



Formal Plated Dining - Summer 2021

If you've got a special occasion to celebrate, clients to impress, or you just fancy treating your friends to great food in your home, our Lunch & Dinner menus may be just what you need, or if you want something more bespoke, get in touch and we can discuss ideas. Perfect for parties of around 6-25 people, our menus are designed to be cooked in most domestic kitchens without the need for additional equipment. We have an excellent team of waiting staff to look after you and your guests, and we can organise hire equipment should you need it.

If you want to kick off the event with some pre-dinner nibbles, take a look at the canapés on our Party Food Menu. We recommend 3-5 per head. And if you want to finish off the meal with a delicious cheeseboard, we can fix that for you too.

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

Lunch / Dinner Menu

STARTERS

Fish

Seared scallops with sweetcorn puree, potato sand and crumbled chorizo

Crab & avocado tian with gazpacho sauce

Oriental citrus salad & star anise with seared tuna

Meat

Burrata, prosciutto and cherry salad with hazelnuts, mint oil and sourdough crisp

Crispy duck & watermelon salad

Vegetarian & Vegan

Goats cheese fritters, spiced pickled beetroot, apple & hazelnut salad

Red pepper mousse with tomato vinaigrette and tomato olive salsa

Raw cauliflower tabbouleh (vegan)

Bang Bang cauliflower (vegan)

FISH MAIN COURSES

Pancetta-wrapped cod, white bean purée, roasted vine tomatoes, parsley oil

Monkfish with cauliflower puree, roasted romanesco cauliflower and lemon caper butter sauce

Lemon-poached salmon with warm cucumber salad, green goddess dressing and buttered new potatoes

Buttered Hake with shellfish & saffron sauce, samphire

J Sheeky's Fish Pie

VEGETARIAN MAIN COURSES

Aubergine Parmigiana (vegetarian or vegan)

Crispy aubergine escalopes stuffed with roasted red pepper and Fontina cheese

(Ottolenghi) mushroom lasagne

Portobello steaks with butter bean mash (vegan)

MEAT MAIN COURSES

Herb-crusted rack of lamb with slow roast tomatoes, white bean puree, salsa verde

Roast rack of lamb, dauphinois potato, broad bean, pea and little gem ragout, red wine jus

The Ivy Shepherd's Pie

Rare roast fillet of beef, parmesan polenta, roasted Mediterranean vegetables and rosemary & lemon sauce,

Pan-seared rose veal fillet with braised gem lettuce, watercress puree, broad beans and sherry sauce

Spice roasted pork belly with green mango salad, steamed bok choy, caramelized peanut & chilli dressing and Jasmine rice

POULTRY & GAME MAIN COURSES

Pancetta-wrapped guinea fowl breasts with cep & herb butter, mushroom "speltotto", butternut puree

Pan-fried duck breast, cherry & red wine sauce, gratin dauphinois, seasonal green vegetables

Pan-seared chicken supreme (brined in lemon & summer herbs), pommes purées, summer vegetable medley, chicken jus

DESSERTS

Marquise au chocolate with crème fraiche ice cream

Bitter chocolate tart with chocolate sorbet

Salted cardamom, rose and pistachio meringues with whipped cream and raspberries

Lemon posset with spiced shortbread and fruit compote

Raspberry millefeuille with vanilla cream

Gin & Tonic cheesecake

Lemon panna cotta, raspberry granita

Apple & thyme tarte tatin with crème fraiche sorbet



Drop-off Dinner Parties - Summer 2021

If you love entertaining, but struggle to find the time to cook for your friends, Forkful Food's "drop-off" collection is the solution.

Delicious menus made by us and served by you. We deliver everything you need for your dinner party ready prepped with straightforward heating and serving instructions. The cost of your dinner will depend on the menu you choose and the number of guests - so give us a call to discuss. We can advise on good menu combinations, and also work out logistics and the most stress-free menu plans based on both your kitchen layout, and your confidence within it!

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

Drop-off Dinner Party Menu

STARTERS

Fish

Beetroot-cured salmon, pickled cucumber and horseradish cream

Spicy tuna tartare on an Asian-style salad

Meat

Ham hock terrine with homemade Piccalilli, sourdough crisp and salad leaves

Chicken liver parfait with lapsong souchong jelly, sourdough bread

Vegetarian & Vegan

Glazed beetroot salad with goat's curd and savoury granola

Roasted red pepper terrine with tomato vinaigrette, black olive tapenade and sourdough crisp

Twice baked cheese & thyme soufflés with apple & walnut salad

Bang Bang cauliflower (vegan)

FISH MAIN COURSES

Pancetta-wrapped cod, white bean purée, roasted vine tomatoes, parsley oil

Monkfish with cauliflower puree, roasted romanesco cauliflower and lemon caper butter sauce

Lemon-poached salmon with warm cucumber salad, green goddess dressing and buttered new potatoes

Buttered Hake with shellfish & saffron sauce, samphire

J Sheeky's Fish Pie

VEGETARIAN MAIN COURSES

Aubergine Parmigiana (vegetarian or vegan)

Crispy aubergine escalopes stuffed with roasted red pepper and Fontina cheese

(Ottolenghi) mushroom lasagne

Portobello steaks with butter bean mash (vegan)

MEAT MAIN COURSES

Roast rack of lamb with peas, broad beans & celeriac puree, lamb jus

Ox cheek daube with gingered carrots and creamy mashed potato

Fillet of beef with gratin dauphinois, red wine jus, seasonal green vegetables

The Ivy Shepherd's Pie

Prosciutto-wrapped pork fillets stuffed with figs and Taleggio cheese, with crispy roast potatoes and seasonal green vegetables

Pan-fried duck breast, cherry & red wine sauce, creamy mashed potato and seasonal green vegetables

POULTRY & GAME MAIN COURSES

Pancetta-wrapped guinea fowl breasts with cep & herb butter, mushroom "speltotto", butternut puree

Pan-fried duck breast, cherry & red wine sauce, gratin dauphinois, seasonal green vegetables

Pan-seared chicken supreme (brined in lemon & summer herbs), pommes purées, summer vegetable medley, chicken jus

DESSERTS

Bitter chocolate tart with chocolate sorbet

Salted cardamom, rose and pistachio meringues with whipped cream and raspberries

Lemon posset with spiced shortbread and fruit compote

Gin & Tonic cheesecake

Panna cotta with balsamic strawberries

Apple & thyme tarte tatin with crème fraîche sorbet

Sticky toffee roulade with toffee sauce & vanilla ice cream



Lunch & Dinner Menu - The Nitty Gritty

HOW MUCH DOES IT COST?

The cost of your lunch or dinner will depend on the number of guests and the menu you choose. We are always happy to discuss options, and come up with a bespoke menu for your occasion should you prefer.

Smaller events will be charged on the basis of a day rate plus cost of ingredients.

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. 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 DINNER PARTIES:

We specialise in drop-off food and our dinner party menus are tried and tested so we know that you will find them straightforward to reheat, plate up and serve at home. We deliver everything ready-prepped with easy to follow instructions and a time plan if you want one. Hot items are supplied on foil trays, ready to go into the oven.

CHEFS ONSITE

Plated lunches and dinners will require onsite chefs to finish and serve your food.

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.