



FORK + FARM

handcrafted.
heartfelt.
uniquely yours.



Lunch Catering



handcrafted lunches

Order minimum of \$350.00 per delivery. Minimum order of 15 per selection please. {GS} welcomed.

Soups

Beef Short Rib + Barley {LS}

Agria Gold Potato + Leek Chowder {V}

Roasted Carrot + Ginger {V}

Mulligatawny Pulled Chicken + Wild Rice {LS}

Roasted Broccoli + Cheddar

Entree Salads

Thai Buddha Bowls {V}

w/ farro, kale, purple cabbage, julienne carrot, cilantro, chili, bean sprouts, cucumber, peanuts, peanut satay vinaigrette

Torn Romaine + Red Lentil Caesar Salad {V}

w/ parmesan, crouton, cauliflower, sundried cranberry, buttermilk "caesar" dressing

Moroccan Chickpea Quinoa Power Salad {GS,V}

w/ quinoa, dates, raisins, julienne carrot, chickpea, scallion, pistachio, honey lemon vinaigrette

Crispy Rice Salad {V,GS}

w/ pineapple, fried kale, carrot, snap pea, cucumber, red pepper, red onion, mint, cilantro, lime sesame vinaigrette

Rustic Farmers Greens {V,GS}

w/ spring lettuce, romaine, beet, carrot, sundried cranberry, pumpkin seed, feta, black pepper lime vinaigrette

Berry, Spinach + Feta Salad {V,GS}

w/ red onion, apple, toasted almond slices, seasonal berries, poppyseed vinaigrette

Tuscan Orecchiette Salad {V}

w/ semi-dried tomato, kalamata olive, feta cheese, asparagus, herbs, poppyseed vinaigrette

handcrafted lunches

Minimum order of 15 sandwiches with 5 sandwiches per selection please.
Handcrafted sandwiches, using locally sourced meats, vegetables + fine cheeses. Served on our house-made artisan breads. {GS} welcomed

Craft Sandwiches

12 Hour, Slow Roasted Alberta Sirloin Beef {LS}

w/ arugula, balsamic onion marmalade, crispy onions, horseradish aioli

House-Smoked, Thick Cut Pepper Bacon "BLT"

w/ crispy dry-cured bacon, ripe beefsteak tomato, arugula, aged cheddar, farm aioli

Roasted Turkey + Brie

w/ arugula, cranberry jam, mayo

Rotisserie Pulled Chicken Salad {LS}

w/ beefsteak tomato, toasted pecan, sundried cranberry, chipotle, mayo

House-Smoked Salmon

w/ dill cream cheese, crispy capers, red onion, arugula, sesame bagel

Moroccan Vegetable Gyro {V}

w/ fried cauliflower, chickpea, cucumber, roasted tomato, feta, pickled peppers, olive, tzatziki

try as a complete lunch combination...

SERVED w/ House-made Truffle Popcorn and Handcrafted Cookies

SERVED w/ Side Salad Selection and Handcrafted Cookies

SERVED w/ Seasonal Soup Selection and Handcrafted Cookies

Flatbreads

8" Thai Chicken Flatbread Pizza

w/ peanut sauce, red onion, carrot, red pepper, crushed peanuts, thai barbecue chicken, mozzarella, bean sprouts, lime-cilantro crema

8" Truffle Honey + 3 Cheese Flatbread Pizza {V}

w/ mozzarelle, provalone, parmesan, chili

8" Dry Cured Fennel Salami Flatbread Pizza {V}

w/ tomato sauce, olive oil, mozzarella

try as a complete lunch combination...

SERVED w/ House-made Truffle Popcorn and Feature Dessert

SERVED w/ Side Salad Selection and Feature Dessert

handcrafted lunches

All Lunch Entrees, Bowls + Noodles are accompanied by a Chef's feature dessert. Minimum order of 15 per selection please. {GS} welcomed

Lunch Entrees

Burnt Orange Glazed Chicken Supreme {GS}

w/ shallot, chili, coriander, orange zest, parmesan polenta, seasonal roasted vegetables

Piri Piri Grilled Chicken Supreme {GS}

w/ harissa vinaigrette, smashed agria potatoes, seasonal roasted vegetables

Open-Faced, Lime + Cumin Grilled Steak Sandwich

w/ avocado relish, salsa verde, herb-roasted smashed potato, seasonal roasted vegetables

Pineapple + Chili Candied Flank Steak Lettuce Wraps {GS}

w/ seasoned sticky rice, iceberg cups, scallions, cashews, thai crispy rice salad

Teriyaki Fried Chicken Steam Bun Tacos {3 per order}

w/ grilled pineapple, cucumber, radish, cilantro, sriracha mayo, thai crispy rice salad

French Cafe Quiche {V}

Smoked Salmon, Dill | Leek, Ham + Gruyere | Zucchini, Red Onion, Confit Tomato + Feta

Rustic Farmers Greens w/ spring lettuce, romaine, beet, carrot, sundried cranberry,

pumpkin seed, feta, black pepper lime vinaigrette

Charcuterie Ploughman's Lunchbox

w/ handcrafted bread, apple shallot chutney, house pickles, sylvan star gouda, smoked cheddar, sliced ham, sliced chicken breast, fresh fruit, farm fresh egg

Bowls + Noodles

Malaysian Coconut Cashew Curry Bowl {V}

w/ thai basil, charred broccoli, bean sprouts, lime, roasted cashews, rice noodle

SAUTEED SHRIMP ADDITION

GRILLED CHICKEN BREAST ADDITION

Garganelli Pasta Aglio e Olio {V}

w/ cauliflower, squash, tomato, arugula, red onion, black olive, feta, lemon, roasted garlic olive oil

SAUTEED SHRIMP ADDITION

GRILLED CHICKEN BREAST ADDITION

Moroccan Sweet Potato + Chickpea Tagine {V}

w/ apricot + mint couscous, harissa yogurt

Roasted Mushroom + Pulled Chicken Carbonara

w/ garganelli, dry-cured bacon, parmesan cream, roasted garlic, spinach, thyme

Mongolian Beef + Charred Broccoli

w/ mushroom, carrot coins, red pepper, scallion, chili, sesame, sticky rice

handcrafted lunches

All Lunch Bars are accompanied by a Chef's feature dessert. Minimum order of 25 per selection please. {GS} welcomed

Lunch Bar

Fork + Farm Salad Bar {LS,V,GS}

w/ lettuce greens, grains, quinoa, pulses, veggies, garnishes, toppings and dressings
Select a protein or add additional proteins
4 oz SEARED SALMON
4 oz CAJUN SPICED CHICKEN BREAST
3 oz CUBAN GRILLED FLANK STEAK
SERVED w/ fresh baked rosemary focaccia

Texas Braised Chuck Steak Chili Bar {LS,GS}

SERVED w/ sour cream, nacho cheese, cilantro, lime wedges, corn chips, chili oil, basmati rice, jalapeño cheddar cornbread

Fork + Farm Taco Bar {3 tacos per guest} {LS,GS}

w/ warm corn tortilla, lime cumin guacamole, pico de gallo, pineapple + poblano salsa, cilantro cream, salsa roja, cabbage slaw, limes, pickled red onion, cilantro, queso fresco.
Select a protein or add additional proteins
CHILI LIME GRILLED SKIRT STEAK
PULLED JERK CHICKEN
HOUSE CURED CHORIZO
SERVED w/ smoked paprika spiced dirty rice

Snacks + Boards

F+F Truffle Butter Popcorn {V,GS}

Fresh Seasonal Fruit Plank {V,GS}

w/ seasonal chantilly crème

Local Fresh Vegetable Plank {V,GS}

w/ dill crème fraiche

Charcuterie Board

w/ in-house roasted and cured meats.
Accompanied by chef-selected fine cheese, mustards, pickling's, preserves and our warm handcrafted bread and raincoat crisps

Artisan Fruit + Cheese Board (70g of cheese per guest) {V,GS}

w/ chef-selected fine cheeses, fresh seasonal fruit, olives, nuts, preserves

handcrafted lunches

Minimum order of 15 per selection please. {GS} welcomed

Sweet Shop

Pastry Chef's Feature Dessert {V}
chef's seasonal inspirations

Coconut Cheesecake+ Valrhona Chocolate Brownie {V}

Lemon Meringue Cheesecake {V}

Brown Butter Carrot Cake {V}
w/ cream cheese icing

Lemon Curd + Raspberry Shortbread Tart {GS,V}

F+F "Just Baked Cookies" {V}
w/ cranberry oat pecan, blueberries and cream, salted banana chocolate, skor pecan

Beverages

Local Fair Trade Coffee / Steven Smith Premium Tea Selection

San Pellegrino Fruit Spritzers

San Pellegrino Sparkling Water

Chilled Fruit Juice
orange juice, apple juice, cranberry juice

Assorted Sodas

Bottled Spring Water