



Grazing, Finger Buffet & Bowl Food Menu - Summer 2021

There's more to party food than canapés and manapés! The way we entertain is constantly evolving, and here at Forkful Food we strive to come up with solutions to fit the way with live - and party - now.

If you want to offer your guests **finger food** that they can help themselves to, our **grazing platters** and **finger buffets** are a great solution. And for those who like the idea of serving more substantial "mini meals" take a look at our **bowl food** and **party pots**.

Whatever you choose, Forkful Food's aim is to provide you with **delicious food made hassle-free**.



Grazing Platters & Tables

Our sweet and savoury grazing platters provide delicious "picky" food that looks amazing and tastes great. You can have pretty much anything you like, but generally sweet platters contain a delicious mix of brownie bites, mini meringues, lemon tarts and berries, and savoury platters are made up of cheese, charcuterie, crudités, breads, biscuits, dips, grapes and figs. All our platters are perfect "drop-off" food options.

Grazing platters are an ideal way to supplement our canapés and manapés - we recommend putting grazing food out for guests to help themselves to after the main food service has ended - especially if your party is likely to be a boozy affair and go on long into the night! Sweet platters are also a useful way of offering a dessert option to complement the savoury canapés and manapés you are serving.

Or if you want your grazing food to take centre stage, you can combine your grazing food with finger buffet manapés which will add variety and visual interest - and make for a proper feast!. We have a **Finger Buffet + Grazing Platter Combo** which gives you 5 manapés per head plus sweet and savoury grazing platters.

And if you want to think really big, we can turn our grazing platters into grazing tables which look stunning, and taste even better!

Grazing platters cost from £100 for a platter which will serve 25-30 people.

Finger Buffet & Grazing Platter Combo costs £600 for 25 people, with additional guests charged at £20 per person. Grazing tables POA.



Finger Buffet Manapé Menu - Summer 2021

Our **manapés** are designed to be substantial enough so that your guests feel they have been well-fed, while at the same time easy to eat one-handed without the need for plates or cutlery. Manapés can be served to guests on platters, or you can **turn them into a finger buffet** by putting the manapé platters out on a table for guests to help themselves.

For added variety and visual interest, you can combine your finger buffet manapés with grazing platters. We have a **Finger Buffet + Grazing Platter Combo** which gives you 5 manapés per head plus sweet and savoury grazing platters. And as with all most of our food, finger buffets and grazing platters are an ideal drop-off food solution.

VEGETARIAN & VEGAN

Cold

- Minted pea & broad bean crostini
- Feta, spinach & pumpkin frittata with pesto & slow roast tomato

Hot

- Porcini & truffle arancini
- Spicy tofu satay skewers with satay sauce (vegan)

MEAT

Cold

- Melon, prosciutto & mozzarella skewers in lemon basil dressing
- Open steak sandwich with truffle butter, water cress & Parmesan

Hot or Cold

- Teriyaki beef skewers
- Salmoriglio lamb skewers with caper-mint salsa
- Rare-seared beef skewers with horseradish dip ping sauce
- Miso-marinated beef skewers with wasabi cream
- Lamb & feta kofta with pomegranate molasses

Cold

- Chorizo cups filled with patatas bravas & aioli

FISH

Cold

- Beetroot-cured salmon on malt vinegar rye bread with horseradish
- Prawn cocktail mini pots

Hot or Cold

- Chilli, coriander & lime crabcakes with sweet chilli dip
- Miso-glazed salmon skewers with Asian pesto
- Herby squid (or prawn) & chorizo skewers with paprika aioli

POULTRY & GAME

Cold

- Chicken Caesar Salad skewers

Hot or Cold

- Chicken & chorizo skewers with saffron aioli
- Lemongrass & coriander chicken skewers
- Peri-peri chicken skewers with saffron aioli
- Spicy chicken satay skewers with satay sauce

SWEET

Cold (canapé or manapé)

- Classic lemon tarts
- Treacle tarts with clotted cream
- Cardamom, pistachio & rose mini meringues
- Raspberry & white chocolate tarts
- Gin & tonic cheesecake





“Party Pots” & Bowl Food Menu - Summer 2021

A cross between manapés, bowl food, and a buffet, our party pots are designed to help you and your guests enjoy eye-catching, delicious and filling food in a Covid-responsible way that avoids cross-contamination and makes social distancing easy. **Party Pots** are served in individual disposable pots with disposable cutlery (all eco-friendly and compostable) and designed to be put out on a buffet table so guests can take a pot, eat it, then bin it. Party Pots make an ideal “drop-off” option.

For a more traditional **bowl food** service, you can have the same food in little china bowls with proper cutlery, served to your guests from platters by our waiting staff.

VEGETARIAN & VEGAN

Cold

Tuscan “Panzanella” bread & tomato salad

“Edible Garden” crudité pots (vegan)

Vegan “Caesar Salad” with toasted nuts & seeds & tofu dressing (vegan)

Hot or cold

Spanokopita – spinach, feta & herb filo pies

Courgette & goats cheese galettes

MEAT

Cold

Porchetta with fennel & rocket salad, ciabatta croutons

Rare fillet of beef with salsa verde & rocket & parmesan salad

Hot or cold

Slow-roast harissa lamb with saffron rice & pistachio salad, cucumber & mint yogurt

Lamb & feta kofte with feta, mint, pomegranate & broad bean couscous

POULTRY & GAME

Cold

Buttermilk chicken fillets with maple pecan coleslaw & ranch dressing

Lemongrass chicken with Thai-style white bean, grape & citrus salad in a coriander mint dressing

Turkey & oregano shish kebabs with Greek Salad

Crispy duck salad with gingered plums, cucumber, spring onions & mooli salad in a honey & soy dressing

FISH

Cold

Tuna Salad Niçoise

Oriental baked salmon with black rice & mango salad

Hot or Cold

Indian-spiced salmon skewers with turmeric & nigella seed potatoes

Lemon & herb squid & chorizo skewers with patatas bravas

SWEET

Cold

Tiramisu

Vanilla pannacotta with balsamic strawberries

Eton Mess with raspberries & lemon curd

Gin & tonic cheesecake pots





Party Food - The Nitty Gritty

WHAT FOOD SHOULD YOU CHOOSE?

CANAPES:

Standing up finger food, canapés are one-bite nibbles served from platters and are easy to eat one-handed. Perfect to whet the appetite with pre-meal drinks, canapés are filling enough to give guests a light meal at a drinks party. Serve 3-5 for pre-dinner drinks, 8-10 for a shortish drinks party, and 10-12 for a longer event. For more substantial party food, a mix of canapés and manapés is a great idea.

MANAPES:

Designed to ensure guests get a really good feed, manapés are also served to guests from platters and eaten one-handed, making them perfect for “standing-up” parties. **Manapé & canapé combos** are a great way to ensure there’s lots of food circulating and that your guests feel well-fed. 3-4 manapés + 4-6 canapés work well.

Manapés can also be put out on a table as **finger buffet** food for guests to help themselves to. Serve 5-7 manapés per head as a meal replacement, or you can go for our **Finger Buffet + Grazing Platter Combo** which gives you 5 manapés per head plus sweet and savoury grazing platters.

PARTY POTS & BOWL FOOD:

“Mini meals” served in small bowls with cutlery, Party Pots and bowls are a good option for events where you need to give your guests “standing up” food, but want to ensure that they feel they have had a proper meal.

While Covid regulations continue to ease, we recognise that some people are still anxious about hosting and socialising. Our **Party Pots** are designed as a Covid-safe food option that avoids cross contamination and enables social distancing.

Bowl food can be served in disposable bowls with biodegradable forks (included in the price), or you can hire in proper china bowls with metal cutlery. (Unlike our other food options which can be supplied on a drop-off basis, bowl food requires a chef onsite to cook and plate up and waiting staff to serve and clear).

DIETARY REQUIREMENTS & ALLERGIES

If you or any of your guests have special dietary requirements or allergies, tell us and we will help you create a menu to incorporate them. We supply all our food with an allergen guide which lists the 14 declarable allergens. However, we work in a small kitchen and cannot guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination.

HOW MUCH DOES IT COST?

Canapés cost £2.50 each. We offer a **sliding pricing scale*** based on the number of different types of canapé you order.

10 canapés per head / 10 different canapés @ £25.00p/h

10 canapés per head / 8 different canapés @ £23.75 p/h

10 canapés per head / 7 different canapés @ £22.50 p/h

10 canapés per head / 6 different canapés @ £21.25 p/h

10 canapés per head / 5 different canapés @ £20.00 p/h

Manapés cost £4.25 each.

Finger Buffet + Grazing Platter Combo* costs £600 for 25 people with additional guests added for £20 per head.

Party Pots cost £5 per pot (includes disposable lidded pot & cutlery)

Bowl food costs £4.25 per bowl which includes the cost of a disposable bowl & cutlery. (To hire in china bowls and cutlery costs in the region of 50p per set, plus delivery and collection charges.)

We have a minimum food order of £450

* Special offers cannot be combined with other offers

DRINKS:

Most of our clients supply drinks themselves, in which case they also need to organise glasses, ice and chiller bins.

WAITING STAFF:

We can organise waiting staff to serve your food and drinks (including drop-off food). We work with a team of really good freelancers who are experienced, efficient and personable and always ensure events run smoothly – leaving you to enjoy your guests!

HIRE EQUIPMENT:

We can organise hire equipment for you should you need it or just help you work out what you need.

DROP-OFF vs CHEFS ONSITE

We specialise in drop-off food and most of our party food is suitable to be supplied on this basis. However, we recommend that you have onsite chefs to finish and serve your food for larger events, where the food will be predominantly hot, or if you are serving bowl food.

CONTACT & BOOKING

If you would like to book Forkful Food for your event, or wish to discuss your requirements further, please contact Ruth Weighill at: ruth@forkfulfood.com / 07711 034928. **BOOKING:** If you wish to book Forkful Food, we require a 25% non-refundable deposit (on the food cost only) to secure the date; final numbers and the balance are payable 10 working days before your event. **DROP OFF:** Drop-off food is delivered beautifully plated and ready to serve on stackable, lidded platters. We don't charge for the hire of our high quality platters but we ask that you clean and return them to us after your party. Alternatively we can supply on disposable, biodegradable, lidded platters at a small additional cost. **DELIVERY:** We offer free local delivery (SW12, SW15, SW17, SW18 & SW19); delivery charges may apply to other postcodes.