

# FORAGE INSPIRED LUNCHES

**The Shuswap** - \$29 per person  
ADD \$3 FOR GLUTEN-FREE SANDWICHES  
(minimum 10 people- pricing is exclusive  
of taxes and gratuities)

## 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 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)

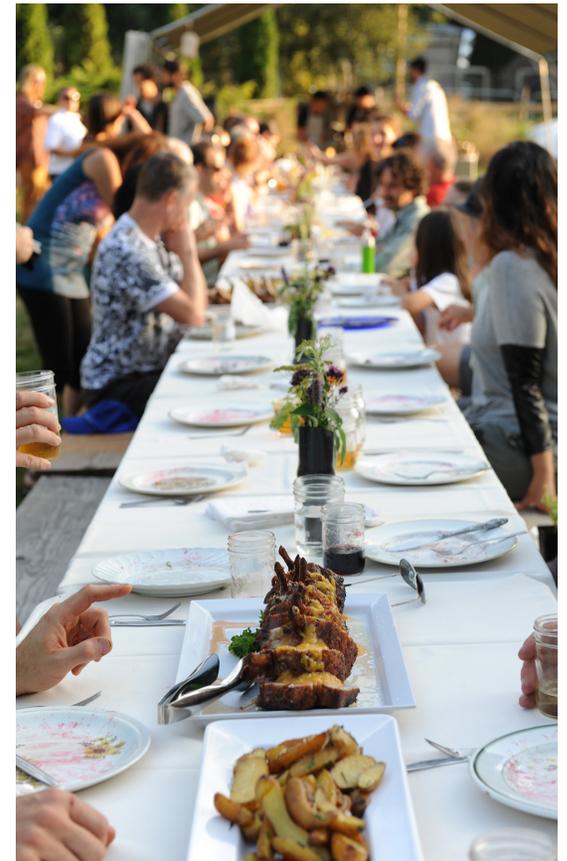
Rabbit River Farms egg salad, wild watercress

## 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- pricing is exclusive of taxes and gratuities)*

## 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- pricing is exclusive of taxes and gratuities)*

## 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- pricing is exclusive  
of taxes and gratuities)

## 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 (pricing is exclusive of taxes and gratuities)

## 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 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

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*

bison jerky  
*\$12 per person*