

FORAGE INSPIRED LUNCHES

The Shuswap - \$29 per person

ADD \$3 FOR GLUTEN-FREE SANDWICHES

(minimum 10 people)

Salads - 2 selections

organic mixed greens with a selection of house-made dressings

charred kale, brie and honey dressing, caramelized apples, Agassiz hazelnut

Indian-style kachumbar and quinoa

sesame vegetable slaw, pumpkin seeds

classic Caesar, fresh parmesan, herb croutons

chickpeas, roast lemon and yogurt dressing, olives, confit vegetables, goat feta

Tuscan bread, tomato, romaine leaves, roast garlic, shredded parmesan, torn basil

Pemberton potatoes, pickled red onion, grainy Dijon, sour cream chive dressing

Sandwiches and Wraps- 3 selections

line-caught albacore tuna salad, pickled vegetables

roasted Rangeland bison, Golden Ears blue cheese, house-made mustard

house-cured ham, apple fennel slaw, Golden Ears cheddar

Pacific Provider smoked salmon, herb cream cheese, pickled red onion

smoked Fraser Valley turkey breast, cranberry chutney, local brie

Moroccan-spiced seasonal vegetables (vegan)

roasted wild and cultivated mushrooms, Okanagan goat cheese, arugula

Rabbit River Farms egg salad, wild watercress

Cold Platters - 1 selection

seasonal vegetable crudité, yogurt and caramelized onion dip

grilled vegetable antipasto, house-made pickles, balsamic reduction

selection of flat breads, baba ghanoush, hummus, tomato chutney

Desserts - 1 selection

seasonal fresh fruit skewers, vanilla lemon yogurt dip

assortment of squares and bars

selection of cookies



FORAGE INSPIRED LUNCHES, cont'd

The West Ender - \$33 per person (minimum 15 people)

Salads

charred kale, brie and honey dressing,
caramelized apples, Agassiz hazelnuts

Indian style kachumbar and quinoa

sesame vegetable slaw, pumpkin seeds

Cold Platters

grilled vegetable antipasto, house-
made pickles, balsamic reduction

poached Pacific Provider pink salmon,
celery remoulade, leeks

marinated grilled Fraser Valley Chicken,
onion relish, herb salad

roasted tomato salad, basil, bocconcini,
organic extra virgin olive oil, balsamic

selection of flat breads, baba ghanoush,
hummus, tomato chutney

Desserts

fresh fruit and seasonal berry platter
selection of desserts



The East Side - \$39 (gluten free) (minimum 15 people)

Salads

Indian style kachumbar and quinoa

chickpeas, roast lemon and yogurt dressing,
olives, confit vegetables, goat feta

charred kale, brie and honey dressing,
caramelized apples, Agassiz hazelnuts

Cold Platter

smoked Pacific Provider salmon, pickled onions,
potato and parsnip crisps, chive cream

Entrées

fried chicken, house-made ketchup

Moroccan braised lamb shoulder, brown rice

wild and cultivated mushroom fricassee, white
beans, Okanagan goat cheese, herb pesto

Desserts

fresh fruit and seasonal berry platter
selection of desserts and cookies

FORAGE INSPIRED LUNCHES, cont'd

The Peace Country - \$42 per person

(minimum 20 people)

Salads - 2 selections

organic mixed greens with a selection of house-made dressings

charred kale, brie and honey dressing, caramelized apples, Agassiz hazelnuts

Indian style kachumbar and quinoa

sesame vegetable slaw, pumpkin seeds

classic Caesar, fresh parmesan, herb croutons

chickpeas, roast lemon and yogurt dressing, olives, confit vegetables, goat feta

Tuscan bread, tomato, romaine leaves, roast garlic, shredded parmesan, torn basil

Pemberton potatoes, pickled red onion, grainy Dijon, sour cream chive dressing

Cold Platters - 1 selection

grilled vegetable antipasto, house-made pickles, balsamic reduction

wild Pacific salmon - cured and smoked, traditional accompaniments

charcuterie - cured and smoked meats, house-made IPA mustard, pickled vegetables

marinated Gulf Island shellfish, shaved fennel, herb pistou

1st Entrée - 1 selection

vegetarian lasagna, grilled vegetables, ricotta, fresh herbs

butternut squash agnolotti, candied Agassiz hazelnuts, shaved parmesan, brown butter cream

spicy chorizo rigatoni bolognese, roast mushrooms, asiago

wild and cultivated BC mushroom and vegetable fricassee, Agassiz hazelnut arugula pesto

artisan cheese and macaroni, toasted bread crumbs

2nd Entrée - 1 Selection

roast lemon oregano Fraser Valley chicken, roast nugget potatoes

braised Moroccan-style Peace Country lamb shoulder, couscous

Pacific Provider wild salmon, herb gnocchi, saffron fennel nage

oven-roast Fraser Valley chicken breast, caramelized leeks, red wine jus-enriched barley, house-cured bacon

roast Pemberton Meadows beef, fondant potatoes, red wine jus

Desserts - 1 selection

selection of seasonal desserts from the Forage pastry kitchen



FORAGE INSPIRED LUNCH PLATTERS (minimum 12 people)

Salads - \$5 per person

organic mixed greens with a selection of house-made dressings

charred kale, brie and honey dressing, caramelized apples, Agassiz hazelnut

Indian-style kachumbar and quinoa

sesame vegetable slaw, pumpkin seeds

classic Caesar, fresh parmesan, herb croutons

chickpeas, roast lemon and yogurt dressing, olives, confit vegetables, goat feta

Tuscan bread, tomato, romaine leaves, roast garlic, shredded parmesan, torn basil

Pemberton potatoes, pickled red onion, grainy Dijon, sour cream chive dressing



Sandwiches and Wraps - \$6 per person

line-caught albacore tuna salad, pickled vegetables

roasted Rangeland bison, Golden Ears blue cheese, house-made mustard

house-cured ham, apple fennel slaw, Golden Ears cheddar

Pacific Provider smoked salmon, herb cream cheese, pickled red onion

smoked Fraser Valley turkey breast, cranberry chutney, local brie

Moroccan-spiced seasonal vegetables (vegan)

roasted wild and cultivated mushrooms, Okanagan goat cheese, arugula

Rabbit River Farms egg salad, wild watercress

Cold Platters - \$5 per person

seasonal vegetable crudité, yogurt and caramelized onion dip

grilled vegetable antipasto, house-made pickles, balsamic reduction

selection of flat breads, baba ghanoush, hummus, tomato chutney

BC artisan cheese board, selection of breads and crackers, fresh and dried fruit, roast nuts
*\$10 per person

charcuterie - cured and smoked meats, house-made IPA mustard, pickled vegetables
*\$12 per person

Treats

selection of cookies, squares and bars
\$3 per person

fresh from the oven scones, honey butter
\$4 per person

chocolate-dipped biscotti
\$4 per person

double chocolate pecan brownies
\$6 per person

Rice Krispy squares
\$3 per person

selection of gluten free cookies
\$6 per person

fresh fruit and seasonal berry platter
\$6 per person

seasonal fresh fruit skewers, vanilla lemon yogurt dip
\$6 each

kale chips
\$4 per person

spicy fried chickpeas
\$4 per person

roasted kelp snack mix
\$5 per person

vegetable pakoras
\$5 per person

