



Party Food Autumn/Winter 2022-23

Canapés, Manapés, Grazing & Bowl Food

CANAPÉS & MANAPÉS

Here at Forkful we love a good party! There's nothing quite like a room full of happy guests enjoying great company, delicious food and just a little liquid refreshment...

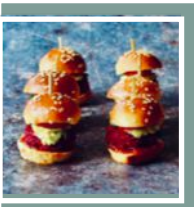
We've been helping our clients throw fantastic parties and celebrate special life events for over 10 years. We know how to make hosting effortless and fun with the right combination of friendly and efficient waiting staff, a well-run bar, and of course great food.

Our party food options range from elegant one-bite **canapés** and larger "man-sized" **manapés** which are easy to eat standing up (while holding a glass and a conversation, of course!). Our **grazing platters** provide stylish and delicious "picky" food - perfect for post-midnight munchies or as an eye-catching centre piece, and we also offer **bowl food** and **bowl food buffets**.

Our mission is to provide you with delicious food, made hassle-free and we specialise in supplying our top-quality, freshly made party food on a "drop-off" basis. We deliver your canapés, manapés and grazing platters ready plated on attractive, stackable serving trays, ready for you (or our brilliant waiting staff) to serve.

Canapés & Manapés

All of our party bites are perfect served as one-bite canapés, but for those occasions when you want to give your guests something a little more substantial, we have highlighted the canapés that can be bigged up to become a "manapé". We have also indicated which items are best served hot as well as the ones that are equally delicious hot or cold. Everything else is served cold.



VEGETARIAN

Canapé or Manapé

- Herbed ricotta & roasted tomato bruschetta
- Feta, spinach & pumpkin frittata, pesto, slow roast tomato
- Porcini & truffle arancini (HOT)
- Halloumi & vegetable skewers
- Garlic & herb mushroom skewers (HOT/COLD)
- Tikka paneer skewers with coconut mint chutney (HOT/COLD)
- Mini feta & beetroot burger with guacamole (HOT/COLD)

Canapé only

- Goat's cheese mousse, onion marmalade, caramelised walnut tartlet
- Whipped blue cheese & port roasted grape on a fig and almond oat-cake
- Pão de Queijo (Brazilian cheese bread) (HOT)



MEAT

Canapé or Manapé

- Miso-marinated beef skewers, wasabi cream
- Open-steak sandwich, truffle butter, Parmesan
- Steak profiteroles with onion marmalade & horseradish sauce
- Fully loaded mini cheeseburgers (HOT)
- Prosciutto, mint and fig crostini with walnut pesto
- Salt & spice roasted pork belly, chilli soy caramel (HOT)
- Mac 'n' cheese Pancetta bites (HOT)
- Pomegranate lamb & feta kofte with herbs, pomegranate seeds and tahini dressing (HOT/COLD)

Canapé only

- Bresaola cones, celeriac remoulade, rocket
- Chorizo cups with patatas bravas & alioli



VEGAN

Canapé only

- Crispy Sichuan pepper tofu, with black vinegar dipping sauce
- Cucumber cups, Thai green mango salad, chilli caramel cashews
- Miso-glazed aubergine, pickled ginger, sesame
- Truffled artichoke tartlet, miso olive crumble



FISH

Canapé or Manapé

- Coriander, chilli & lime crab cakes, sweet chilli sauce (HOT/COLD)
- Beetroot-cured salmon, horseradish cream on malt vinegar rye
- Salt cod brandade crostini
- Prawn & chorizo skewers with Peri Peri sauce (HOT/COLD)

Canapé only

- Thai prawn skewers with green mango salad
- Herbed blini, seared tuna, chilli avocado cream
- Smoked salmon gougeres with lemon creme fraiche
- Mini potato jackets with smoked mackerel, horseradish & pickled beetroot
- Corn fritters topped with tiger prawns and a coconut, peanut & chilli sambal
- Octopus skewers with sweet & spicy Korean BBQ sauce



POULTRY & GAME

Canapé or Manapé

- Peri Peri chicken & chorizo skewers, saffron aioli (HOT/COLD)
- Lemongrass ginger chicken balls (HOT/COLD)
- Korean fried chicken with sweet chilli sauce (HOT)
- Mini chicken and ham pot pies (HOT/COLD)
- Buttermilk fried chicken, potato waffle, blue cheese sauce (HOT)
- Chicken souvlaki with date molasses & tahini dressing (HOT/COLD)
- Chicken saltimbocca skewers, lemon marsala dressing (HOT/COLD)
- Crispy chipotle chicken taquitos with coriander & jalapeno ranch dip (HOT/COLD)



Canapé only

- Mini Peking duck pancakes, ginger plums
- Mini brioche, duck confit, apple compote

SWEET

Canapé or Manapé

- Raspberry & thyme custard tartlet
- Rainbow fruit skewers
- Lemon posset pots, shortbread crumble
- Honey, almond & pistachio tartlet
- Dark chocolate ganache cups, salted caramel, honeycomb
- Gin & tonic cheesecake bites
- Mini apple tartes tatin



For pricing please see "The Nitty Gritty"

Grazing Platters & Boards

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 we live – and party – now. If you want to offer your guests informal food that they can help themselves to, our grazing platters are a great solution.

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.

Manapé + Grazing Platter Special Offer Combo costs £825 for 25 people. Additional guests added at £30 per head.





Party Food

Autumn/Winter 2022-23

Canapés, Manapés, Grazing & Bowl Food

BOWL
FOOD

There's nothing nicer than tucking into **little bowls of delicious hot food** at a winter party. Here at Forkful, we know there's an art to compiling a great bowl food menu that's widely appealing, but most importantly, features food that's easy for you and your guests to eat while standing up, chatting, and holding a glass. That means our menu focusses on unctuous stews and warming curries on beds of sauce-soaking mash or rice, and avoids unweildy hunks of meat and anything tricky to spear on the end of a fork like pasta or noodles!

Over the years, our party food has evolved to meet our clients' needs and reflect the way they entertain. Once the last word in elegant party food, these days manapés have overtaken bowls in popularity, largely because they're easier to eat and require less manpower to serve. But there's still a place for bowl food in the partysphere, and we've got lots of delicious options! So while we would recommend manapés for larger drinks parties, bowl food is still a great option for smaller, often day time events such as lunches and christenings. In certain circumstances we can supply your bowl food on a drop-off basis, but in general, you will need an onsite chef and waiting staff to cook and serve your bowls.

Bowl Food

Like our very popular manapés, bowl food is designed to offer your guests substantial food which is eaten standing up, allowing your guests to eat and mingle at the same time. Mini meals served in bowls with a fork, bowl food can be served to guests by waiting staff, or set up as a bowl food buffet for guests to help themselves. They are a great way of offering your guests a variety of different flavours and cuisines, and are great combined with our canapés and manapés.

VEGETARIAN

Butternut squash risotto with sage crisps
Mushroom Bourguignon with gratin dauphinois
Aubergine Tikka Masala, steamed basmati rice, cucumber & mint raita
Roasted vegetable tagine with salted yogurt & herbed couscous

VEGAN

Smoky aubergine & red pepper chilli with rice and avocado salsa
Crispy tofu with Korean BBQ sauce, sticky kimchi rice

POULTRY & GAME

Chicken tagine with preserved lemon and olive
Lemongrass chicken with green mango salad
Persian chicken, walnut and pomegranate stew with buttered basmati rice
Thai yellow duck & pineapple curry with jasmine rice
Fragrant Thai Green chicken curry with jasmine rice
Chicken Tikka Masala with basmati rice, cucumber raita and mango chutney
Venison casserole with celeriac & orange, creamy root vegetable mash

Bowls cost £5 each (served in high quality, sustainable disposables - additional charges for china bowls and metal cutlery may apply)

MEAT

Ox cheek daube with creamy mashed potato
Chuck steak & black bean chilli with guacamole, salsa & cheese
Beef Rendang with basmati rice
Beef Massaman curry with jasmine rice
Lamb & date tagine with red onion & pomegranate relish & herbed couscous
Rosemary & olive lamb stew with creamy polenta
Pork Pibil with green rice & pink pickled onions
Somerset pork and cider stew with creamy mashed potato

FISH

Monkfish with cauliflower puree, roast cauliflower and caper lemon sauce
Monkfish vindaloo with steamed basmati rice
Moroccan fish tagine with lemon couscous
Spanish-style hake & chorizo stew with peppers and white beans
Prawn & saffron risotto
Slow roast salmon with Puy lentils, roasted tomatoes and herbed yogurt sauce

SWEET

Salted caramel and chocolate torte with vanilla mascarpone cream
Tiramisu
Vanilla pannacotta with balsamic strawberries and black pepper tuile
Eton Mess with raspberries and lemon curd
Gin & tonic cheesecake pots





Party Food Menu -2022/23

The Nitty Gritty

PRICES & INFO

WHAT FOOD SHOULD YOU CHOOSE?

♥ CANAPES:

Canapés are one-bite nibbles served to guests from platters, designed to be easy to eat one-handed and ideal for "standing up" parties. Serve 3-6 per head to whet the appetite with pre-meal drinks, or serve 8-10 per head as a light meal for a shortish drinks party or 10-12 for a longer event.

♥ MANAPES:

Manapés are basically super-sized canapés! Designed to give your guests a really good feed, manapés, like their daintier canapé cousins are served from platters and are easy to eat one-handed. Manapés can also be put out on a table as finger buffet food for guests to help themselves to.

♥ GRAZING PLATTERS:

Our sweet and savoury grazing platters provide delicious "picky" food that looks amazing and tastes great. Grazing platters are an ideal way to supplement our other party food; sweet platters are a useful way of offering a dessert option, or consider our Manapé & Grazing platter combo for a one-stop party solution.

♥ BOWLFOOD:

Our little "mini meals" can be served in china bowls with metal cutlery* or in high quality disposables (all sustainable of course)! They are a good way of serving a proper meal when space is tight and a buffet or sit-down meal aren't an option. We think 4-6 bowls per head works as a meal replacement; a mix of bowls, canapés and manapés is great for a drinks party. Bowls can also be put out on a buffet for guests to help themselves to. Once the last word in elegant party food, these days manapés are definitely ahead in popularity, probably because they are easier for guests to eat and require less manpower to serve. But there's still a place for bowl food in the party sphere, and we've got lots of delicious options! * additional hire charges apply

♥ MIX IT UP!

All our party food options are designed with flexibility in mind giving you the freedom to create a mix of food that fits your needs, style and budget. As such, it's a great idea to consider offering a mix of different items. Canapé + manapé combos are a great way of ensuring lots of food circulates and guests feel well-fed (3-4 manapés and 4-6 canapés work well). Our manapé and grazing platter combo is a great option for smaller parties. Manapés, grazing platters and bowl food can be served buffet style, and grazing platters are a great to add to any party as an extra food option to keep bigger appetites at bay, feed the midnight munchies, or create an visually exciting centrepiece.

♥ DIETARY REQUIREMENTS & ALLERGIES

If you or any of your guests have special dietary requirements or allergies, tell us in advance and we will help you build a menu around these needs. We can provide you with an allergen guide to your chosen menu which lists the 14 declarable allergens. However, please note that 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. We recommend that people with severe allergies do not eat our food, unless the menu has been specifically designed to meet their individual needs.

HOW MUCH DOES IT COST?

We have a minimum food order of £500

Canapés cost £3.25 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 @ £32.50p/h
10 canapés per head / 8 different canapés @ £30.75 p/h
10 canapés per head / 7 different canapés @ £29.25p/h
10 canapés per head / 6 different canapés @ £27.25 p/h
10 canapés per head / 5 different canapés @ £25.75 p/h

Manapés cost £5 each.

Grazing platters cost £150 each and feed 25-30 people

Manapé + Grazing Platter Special Offer Combo** consists of 5 manapés per head, 1 sweet and 1 savoury grazing platter and costs £825 for 25 people. Additional guests added at £30 per head.

Bowls cost £5 each (served in high quality, sustainable disposables - additional charges for china bowls and metal cutlery may apply)

♥ WAITING STAFF:

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

♥ DRINKS:

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

♥ HIRE EQUIPMENT:

We can also 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 supplied on this basis. Drop-off food is delivered beautifully plated and ready to serve on stackable, lidded platters. You can also choose to have chefs to finish and serve your food onsite. We recommend this for larger events and events where the food will be served predominantly hot.

♥ MINIMUM ORDER:

We have a minimum food order of £500. However, if you have a smaller budget and are willing to be flexible, give us a call to discuss. We often roll smaller events onto existing orders which generally proves a win-win for all parties!

**** Please note that special offers cannot be combined with other offers**

♥ 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:** 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.