

FORAGE INSPIRED LUNCHES

The Shuswap - \$29 per person
ADD \$3 FOR GLUTEN-FREE SANDWICHES
(minimum 10 people)

Salads - 2 selections

organic mixed greens, selection of house-made dressings

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

spiced cucumber and mint, quinoa

sesame vegetable slaw, pumpkin seeds

classic Caesar, fresh parmesan, gluten free herb croutons

lentil and roast mushroom, cumin, cilantro, blistered
peppers, preserved garlic and lemon dressing

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

Pemberton potatoes, pickled red onion,
grainy Dijon, olive oil chive dressing

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

Sandwiches and Wraps- 3 selections

line-caught albacore tuna salad, pickled vegetables

roasted Turtle Valley bison, Golden Ears blue cheese,
house-made mustard

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

hot-smoked wild salmon, preserved lemon crema,
arugula, pickled red onion, rye

smoked Fraser Valley turkey salad, cranberry chutney,
endive, roasted shallot mayonnaise

Moroccan-spiced seasonal vegetables, rice wrap (v, gf)

falafel lettuce wraps, baba ghanoush, red onion,
cucumber, tomato (v, gf)

Rabbit River Farms egg salad, wild watercress

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 10 people)

Salads

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

spiced cucumber and mint, quinoa

sesame vegetable slaw, pumpkin seeds

Cold Platters

grilled vegetable antipasto, house-made pickles,
balsamic reduction

poached wild salmon, celery remoulade, leeks

marinated grilled Fraser Valley Chicken,
onion relish, herb salad

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 10 people)

Salads

spiced cucumber and mint, quinoa

organic mixed greens, selection of house-made dressings

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

Cold Platter

smoked wild salmon, pickled onions,
potato and parsnip crisps, chive cream

Entrées

fried chicken, house-made ketchup

Moroccan braised lamb shoulder

tomato and chickpea curry masala, English peas, cilantro

Sides

steamed brown basmati rice

Desserts

fresh fruit and seasonal berry platter
selection of desserts and cookies

FORAGE INSPIRED LUNCHES, cont'd

The Peace Country - \$42 per person (minimum 15 people)

Salads - 2 selections

organic mixed greens, selection of house-made dressings

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

spiced cucumber and mint, quinoa

sesame vegetable slaw, pumpkin seeds

classic Caesar, fresh parmesan,
gluten free herb croutons

lentil and roast mushroom, cumin, cilantro, blistered
peppers, preserved garlic and lemon dressing

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

Pemberton potatoes, pickled red onion,
grainy Dijon, olive oil chive dressing

Cold Platters - 1 selection

grilled vegetable antipasto, house-
made pickles, balsamic reduction

wild 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 hazelnuts,
shaved parmesan, brown butter cream

spicy chorizo rigatoni bolognese,
roast mushrooms, asiago

tomato and chickpea curry masala, English peas,
cilantro, steamed brown rice

artisan cheese and macaroni, toasted bread crumbs

2nd Entrée - 1 Selection

roast lemon oregano Fraser Valley
chicken, roast nugget potatoes

braised Moroccan-style chicken, couscous

wild salmon, herb gnocchi, saffron fennel nage

roast bison sirloin, fondant potatoes, red wine jus
additional \$4.50 per person

Desserts

selection of seasonal desserts from the
Forage pastry kitchen



FORAGE INSPIRED A LA CARTE LUNCH

Salads - \$6 per person

organic mixed greens, selection of house-made dressings

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

spiced cucumber and mint, quinoa

sesame vegetable slaw, pumpkin seeds

classic Caesar, fresh parmesan, gluten free herb croutons

lentil and roast mushroom, cumin, cilantro, blistered peppers, preserved garlic and lemon dressing

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

Pemberton potatoes, pickled red onion, grainy Dijon, olive oil chive dressing

Cold Platters

seasonal vegetable crudité, caramelized onion yogurt dip
\$5 per person

grilled vegetable antipasto, house-made pickles, balsamic reduction
\$7 per person

selection of flat breads, baba ghanoush, hummus, tomato chutney
\$7 per person

BC artisan cheese board, selection of breads and crackers, fresh and dried fruit, roast nuts
\$8 per person

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

Sandwiches and Wraps - \$8 per person

line-caught albacore tuna salad, pickled vegetables

roasted Turtle Valley bison, Golden Ears blue cheese, house-made mustard

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

hot-smoked wild salmon, preserved lemon crema, arugula, pickled red onion, rye

smoked Fraser Valley turkey salad, cranberry chutney, endive, roasted shallot mayonnaise

Moroccan-spiced seasonal vegetables, rice wrap (v, gf)

falafel lettuce wraps, baba ghanoush, red onion, cucumber, tomato (v, gf)

Rabbit River Farms egg salad, wild watercress

Hot Entrées - \$12 per person

Moroccan braised lamb shoulder, brown rice

tomato and chickpea curry masala, English peas, cilantro, steamed brown rice

spicy chorizo rigatoni bolognese, roast mushrooms, asiago

roast lemon oregano Fraser Valley chicken, roast nugget potatoes

Turtle Valley bison stewed brisket, star anise, potato, radish

vegetarian lasagna, grilled vegetables, ricotta, fresh herbs

vegetable ratatouille, burata, fresh herbs, olive oil, gnocchi

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

popcorn and crackling
\$6 per person

Turtle Valley Bison jerky
\$12 per person



All seafood options on this menu are recommended by the Vancouver Aquarium's Ocean Wise program as ocean-friendly.