

LUNCH PACKAGES

We source local products from sustainably-minded farmers, fishers, and foragers. We provide genuine service from people that are passionate about local food & drink. Book your lunch today!

Contact: info@foragecatering.com | 604-661-1414



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CATERING

LUNCHES: THE SHUSWAP

\$42 per person, minimum 15 people, pricing is exclusive of taxes and gratuities

SOUPS

- Chef's seasonally-inspired soup

SALADS

Two selections:

- Hand selected organic mixed greens, seasonal shaved vegetables, house dressing (GF) (VG)
- Charred kale, brie and honey dressing, caramelized apples, hazelnut (GF)(VG)
- Canadian grains & lentils, roasted peppers, baby arugula, chive citrus vinaigrette (V)(DF)
- Sesame vegetable slaw, red & white cabbage, carrots, peppers, onion soy dressing, crispy chickpea (GF)(V)(DF)
- Crisp romaine lettuce, creamy caesar dressing, parmesan cheese, gluten free croutons (GF)(VG)
- Baby yukon potatoes, pickled red onion, scallions, lemon Dijon dressing (GF)(VG)(DF)

COLD PLATTERS

One selection:

- Fresh vegetable crudités, herb dip (V)(GF)(DF)
- Grilled vegetable antipasto, house-made pickles, balsamic reduction (V)(GF)(DF)
- Selection of flat breads, baba ghanoush, hummus, tomato chutney (VG)(DF)

SANDWICHES AND WRAPS

Three selections:

- Smoked Fraser Valley turkey salad, spiced cranberry, aioli, organic mix greens, tortilla wrap
- Shaved Rangeland bison, caramelized onions, swiss cheese, bittergreens, sourdough bread
- House-cured ham, homemade pickles, mustard aioli, Golden Ears age cheddar, french baguette
- Hot-smoked wild salmon, preserved lemon aioli, arugula, pickled red onion, rye bread (DF)
- Quinoa vegetable wrap, chimichurri, wild baby arugula, rice wrap (V)(GF)(DF)
- Coligny Creek Farms egg salad, wild watercress, sourdough bread (VG)

+ gluten free bread \$2 per person

DESSERTS

One selection:

- Fresh seasonal fruit platter (V)(GF)(DF)
- Assortment of squares and bars

BEVERAGES

- Assorted pop and flavoured soft drinks
charged upon consumption



All seafood options on this menu are recommended by Ocean Wise

GF - Gluten Free | V - Vegetarian | VG - Vegan | DF - Dairy Free



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LUNCHES: THE WEST ENDER

\$45 per person, minimum 15 people, pricing is exclusive of taxes and gratuities

BREADS

- Assortment of Artisan Bread Rolls

SALAD

- Canadian grains, roasted peppers, baby arugula, chive citrus vinaigrette (V)(DF)
- Sesame vegetable slaw, red & white cabbage, carrots, peppers, onion soy dressing, crispy chickpea (GF)(V)(DF)
- Baby yukon potatoes, pickled red onion, scallions, lemon Dijon dressing (GF)(VG)(DF)

COLD PLATTERS

- Grilled vegetable antipasto, house-made pickles, balsamic reduction (GF)(V)(DF)
- Selection of flat breads, baba ghanoush, hummus, tomato chutney (V)(DF)

COLD MEAT PLATTERS

One selection:

- Poached wild salmon, celery remoulade, parsnip chips (GF)(DF)
- Marinated grilled Fraser Valley Chicken, onion relish, herb salad (GF)(DF)

DESSERTS

- Fresh seasonal fruit platter (V)(GF)(DF)
- Selection of desserts

BEVERAGES

- Assorted pop and flavoured soft drinks
charged upon consumption



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LUNCHES: THE HEIGHTS

\$47 per person, minimum 15 people, pricing is exclusive of taxes and gratuities

SALADS

- hand selected organic mixed greens, seasonal shaved vegetables, house dressing (GF)(VG)
- crisp romaine lettuce, creamy caesar dressing, parmesan cheese, gluten free croutons (GF)(VG)

NEOPOLITAN STYLE PIZZAS

Three selections:

- Smoked fraser valley chicken, kimchie bbq sauce, caramelized onions, jalapeno harvati
- Bison salami, san marzno, mozzarella cheese, arugula
- Ground chorizo, bacon, calbrease salami, mozzarella cheese
- Foraged wild mushrooms, salsa verde, bitter greens, Okanagan goat cheese (VG)
- Baby spinach, kale pesto, mozzarella, confit garlic, feta cheese (VG)
- Bocconcini, heirloom tomatoes, basil (VG)

+ add a fourth selection for \$3 per person

+ add \$5 for gluten free pizza dough

DESSERTS

- Fresh seasonal fruit platter (V)(GF)(DF)
- Individual pannacotta, seasonal garnish (GF)

BEVERAGES

- Assorted pop and flavoured soft drinks
charged upon consumption



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LUNCHES: THE PEACE COUNTRY

\$65 per person, minimum 15 people, pricing is exclusive of taxes and gratuities

SALADS

Two selections:

- Hand selected organic mixed greens, seasonal shaved vegetables, house dressing (GF)(VG)
- Charred kale, brie and honey dressing, caramelized apples, hazelnut (GF)(VG)
- Canadian grains, roasted peppers, baby arugula, chive citrus vinaigrette (V)(DF)
- Sesame vegetable slaw, red & white cabbage, carrots, peppers, onion soy dressing, crispy chickpea (GF)(V)(DF)
- Crisp romaine lettuce, creamy caesar dressing, parmesan cheese, gluten free croutons (GF)(VG)
- Baby yukon potatoes, pickled red onion, scallions, lemon Dijon dressing (GF)(VG)(DF)

COLD PLATTER

One selection:

- Grilled vegetable antipasto, house-made pickles, balsamic reduction (GF)(V)(DF)
- Wild salmon - cured and smoked, traditional accompaniments (GF)
- Charcuterie - cured and smoked meats, cold cuts, house-made IPA mustard, pickled vegetables
- Ocean Wise seafood platter, prawns, smoked salmon, scallops, mussels and clams, cured tuna (GF) (DF) +\$16.5 per person upcharge

ENTRÉES

Two selections:

Land

- Fraser Valley chicken breast, salsa verde (GF)(DF)
- Smoked Sakura farm pork loin, lardons, house-made sauerkraut (GF)(DF)
- Braised Fraser Valley duck legs, huckleberry jus (GF)
- Traditional Italian style bison meatballs, parmesan, basil, tomato sauce
- 63 Acres Beef Flat Iron, cipollini onions, peppercorn jus (GF)
- oven roasted bison bavette, walla walla onion jus (GF)(DF) +\$10 per person upcharge
- Braised Lamb Shoulder, mint & cilantro, szechuan sauce +\$10 per person upcharge

Sea

- Hot smoked wild salmon, lemon butter sauce (GF)
- Pan seared BC Coast ling cod, heirloom tomato & basil sauce (GF)(DF)
- Northeran Divine sturgeon, cauliflower veloute (GF) +\$10 per person upcharge
- Seafood bouillabaisse, prawns, clams, mussels, salmon, cod (GF) +\$10 per person upcharge

Soil (Vegetarian)

- Vegetarian lasagna, grilled vegetables, ricotta, fresh herbs (VG)
- Tomato and chickpea curry, english peas, cilantro, steamed brown rice (VG)(GF)
- Butternut squash ravioli, candied hazelnuts, shaved parmesan, brown butter cream (VG)

SIDES

Two selections:

- Herb roasted baby Yukon Potatoes (GF)(DF)(VG)
- Roasted seasonal vegetables, fresh herbs, EVOO (GF)(VG)
- Buttermilk whipped potato with chives (GF)
- Wild and cultivated rice pilaf (VG)

DESSERTS

- selection of seasonal desserts from the Forage pastry kitchen

BEVERAGES

- Assorted pop and flavoured soft drinks charged upon consumption

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+ add a 3rd entree for \$10 per person

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