Forkful Food

PARTY FOOD MENU

Autumn/Winter 2026/27

Canapés, Manapés, Grazing & Bowl Food

Here at Forkful Food we've been helping our clients throw fantastic parties and celebrate special life events since 2010. **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!). 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.



CANAPES & MANAPES

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" **(C/M).** We have also indicated which items are best served hot **(Hot)** as well as the ones that are equally delicious hot or cold **(H/C)**. Everything else is served cold & canapé sized.

Meat

- Open steak sandwich, truffle butter, parmesan (C/M)
- Beef tartare brioche croutes with hollandaise, parmesan crisp and caviar
- Rare-seared beef skewers with horseradish cream sauce (C/M)
- Red wine-braised beef on crispy potato roti with salsa verde & Parmesan crumb
- Mini pittas topped with houmous, spiced lamb and pine nuts (C/M)
- Lamb keema samosa cups with mango chutney and mint raita
- Lamb & feta kofte with tahini cream, herbs & pomegranate (C/M) (H/C)
- Pork Pibil in crispy corn cups with pink pinkled onions, avocado & crema (H/C)
- Basque pork belly pintxos with sherry vinegar & quince glaze (Hot)
- Potted ham on potato pancake with pickled walnut ketchup
- Mac n' Cheese pancetta bites (Hot)
- Chorizo & pepper churros with goat's cheese & honey dip (C/M) (H/C)

Chicken & Poultry

- Peri Peri Chicken & chorizo skewers, saffron aioli (C/M) (H/C)
- Chicken liver parfait on brioche croute with caramelised red onion
- Tarragon butter chicken Kiev balls (Hot)
- Chicken souvlaki in mini pittas with tzatziki (C/M)
- Cardamom & coconut chicken skewers with coriander & chilli salsa (H/C) (C/M)
- Steamed chicken & shitake nori dumplings with soy dipping sauce (Hot)
- Korean Chicken ssam skewers with kimchi mayo (C/M) (H/C)
- Totally retro chicken & mushroom vol-au-vents (H/C)
- Creamy Thai-style coconut and chilli chicken salad in cucumber cups
- Duck & fig skewers with black pepper, bay & garlic
- Duck & date pastillas with tamarind chutney (C/M) (H/C)
- Peking duck steamed bao buns with plum & ginger sauce (C/M) (H)

Sweet

- Mini Jaffa tartlets
- Chocolate cups with ganache, salted caramel & honeycomb
- Churros with cinnamon sugar & chocolate sauce
- Classic fruit tartlets
- Mini lemon tarts
- Cardamom, salted pistachio & rose meringues
- Miniature pavlovas
- Honey, almond & pistachio tartlets
- Sticky orange & almond cakes
- Raspberry lime cheesecake squares
- Mini raspberry & thyme custard tarts

Vegetarian

- Curried devilled quail eggs with spiced curry leaf
- Cacio e Pepe arancini (C/M) (Hot)
- Roast beetroot & goat's cheese galettes (C/M)
- Pumpkin, feta & spinach frittata with basil pesto & slow roast tomato frittata (C/M)
- Parmesan shortbread, parsley pesto, quince cheese
- Goat's cheese & thyme mousse tartlets with onion marmalade and caramelised walnuts
- Chilli & sweetcorn fritters, avocado salsa, sweetcorn cream, toasted sweetcorn
- Black bean chipotle chilli in crispy polenta cups with creme fraiche & pink pickled onions
- Mini Georgian katchapuri (C/M) (Hot)
- Mushroom parfait on brioche with crispy mushrooms, black garlic and creme fraiche
- Parmesan shortbread, parsley pesto, quince
- Comté cheese croquettes with peppered blueberry sauce (Hot)

Vegan

- Sichuan aubergine on crispy rice crackers with sesame crumb
- Rosemary digestive, cashew cream, roasted grape with pomegranate glaze
- Miso-glazed aubergine, pickled ginger, sesame (C/M)
- Confit carrot, carrot & cardamom mousse, burnt onion dressing, mixed seeds

Fish

- Monkfish and pancetta spiedini, lemon & rosemary dressing (Hot)
- Taramasalata on a seaweed scone with parsley & dill salsa
- Haddock fishcakes with tartare sauce (Hot) (C/M)
- Miso & orange marinated salmon skewers with chilli & orange dipping sauce (C/M) (H/C)
- Citrus & rose-spiced salmon cubes with preserved lemon salsa verde
- Buckwheat blinis with smoked salmon & creme fraiche
- Herbed blini, avocado lime cream, seared tuna with pink peppercorns
- Spicy tuna tartare cucumber cups with toasted black sesame
- Coriander, chilli & lime crabcakes, sweet chilli sauce (C/M) (H/C)
- Crab, prawn & ginger cakes with coriander and yuzu mayonnaise (C/M) (H/C)
- Prawn cocktail profiteroles
- Prawn, mango & chilli tartlets, avocado crema

Delicious food
Forkful Food
made hassle-free

PARTY FOOD MENU AUTUMN/WINTER 26/27



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.

Meat

- Chuck steak & black bean chilli with guacamole, salsa & cheese (H)
- Rare roast beef with horseradish cream & mustard herb potato salad
- Citrus & soy beef with crunchy hot & sour salad
- Beef Massaman curry with jasmine rice (H)
- The Ivy Shepherd's pie (H)
- Lamb & date tagine with red onion & pomegranate relish & herbed couscous (H)
- Rosemary & olive lamb stew with creamy polenta (H)
- Pork Pibil with green rice & pink pickled onions (H)
- Salt & spice rubbed pork belly, caramelised cashew & chilli salsa, green mango salad (H/C)

Chicken & Poultry

- Tuscan lemon & rosemary chicken breasts & Panzanella (H/C)
- Coronation chicken & basmati rice salad
- Buttermilk southern fried chicken tenders & maple pecan coleslaw in a buttermilk dressing (H/C)
- Cardamom & coconut chicken, coriander & chilli salsa, oriental noodle salad
- Lemongrass chicken & green mango salad
- Chicken, preserved lemon and olive tagine with herby couscous (H)
- Citrus & za'atar chicken breasts with quinoa tabbouleh with feta & pomegranate (H/C)
- Duck, black olive & tomato ragu with summer herb polenta (H)
- Pan-fried duck breast, cherry & red wine sauce, pommes purées (H)
- Fragrant Thai green chicken curry with rice (H)
- Thai yellow duck & pineapple curry with rice (H)

Vegetarian & Vegan

- Aubergine parmigiana (H) (V or VN)
- Aubergine tikka masala, basmati rice, cucumber & mint raita (H) (V or VN)
- Roasted vegetable tagine, salted yogurt, herbed couscous (H) (V or VN)
- Smoky aubergine & red pepper chilli, rice, avocado salsa (H) (VN)
- Crispy tofu with Korean ssamjang sauce, sticky kimchi rice & edamame salsa (H/C) (VN)

Fish

- Luxury fish pie (H)
- Monkfish with cauliflower puree, roasted cauliflower and a lemon and caper brown butter sauce (H)
- Mediterranean-style roast monkfish with Piedmontese roasted peppers,herbed Puy lentils, saffron aioli (H)
- Moroccan-spiced salmon, preserved lemon salsa, jewelled couscous
- Spanish-style hake & chorizo stew with peppers and white beans (H)
- Prawn & saffron risotto (H)
- Slow roast salmon with Puy lentils, roast vine tomatoes & herbed yogurt sauce (H/C)

Sweet

- Salted caramel & chocolate torte with vanilla mascarpone cream
- Tiramisu
- Cherry & cardamom yogurt fool with honeycomb
- Strawberry cheesecake pots with extra virgin olive oil
- Vanilla pannacotta with balsamic strawberries & black pepper tuile

Key:

(H:) Served hot
(H/C): Can be served hot or cold
All other items served cold
(VG): Vegetarian
(VN): Vegan



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 £940 for 25 people. Additional guests added at £32 per head.





THE NITTY GRITTY

All your questions about what food to choose, what it costs, how it's served, delivery, staff etc are (hopefully) answered here!

WHAT FOOD SHOULD YOU CHOOSE?

Canapés

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 6-8 per head as a light meal for a shortish drinks party or 10-12 for a longer event.

Manapés

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.

Bowl Food

Our little "mini meals" are a good way of serving a proper meal when space is tight – 4-6 bowls per head works well as a meal replacement. For drinks parties, a mix of canapés, manapés and bowls is great. Setting out your bowls as a "bowl food buffet" is another great idea and lets hungrier guests help themselves, while also streamlining service. We serve our bowls in high quality disposables, but you can hire in china bowls with metal cutlery (at an additional cost). Generally, bowl food requires an onsite chef to serve, but drop-off options can always be considered!

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 all 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 a 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?

£700 Minimum Order (£1000 at weekends)

Canapés cost £3.75 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 @ £37.50 p/h
10 canapés per head / 8 different canapés @ £35 p/h
10 canapés per head / 7 different canapés @ £34 p/h
10 canapés per head / 6 different canapés @ £33 p/h
10 canapés per head / 5 different canapés @ £32 p/h

Manapés cost £5.50 each

Grazing Platters cost £175 each

Each grazing platter costs £175 and will feed 25-30 people (depending on hungriness!)

Manapé & Grazing Special Offer

Our manapé and grazing platter combo consists of 5 manapés per head, one sweet and one savoury grazing platter and costs £900 for 25 people - a saving of £100!. Additional guests can be added at £32 per head.

Bowl Food costs £6 per bowl

Bowl food is served in high quality disposables; proper china bowls and metal cutlery can be hired in at an approximate cost of 50p bowl (plus hire delivery & collection charges).

WHAT ELSE DO I NEED TO CONSIDER?

Waiting Staff

We can organise excellent waiting staff to serve your food and drinks - including drop-off food. We work with a team of brilliant 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 & chiller bins (unless we are organising hire equipment for you).

Hire Equipment

We can organise hire equipment for you, 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 predominantly be served hot.

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/07711034928. **BOOKING**: If you'd like to book ForkfulFood, 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 as mall additional cost. **DELIVERY**: We offer free local delivery (SW12, SW15, SW17, SW18 & SW19); delivery charges may apply to other postcodes.