiramisu

Chocolate & espresso tart w/ Frangelico
cream

Lemon thyme infused mascarpone mousse,
lemon curd, amaretti crumb and mini
meringues

Buttermilk & vanilla panna cotta, vin santo
poached peaches, amaretti crumb

Torta di ricotta e limone

Buttermilk & vanilla panna cotta, Vin Santo
poached nectarines and toasted almond

Almalfi lemon meringue tart, sweetened
crème fraiche

Chocolate nemesis w/ vin santo, mascarpone
& amaretto, espresso sourdough crisps





Modern Seasonal British

FROM CLASSIC PUB GRUB TO
MORE MODERN AND CREATIVE
BRITISH DISHES, ALL INSPIRED BY
THE BEST SEASONAL
INGREDIENTS



Modern British

CELEBRATION THE
BEST OF THE SEASON
INGREDIENTS WITH
DELICIOUS CANAPES
& SHARING STARTERS

CANAPÉS

(choose your preferred selection)

Pulled ham hock, mustard mayo, pickle apple, crispy chicken skin, gerkin

Pork cheek's fritters w/ herb mayo & crispy caper

Beef slider w/ aged cheddar, mustard mayo & pickles

Mini chicken, leek & tarragon pies

Pork & fennel sausage rolls, honey mustard mayo dipping sauce

Mini Yorkshire pudding, rare roast beef, caramelised onion, horseradish cream

Coronation chicken salad, mango gel, mini poppadom's

Smoked salmon, potato rosti, dill cream cheese

Cornish crab & celeriac remoulade filo tart

Sole goujons w/ tartare sauce, pickled samphire

Three cheese & Branston pickle croquetas with mustard mayo (V)

Whipped goat's cheese, poached rhubarb, lovage crostini (V)

Tunworth croquetas with mustard mayo (V)

Beetroot gravalax, cream cheese, potato rosti (Vg)

STARTERS

(choose your preferred 2)

Ploughman's board: roast ham, aged cheddar, Stilton, Scotch egg, mini pork pie, caramelised onion, apple, root vegetable coleslaw, cornichons, radishes & sourdough baguette

British charcuterie boards, London coppa, fennel salami, venison salami. Served with pickled & sourdough

Treacle glazed salmon, celeriac remoulade, pickled pear

Chicken liver parfait, crispy chicken skin, onion & blackberry chutney, pickled blackberries & brioche

Ham hock and pistachio terrine, pickled apple, picalilli, pork scratching, served with sourdough

Gin, fennel & beetroot cure salmon, celeriac remoulade, fennel crispbread

Smoked mackerel pate, fennel, seedy cracker

Cornish crab salad with pickled fennel, chilli, lemon mayo & avocado cream w/ fennel crispbread

Griddled heritage beetroot, charred kale, Laverstoke Farm mozzarella, hazelnut & parmesan dressing (v).

Modern British

LARGER COURSES
AND DESSERTS TO
MAKE YOU DROOL!

SHARING MAIN COURSE (choose 1 plus veggie/vegan option)

Garlic, rosemary & white wine slow cooked lamb shoulder, mint salsa verde

Thyme, garlic & lemon buttered chicken supremes, crispy chicken skin, lemon, herbs jus, tarragon salsa verde

Garlic, lemon and herbs roasted chicken supreme, sweetcorn puree, seasonal mushrooms, chicken jus

Red wine braised beef cheeks, roasted bone marrow, pickled pink onion & gremolata.

Roast beef, red wine jus, horseradish cream, mint sauce

Smoky slow cooked beef brisket, caramelized onions & horseradish cream, Yorkshire pudding

Somerset cider braised pork belly, braised coco beans, salsa rossa or salsa verde, crackling

Creamy chicken, leek and tarragon pie

Steak and bone marrow pie

Charred hispi cabbage, braised coco beans, salsa rossa (VG)

Griddled king oyster mushroom, mash potato, mushroom jus. pickled walnut salsa (V)

Hasselback butternut squash, Ticklemore, chimichurri (V)

Sides:

Thyme & garlic roasted new potatoes

Saute cavolo nero with rosemary, chilli, lemon and garlic

Honey & thyme roasted heritage carrots

Charred tender stem broccoli, garlic, chilli, lemon & parmesan

Green bean, shallot & herb salad with hazelnut & orange dressing

Creamy mashed potato with wholegrain mustard.

DESSERTS

Blackberry and poached pear pavlova

Sticky toffee pudding with salted caramel sauce & vanilla ice cream

Caramel panna cotta, gingerbread and ginger snap biscuit

Clementine and ginger trifle

Treacle tart with blood orange and sweetened crème fraîche

Apple and calvados frangipane tart with vanilla ice cream

Dark chocolate mousse, olive oil, maldon salt creme fraiche

Apple & almond frangipane tart with vanilla ice cream

Dark chocolate and espresso tart with sweetened cream fraiche

Lemon meringue pie with winter berries

Dark chocolate and sea salt brownies with miso ice cream

Ginger & orange poached rhubarb, vanilla panna cotta, ginger biscuit crumb





Extras: Evening Food



Evening Food

EVENING SNACKS TO SOAK UP THE BOOZE!

CLASSIC

Served hot- chefs needed

Buttermilk fried chicken slider w/ crunchy slaw in a sesame bun

Classic beef burger w/ smoked cheese, little gem & tomato salsa in sesame slider bun

Mac n Cheese w/ shredded salt beef & truffle herb crumb

Posh fish finger sarnie - crispy panko'd cod w/ homemade tartare sauce, rocket on white roll

Portobello mushroom burger, feta, sun dried tomato pesto, brioche bun (V)

Mediterranean roasted vegetables, herby couscous, pomegranate (V)

Fish and chips cones with malt vinegar mayo

Spiced Cajun chicken slider ; pulled chicken & Cajun sauce, chilli & lime aioli, lettuce & toasted brioche

Barbequed chimichurri chicken taco, avocado, lime cabbage & smoked aioli

Mac n cheese with truffled herb crumb (v)

STREET FOOD

Served hot- chefs needed

Loaded nachos w/ beef shin chilli, sour cream & pico de gallo

Korean chicken w/ sticky sesame & gochujang sauce, kimchi slaw

Grilled chorizo, piquillo pepper, aioli and rocket slider

Braised lamb shawarma w/ tahini yoghurt, crunchy veg, flatbread
Chicken tinga taco w/ guacamole & pickled pink onions

Shin of beef massaman curry w/ cardamom rice & toasted coconut flakes

Mini chicken and vegetable paella
Halloumi souvlaki wrap with tzatziki, tomato, rocket and olive salad (V)

Shakshuka terracotta pots with feta and pitta bread (V)

Falafel burger, tahini coleslaw, pickles (Vg)

Cauliflower “al pastor” tacos, chipotle mayo, pineapple salsa

“Huevos rancheros”; baked quail egg, pepper and tomato sauce, feta (V)

ROOM TEMPERTAURE

No chefs needed

TIERED WEDDING CHEESECAKE
This cheese cake features five of some of the best British artisan cheeses:

Mrs Kirkham's Lancashire

Perl Las

Wigmore

Golden Cenarth

Mini Cerney

Served with: Figs, Grapes, Crackers, Chutneys

GRAZING TABLE OPTIONS:

Charcuterie selection with artisan breads & olives

Pork and fennel sausage rolls

Chorizo sausage rolls with aioli

Merguez sausage roll with harissa yogurt

Scotch eggs with herby mayo

Mini roast ham, butter and gherkin mini baguettes

Selection of loaded focaccia sandwiches

Seasonal frittatas (v)

Spanish tortilla bites with aioli (v)

Our Ethos

SUSTAINABILITY AND SEASONALITY

Our goal is to become a zero waste kitchen.

Due to the nature of our industry, inevitably, our events occasionally produce a surplus of ingredients and cooked food. It's our mission to reuse these surplus ingredients/cooked food so nothing goes to waste. We do these in various ways:

- Create new meals for the staff (We take great pride producing delicious and creative lunches!)
- Donate any food to staff and staff families
- Donate ingredients to our local food banks
- Donate the cooked food to community platforms like Olio, To Good to Go.
- Donate surplus ingredients to zero waste platforms like Food City Harvest and local community kitchens.

We consider the environmental impact of everything we do, which covers the sustainability and seasonality of ingredients, packaging and transportation. We don't use single use plastic and try to avoid plastic as much as possible, reusing them to minimise damage.

Menus are designed to complement the seasons and so ingredients are used at their best, trying to reduce food miles while enjoying the ingredients at their most delicious stage.

We use quality, mostly organic ingredients, from our fantastic suppliers to create creative and delicious menus. Due to the nature of LBK and Monica's Spanish heritage we do use a variety of Spanish ingredients, but they are all from small organic suppliers, mostly family run businesses who also focus on sustainability.

OUR MISSION

We are committed to reducing the negative impacts and enhancing our sustainability performance across all aspects of our business.

OUR COMMITMENTS

- Implementation of planet conscious menus across the range, so that clients can choose food that is kinder to the planet. Work with our clients on zero waste menus and vegetarian /vegan focus menus.
- Conscious food ordering (we keep records of recipes / volumes and quantities so we only order what we actually need)
- Education - ensure that staff receive sufficient training in order to support our sustainability goals and educating and engaging with clients about our planet conscious menus and incentives.
- To promote diversity, equity and inclusion through our recruitment and career progression

OUR GOALS

- Work solely with other sustainability focused brands and organisations
- Try to use green energy within our sites
- Work more on training and education programmes within the wider community to help educate about food waste
- Become a zero waste kitchen
- Achieve a net zero carbon footprint.
- Move to electric vehicles



FIRST WE DINE, THEN WE DANCE

CHRIS & HOLLY
09.09.2022

SHARING TAPAS

'PAN CON TOMATE', TOMATO TARTARE ON SOURDOUGH
SPANISH TORTILLA W/ AIOLI & SAUTE PADRON PEPPERS

MAIN

CHICKEN, CHORIZO, SQUID, PRAWN & CLAM PAELLA
CHICKEN & CHORIZO PAELLA
ARTICHOKE, FENNEL, POTATO, PEPPERS & OLIVES PAELLA (V)

SIDES

HERITAGE POTATO SALAD WITH MOSCATEL DRESSING
CHAMPAGNE GEM LETTUCE, PEDRO XIMENEZ DRESSING & PINENUTS

DESSERT

DELICIOUS BAKED BASQUE CHEESECAKE
CHERRY COMPOTE
IN LIEU OF TRADITIONAL DESSERT, WE HAVE MADE A CHARITABLE CONTRIBUTION TO MACMILLAN CANCER SUPPORT

LBBK
— FLAVOURS —

Thank you