

Tips for choosing a *wedding reception menu*

By METRO CREATIVE

Weddings are memorable for a host of reasons. While couples remember their weddings because they mark the day they officially tied the knot, guests may remember weddings for other reasons, including the food served at the reception.

Some wedding venues are known for their stunning landscapes, while others build their reputations on unique interiors that provide unforgettable ambiance. But regardless of where weddings take place, guests are liable to discuss the food served at the reception. Guests might rave about the escargot or complain that the fish was flaky, but couples who choose reception menus wisely can go a long way toward ensuring there are more compliments than complaints once the dinner bell rings.

Don't zero in on specialties. According to The Knot 2017 Real Weddings Study, a survey of nearly 13,000 brides and grooms who tied the knot



Wedding food gets a bad rap, but it doesn't have to be that way! With a little guidance and careful consideration, dinner is a great opportunity to wow your guests with unexpected choices and flavors.

in 2017, the average wedding hosted 136 guests. While couples might be tempted by specialty dishes when choosing their wedding menus, couples who are hosting dozens, if not hundreds, of guests should keep things simple.

Consider potential allergies. In regard to entrées, make sure guests with food allergies can choose something that won't make them sick. According to Food Allergy Research & Education®, an organization devoted to improving the quality of life of individuals

with food allergies, some common foods cause the majority of allergic reactions. Peanuts, soy, sesame, and shellfish are among the most common food allergies, according to FARE®. FARE also notes that allergies to wheat, milk and eggs are common in children. While such foods can still be served at wedding receptions, make sure to also include foods that are unlikely to trigger allergic reactions. Couples can even ask guests to inform them of any food allergies.

Don't hesitate to offer a

favorite food. While specialty entrées might not be a great choice, especially at large receptions where lots of mouths must be fed, a couple who has a favorite food that's symbolic of their relationship should not hesitate to offer it during the cocktail hour. For example, a couple who met in Thailand may want to offer a favorite Thai dish.

Offer an elaborate dessert. The last bite guests will take is dessert, so couples who want their guests to go home raving about the food may want to of-

fer something special after the entrées have been taken away. Some guests may not indulge, but those who do might end their nights thinking about the delicious dessert they enjoyed as the festivities drew to a close. If the dessert is especially unique, offer something more traditional alongside it for more hesitant guests.

Choosing a wedding menu should be fun. Menus should reflect not only couples' tastes but also include some popular foods so no one goes home hungry.



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