

Headcount & Food Quantity Guide

How much to order per guest — so no one leaves hungry and you don't overpay.

These are typical starting points. Heavier appetites, long events, and alcohol push quantities up; lighter daytime events push them down. Confirm portions with your caterer.

Typical per-guest amounts

Item	Per guest (typical)
Passed appetizers (cocktail hour)	4–6 pieces
Main protein	5–7 oz
Sides (each)	3–4 oz
Salad	2–3 oz
Bread / rolls	1–2 pieces
Dessert	1 portion
Soft drinks / water	2–3 servings
Wine / beer (if served)	1 drink per hour

Planning notes

Buffets need ~10–15% more food than plated (people serve themselves). Always count children and vendors. Build in a small buffer for plus-ones, but don't over-order — leftovers you pay for and can't store are waste. Ask how the caterer counts heads and bills for changes.

Tablefare is a free matching service, not a caterer, restaurant, or event planner. Ranges shown are typical examples, not quotes. Always confirm the price per guest, your date, and all terms in writing before you pay a deposit or sign.