Album Details:

Album Title: Nightfood
Album UPC: 5063930108609
Artist: Mark Sheeky
Label: Cornutopia Music
Publisher: Cornutopia Music Publishing
Release Date: Friday 4 December 2026
Genre: Progressive Rock, Pop, Art Pop
Content: Family/daytime friendly

Artist Bio:

Mark Sheeky is a multi-disciplinary artist from the North of England. His career began developing computer games, publishing over 50 titles by 2006. In 2008 he became a full time artist, a surrealist/fantastical oil painter. Sheeky has one painting in the U.K. National Art Collection.

After early experiments in synthesiser music, his first music release was ‘Arcangel’ in 2000. Second release ‘Synaesthesia’ was released by REV Records in 2001. Since then, all of Sheeky’s music remains self-published, and created exclusively using software tools of his own design. As part of the self-made, human-made philosophy no 3rd party plug-in or tool, no pitch or timing adjustment, or generative AI has been used in any release or video.

Early music was instrumental, influenced by the electronic music from Commodore 64 computer games and Jean-Michel Jarre, this corresponded by Sheeky’s life as a game developer and the requirement to compose music for games. Painting grew from a hobby to a full time obsession from around 2007, and this led to a change in musical direction towards live avant-garde piano performances, sometimes combined with spoken word poetry. In 2020, music became a main focus of Sheeky’s artistic output. His music shifted towards vocal music in the progressive rock/art rock/art pop genres, often conceptual and surrealistic, matching his visual art style.

As of 2026, Sheeky has published over 40 original albums or EPs. As well as a solo music artist, Sheeky is part of contemporary lieder duo ‘Fall in Green’.

About The Music:

‘Nightfood’ is an album of two halves. The first four tracks, (Nightfood), is a surrealist rock opera of broken love. Guitar, piano, synthesizer, and more, create a prog-rock concept symphony in four movements. The initial core of this part is visual, a dream-like story of rejection and heartbreak by the protagonist, loss, bitterness, anger, and resolution or lack-thereof form the narrative core, with piano, guitars, vocals and synthesizer forming the core quartet of instrumentation.

The second half is a radical shift from the first. The ‘Neon Sonata’ consists of three up-beat electro-pop tunes, each catchy bubble-gum pop loaded with energy and colour. The final track is a dance-trance piano tune original composed in the 1990s; a re-recorded 7-minute version of the theme to the Amiga game ‘Burnout’.

Originally written and recorded in 2021, Nightfood was partly re-recorded, remixed, and remastered for a new release in 2026. Every track has a full length video, as well as sheet music transcription and detailed imagery to accompany this audio artwork.

Track Listing (Digital Version):

1. The Dream of Wasps (04:34), ISRC: GBTZR2600211, Recording Date 19/10/2026, Tunecode: 120947PE, ISWC: T-304.137.259-8
2. Dreams of You (04:48), ISRC: GBTZR2600212, Recording Date 19/10/2026, Tunecode: 120947PF, ISWC: T-304.136.726-0
3. Take This Rose (04:03), ISRC: GBTZR2600213, Recording Date 19/10/2026, Tunecode: 120947PG, ISWC: T-304.137.254-3
4. Nightfood (07:35), ISRC: GBTZR2600207, Recording Date 19/10/2026, Tunecode: 120947PK, ISWC: T-304.136.746-4
5. Plastic Superman (02:46), ISRC: GBTZR2600214, Recording Date 19/10/2026, Tunecode: 120947PH, ISWC: T-304.137.253-2
6. Young, Attractive, and Physically Fit (04:00), ISRC: GBTZR2600215, Recording Date 19/10/2026, Tunecode: 120947PL, ISWC: T-304.136.744-2
7. Theme from Burnout (07:08), ISRC: GBTZR2600210, Recording Date 19/10/2026, Tunecode: 120947QA, ISWC: T-304.137.248-5

Contact Artist:

Mark Sheeky
BlueSky: @marksheeky.bsky.social
Instagram: @marksheeky
YouTube: https://www.youtube.com/@marksheekymusic
Web: www.marksheeky.com
Email: contact@marksheeky.com

Contact Record Label:

Cornutopia Music
Web: www.cornutopiamusic.com
Tel: +447748 842133