



Sharing Feasts - Summer 2021

Informal and convivial, our sharing feasts are a useful half-way house between formal plated dining and buffets. Offering your guests the range of choice they'd get from a buffet, but served to the table family-style for guests to help themselves to, sharing feasts are a great choice for less formal get-togethers. They also have the added benefit of making it easy to cater for any dietary requirements your guests may have – or just ensure that everyone gets something they like. We usually serve pre-dinner canapés in place of a starter.

We've put together some sample menus for you to look at, but we are always happy to work with our clients to design a bespoke menu for you. For landmark celebrations, it's fun to incorporate food that is meaningful to the individuals involved – be it something everyone loved on a special holiday, or re-enactments of favourite childhood dishes.

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

ASIAN FEAST

Canapés

Thai prawn skewers with green mango salad
Sesame-seared tuna & wasabi avocado cream on a pipette of carrot & ginger dressing
Miso-grilled Japanese aubergine skewers with pickled ginger & toasted sesame

Mains

Miso-glazed salmon
Lemongrass & coriander chicken
Teriyaki beef skewers
Almond satay tofu skewers
Coriander, mint & coconut pesto

Sides

Oriental coleslaw
Thai white bean salad with grapefruit, grapes, coriander & mint in a chilli & herb dressing
Edamame & green bean salad with kaffir lime dressing

Puddings

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

ITALIAN FEAST

Canapés

Finocchiona salami cups filled with fennel puree & candied fennel
Porcini & truffle arancini
Caprese skewers (tomato, olive & mozzarella)

Mains

Tuscan lemon & rosemary roast chicken breasts
Parmesan-crust lamb cutlets
Aubergine Parmigiana (vegan)

Salsa Verde

Sides

Tricolore salad (tomato, mozzarella, avocado)
Rocket & parmesan salad with balsamic dressing
Italian potato salad with lemon, chilli, capers and rocket

Puddings

Mini dessert platter – Tiramisu, pannacotta with balsamic strawberries, citrus polenta cake (vegan)

MIDDLE-EASTERN FEAST

Canapés

Citrus & rose spiced salmon bites with sumac yogurt dip
Lamb & feta kofte with herbs & pomegranate
Dates stuffed with tahini (vegan)

Mains

Moroccan-spiced slow roast salmon with preserved lemon & caper dressing
Ras-al-hanout lamb cutlets with zhoug (Yemeni green herb & chilli sauce)
Vegan: Aubergine Imam (Aubergines roasted in rich tomato sauce)

Sides

Baby spinach, date, almond & pitta salad with sumac (vegan)
Saffron rice salad with pistachios, herbs & currants (vegan)
Carrot & orange salad (vegan)

Puddings

Cardamom, pistachio & rose meringues with raspberries & cream
Citrus polenta cake (plus vegan citrus polenta cake)

AMERICAN-STYLE FEAST

Canapés

Miniature burgers
Candied bacon shards / or / bacon devilled quails eggs
Black bean chilli in crispy polenta cups (vegan)

Mains

Southern-fried chicken
Slow-roast baby back ribs with bourbon glaze
Black bean burger (vegan)

Sides

Mac n' Cheese
Caesar salad
Guacamole salad (vegan)
Potato salad

Puddings

Mini dessert platter – New York Cheesecake, Ultimate chocolate Brownies (+ vegan black bean brownies), Vanilla ice cream

If you'd like to hear more about our sharing feasts, or discuss ideas for your event, get in touch. We'd love to hear from you!



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.