



FORK + FARM

handcrafted.
heartfelt.
uniquely yours.



Lunch Catering



handcrafted lunches

Minimum order of 10 per selection please. {GS} welcomed.

Soups

Beef Short Rib + Barley {LS}
Lemon Chicken + Wild Rice {GS}
Roasted Carrot + Ginger {V}
Mulligatawny Pulled Chicken + Wild Rice {LS}
Pulled Chicken + Smoked Tomato, Corn Soup {GS}

Individual Salad Bowls

Thai Buddha Bowls {V}
w/ farro, kale, pickled 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, squash, chickpea, scallion, pistachio, honey lemon vinaigrette

Crispy Rice Bowl {V,GS}
w/ fresh pineapple, crispy kale, carrot, snap pea, cucumber, red pepper, red onion, mint, cilantro, lime sesame vinaigrette

Roasted Beet, Granola + Baby Kale Bowl {V}
w/ pickled red onion, diced pear, mint, goat cheese, orange vinaigrette

Macedonian Falafel Bowl {V,GS}
w/ beet hummus, pickled cabbage, jasmine rice, olive, feta cheese, kale cucumber salad

Package Salads

Rustic Farmers Greens {V}
w/ spring lettuce, romaine, beet, carrot, sundried cranberry, pumpkin seed, feta, black pepper lime vinaigrette

Charred Jalapeno Caesar Salad {V}
w/ grated parmesan, toasted crouton, charred jalapeno vinaigrette

Greek Orzo Pasta Salad {V}
w/ cucumber, cherry tomato, kalamata olive, feta cheese, red onion, orzo pasta, mint + lemon vinaigrette

handcrafted lunches

Minimum order of 10 sandwiches 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

Hot Honey Glazed Crispy Chicken Wrap

w/ grainy mustard slaw, dill pickles

Roasted Turkey + Brie

w/ arugula, cranberry jam, mayo

Southwest Rotisserie Pulled Chicken Salad {LS}

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

Chickpea, Caper + Dill Salad {V}

w/ pickled red onion, greens, sliced tomato

Moroccan Vegetable Gyro {V}

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

15 each or 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

w/ tomato sauce, olive oil, mozzarella

15 each or 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 10 per selection please. {GS} welcomed

Lunch Entrees

Char-Grilled Huli Huli Chicken {GS}

w/ sweet corn relish, pineapple fried rice, seasonal roasted vegetables

Peach-Balsamic Glazed Roast Chicken {GS}

w/ shallot, tarragon, peach preserve, couscous, seasonal roasted vegetables

Smoked Beef Brisket Enchilada

w/ diced onion, chopped cilantro, sour cream, spanish rice

Roasted Cauliflower Puttanesca {Vg}

w/ olives, semi-dried tomato, capers, chilies, basil, lemon and herb orzo

Savoury Beef Cottage Pie {GS}

mushroom, carrot, sweet peas, demi glaze, whipped potato

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

2 pc Southern Buttermilk Fried Chicken

hot honey drizzle, grainy mustard cabbage slaw, B+B pickles, crispy tater tots

Bowls + Noodles

Malaysian Coconut Cashew Curry Bowl {Vg,Gs,Ls}

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

Add a protein

SAUTEED SHRIMP ADDITION

GRILLED CHICKEN BREAST ADDITION

Ooey Goopy Mac + Cheezie {V}

w/ parmesan cream, gruyere, fontina, sharp cheddar, cauliflower, pipette pasta, baked with hawkins cheezies crust

Moroccan Sweet Potato + Chickpea Tagine {V}

w/ apricot + mint couscous, harissa yogurt

Roasted Mushroom + Pulled Chicken Chicken Carbonara

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

Indonesian Nasi Goreng {Vg,Gs,Ls}

w/ tofu, pineapple, red pepper, apple, dried currents, peanuts, cilantro, yogurt, sticky rice

Add a protein

SAUTEED SHRIMP ADDITION

GRILLED CHICKEN BREAST ADDITION

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/ greens, grains, quinoa, pulses, veggies, garnishes, toppings and dressings

Add a protein

MISO GLAZED TOFU SKEWERS

GREEK MARINATED CHICKEN SKEWERS

CUBAN GRILLED STEAK SKEWERS

SERVED w/ fresh baked rosemary focaccia

Griddle Burger Bar {LS}

SERVED w/ brioche buns, cheese slices, leaf lettuce, fresh tomato, red onion, B+B pickles, sauces, caramelized onions, bacon, pineapple salsa, crispy fried onion rings, tater tots

Select a protein

ALBERTA BEEF BURGERS

GRILLED CHICKEN BREAST

GARDEN BURGER

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.

Add a protein

CHILI LIME GRILLED SKIRT STEAK

PULLED JERK CHICKEN

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 raincoast crisps

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

handcrafted lunches

Minimum order of 10 per selection please. {GS} welcomed

Sweet Shop

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

Coconut Cheesecake + Chocolate Brownie {V}

Lemon Meringue Cheesecake {V}

Apple Cake {Vg,Gs}
w/ coconut cream

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