



Buffets & BBQs - Summer 2021

Hassle-free feasts for entertaining at home

We're making outdoor socialising super easy this summer with our selection of delicious al fresco dining menus which are designed with flexibility in mind. Depending on where you are and what you're doing, these menus are designed to fit around your plans - not to mention the vicissitudes of the British weather!

You can choose from our budget-friendly Classic English Buffet Special, a traditional cold fork buffet menu with which brings you all the best that an English summer has to offer, or for something a little more exotic try one of our clever BBQ Buffet menus.

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

BBQ Buffet Menu

Cook in the oven or on the BBQ, enjoy hot or cold, pack away for a picnic - the choice is yours!

Consisting of a delicious mix of meat, fish, vegetarian and vegan skewers, tastebud-tingling salads, sauces, and delightfully decadent desserts, these menus are truly multifunctional! The skewers are equally easy to cook on a BBQ or in your oven, or as they taste just as good cold as hot, we can supply them ready cooked and ready to serve.

Choose from our fresh & zingy Asian-inspired menu, or stay closer to home with more Mediterranean flavours. Or, if it's too hard to choose, you can mix and match between the two!

TASTE OF ASIA

You could call it a mish-mash, we'd just call it a delicious mix of our favourite flavours from the east - miso, chilli, citrus and soy.

BBQ BITES:

- Miso-glazed salmon skewers
- Lemongrass & coriander chicken skewers
- Teriyaki beef skewers
- Spicy tofu satay skewers (Don't want tofu? Have chicken instead...)

SAUCES:

- Satay sauce
- Asian Pesto

SALADS:

- Fragrant Thai salad with white beans, grapefruit, grapes in a ginger & herb dressing
- Oriental coleslaw
- Edamame & green bean salad with kaffir lime dressing

DESSERTS:

- Pavlova with tropical fruit in a lime and passionfruit syrup
- White chocolate & cardamom mousse

TASTE OF THE MED

We're all craving a bit of Mediterranean sunshine... so we're bringing a selection of our southern European favourites to a garden near you!

BBQ BITES:

- Herby squid & chorizo skewers (Don't like squid? Have prawns instead...)
- Peri-peri chicken skewers Salmoriglio lamb skewers
- Halloumi & vegetable skewers

SAUCES:

- Caper-mint dressing
- Saffron aioli

SALADS:

- Rocket & Parmesan salad with pinenuts and aged balsamic
- Panzanella - Tuscan tomato & bread salad
- Herby couscous salad with pomegranate, feta & roasted veg

DESSERTS:

- Panna cotta with balsamic strawberries
- Classic chocolate torte



Up to £30.00 per head - minimum order £350 - call us for a quote for larger numbers.



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For something a little more traditional, our cost-effective Classic English Summer fork buffet menu makes the most of the wonderful produce that a British summer has to offer. From salmon to strawberries, Coronation chicken to quiches, we have pulled together dishes that boast familiar flavours that have stood the test of time, and will appeal to eaters young and old.

CLASSIC ENGLISH SUMMER BUFFET SPECIAL

MAINS - CHOOSE 2 DISHES

Poached salmon with lemon mayonnaise

Coronation chicken

Chicken salad Veronique (poached chicken with grapes & tarragon in a creamy sauce)

Rare roast topside of beef with horseradish cream

Herby sausage rolls

Ham platter with Piccalilli

Vegetarian Tarts & Quiches: choose from:

Roasted tomato, basil & cheddar tart; Baby new potato, leek & goat's cheese tart; Asparagus & ricotta tart;

Vegan tomato galette; Vegan white bean, fennel & asparagus tart

SALADS - CHOOSE 3 DISHES:

Seasonal Summer Salad with cider vinaigrette

Coleslaw with creamy buttermilk & maple dressing

Heritage tomato & shallot salad

Pearled spelt salad with roasted carrots, red onions and fennel

Herby potato salad with lemon & wholegrain mustard vinaigrette

Lentil salad with walnuts & goats cheese

Basmati rice & pea salad

DESSERTS - CHOOSE 2 DISHES:

Pavlova with berries & cream

Raspberry and white chocolate tart

Classic Lemon tart

Chocolate & salted caramel torte

Gin & tonic cheesecake

Vegan Chocolate mousse



£450 - serves up to 25 people. £15 p/h for each additional guest. Vegetarian tarts and quiches serve 6-8 people and can be added at a cost of £35 each. Minimum order £350



Buffets & BBQs - The Nitty Gritty

THE FOOD:

WHAT IS A BUFFET?

Buffets are basically a selection of different dishes laid out on a table for guests to help themselves to. You can choose a "Fork Buffet" which is food eaten from a plate with a – you guessed it – fork! Alternatively, you can offer a "Finger Buffet" where guests load up their plates with finger food (our manapés are ideal for this). Buffets are a great way of feeding lots of people with a proper meal. You can go the whole hog and set up and lay tables for guests to sit at, or leave them to eat standing up or perched wherever they can find a space.

CLASSIC ENGLISH BUFFET SPECIAL:

This menu is designed for cost-effective summer entertaining from as little as £15 per head. The food comes ready plated and ready to serve on our good quality platters and bowls (we re-use these so they need to be returned!). We aim to deliver shortly before your guests arrive, so your food is perfectly fresh - and it won't need to be refrigerated as long as it is eaten within 4 hours. We can also arrange all the hire equipment, waiting staff, drinks, ice and chiller bins you might require - or we can just advise you on what you need to get.

BBQ BUFFET MENU:

For smaller events, we supply these menus in compostable disposable containers, ready for you to decant into your own serving bowls. Skewers are supplied raw on foil trays (which can go in the oven if you're not barbequing), or if you want to serve them cold, we'll pre-cook them and deliver them in disposable packaging. If you're planning a picnic, let us know and we can pack everything for you accordingly. Everything comes with easy cooking and serving instructions. For larger events, we can supply your food ready-to-serve on our good quality platters and bowls (re-usable so must be returned). And as with the Classic English Buffet, we can help you with hire equipment, staff and drinks should you wish.

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.

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.

HOW MUCH DOES IT COST?

Classic English Buffet Special:

Ideal for larger numbers, we charge £450 for a buffet that will serve up to 25 people, and £15 p/h for each additional guest. Vegetarian tarts and quiches serve 6-8 people and can be added at a cost of £35 each. Minimum order £350; £20 per head for numbers below 25.

BBQ Buffet Menus:

Our BBQ Buffet Menus cost up to £30.00 per head, with a minimum order of £350. Call us for a quote for larger numbers.

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.