

LUNCH



box lunch

SANDWICHES

Muffaletta salami | Carlton Farms ham | olive salad | tomato | lettuce | Telera roll

B.L.T.T applewood smoked bacon | lettuce | turkey | sun-dried tomato aioli | focaccia bread

NW Chicken thin sliced blackberry-coffee glazed chicken breast | lettuce | tomato | hazelnut pesto spread | Telera roll **D**

Caprese fresh mozzarella cheese | heirloom tomato | shaved purple onion | fresh basil | white balsamic chevre spread | lettuce | focaccia bread **V**

add chicken \$2.30

Vegan Italian marinated-oven baked tofu | grilled zucchini | shaved purple onion | red pepper lettuce | heirloom tomato | Italian herb vinaigrette | Telera roll **V**

Grilled Steak marinated-grilled steak | Tillamook aged white cheddar | grilled bell pepper | roasted corn-basil spread | Telera roll

SALADS

Salmon Salad house spiced rubbed salmon on a bed of greens w/hard boiled egg | tomato | olive cucumber | lemon herb vinaigrette **G D**

Shrimp Caesar Salad chopped romaine | parmesan | house-made croutons | Caesar dressing

substitute Chicken

Steak Chopped Salad mixed greens | tender grilled and sliced steak | sharp Tillamook aged cheddar | tomato | grilled bell pepper | roasted corn | fresh herb vinaigrette **G**

Mediterranean Chop Salad mixed greens | salami | olives | tomato | cucumber | feta | bell peppers | onion | chickpeas | fresh herb vinaigrette

- V** Vegan
- G** Gluten Free
- D** Dairy Free
- V** Vegetarian

all boxed lunches include:

bottled water | potato chips (sandwiches) or artisan bread + butter (salads) | quinoa salad | house made cookie

\$25.00 per box | minimum order of 25 | maximum order of 250

25 - 49 guests choose 4 types | **50 - 100 guests** choose 5 types | **101 - 250 guests** choose 7 types

diy spreads

FORKS DELI SPREAD

DIY Sandwich :

Turkey Breast | Roast Beef | Herbed

Chicken | Salami 

cheddar | swiss | pepperjack | provolone |
tomato | lettuce | onion | pickle | mayo | dijon
| spicy brown | mustard | whole wheat |
multigrain | sourdough | rye

Assorted Chips  | **Cookies**

Lemonade or Iced Tea | Ice Water

BURGER BAR

DIY Burger:

Beef Burger   **Turkey Burger**  

Veg Burger  

Mushrooms | Bacon | Cheddar | Swiss |
Lettuce | Tomato | Onion | Pickle |
Avocado | Crispy Onion | Mayo |
Mustard | Ketchup | Burger Buns

Assorted Chips + Cookies

Lemonade or Iced Tea | Ice Water

GYROS BAR

DIY Gyro:

Chicken   **Gyros Meat**   **Falafel** 



Hummus | Tzatziki Sauce | Olive | Feta |
Tomato | Cucumber | Lettuce | Flatbread

Assorted chips + Cookies

Lemonade or Iced Tea | Ice Water

PASTA BAR

DIY Pasta:

Penne | Spaghetti | Chicken | Meatballs

Alfredo Sauce  | Marinara   | Bolognese

Mushrooms | Olives | Parmesan

Cookies + Garlic Bread

Lemonade or Iced Tea | Ice Water

\$24.00 per person | Choose 1 signature side on page 6

VIVA LA MEXICO

DIY Burritos:

Tequila-Lime Marinated Chicken | Pork

Carnitas | Southwest Ground Beef  

Pinto Beans | Arroz Roja  

salsa verde | pico de gallo | shredded lettuce
| cheddar | sour cream | avocado | corn +
flour tortillas |



Cookies + Tortilla Chips + Salsa

Lemonade or Iced Tea | Ice Water







BUILD-A-BOWL

DIY Grain Bowl :

Quinoa | Jasmine Rice | Brown Rice

Chicken | JackFruit or Tofu | Shrimp  

Zucchini-Mushroom Sautee

black beans | tomato | corn | olives |
edamame | cheddar | pepitas | goddess
dressing   | shoyu sauce   | yumm
sauce  

Cookies + Focaccia Bread + butter 

Lemonade or Iced Tea | Ice Water

MR. POTATO HEAD

DIY Baked Potato:

Baked Russet Potatoes | Baked Yam  


broccoli | cheddar | applewood-smoked bacon
| peas | scallions | sour cream | butter | pepitas
| mushrooms

Vegetarian Chili  

Cookies + House-Made Corn Bread 

Lemonade or Iced Tea | Ice Water

 **Vegan**

 **Gluten Free**

 **Dairy Free**

 **Vegetarian**

chill out

FARM FRESH FAVORITES

Deconstructed Salad

Choose One - Plattered with rows of ingredients displayed to build-your-own salad. Includes choice of two sides, bread + butter, assorted cookies and lemonade OR iced tea, and ice water

Salmon Salad - mixed greens | house spice rubbed salmon | hard boiled egg | olive | tomato | cucumber | lemon-herb vinaigrette **G** **D**

Steak Salad - mixed green | tender grilled and sliced steak | sharp Tillamook cheddar | tomatoes | bell peppers | roasted potatoes | crispy onion | balsamic vinaigrette

Garden Salad - mixed greens | tomato | cucumber | carrot | bell peppers | broccoli | mushroom | zucchini | shredded cheese | pumpkin seeds | ranch + balsamic vinaigrette **V**

Southwest Chicken Salad **G** - mixed greens | chili-lime marinated grilled chicken | corn | black beans | tomato | shredded cheese | crispy corn tortilla strips | cilantro-lime vinaigrette

G

also includes:

Choice of two Signature Sides see page 6

Focaccia Bread + butter

Assorted Cookies

our pastry chef's selection of cookies

Lemonade or Iced Tea | Ice Water

Disposable Tableware

plates | flatware | napkins | drinkware

\$24.00 per guest 25 guest minimum

V Vegan

G Gluten Free

D Dairy Free

V Vegetarian

chill out

WINNING COMBINATION

our signature sandwich + wrap display

25-49 choose 4 | 50+ choose 5 | 100+ choose 6

SANDWICHES


Grilled Steak

marinated-grilled steak | tillamook aged white cheddar | grilled pepper | roasted corn-basil spread | telera roll

Vegan Italian

marinated-oven baked tofu | grilled zucchini | shaved purple onion | red pepper | lettuce heirloom tomato | italian herb vinaigrette | telera roll

Caprese

fresh mozzarella | heirloom tomato | shaved purple onion | fresh basil | white balsamic chevre spread | arugula | focaccia bread 

Add Chicken \$2.30

B.L.T.T.

turkey breast | applewood-smoked bacon | Monterey Jack | lettuce | tomato sun-dried tomato mayo | focaccia bread

NW Chicken

thin sliced blackberry-coffee glazed chicken breast | lettuce | tomato | hazelnut pesto spread | telera roll

Muffaletta

salami | ham | olive salad | tomato | provolone | telera roll

also includes:

Choice of two Signature Sides see page 6

Potato Chips

Assorted Cookies

Lemonade or Iced Tea | Ice Water

Disposable Tableware

plates | flatware | napkins | drinkware

\$ 24.00 per person

*Gluten free bread or wraps available at additional costs

WRAPS

Green Machine

grilled zucchini | grilled carrot | grilled Portobello | lettuce wrap | Tofu Pate

It's No Curry



curried tofu salad | carrot | raisin | cashew | roasted mixed vegetables | Romaine lettuce wrap

BOWLS



Chicken Soba Bowl

chicken | soba noodles | sauteed greens | carrot | green onion | bell pepper | Shoyu-Ginger Sauce


SW Chicken Bowl

quinoa blend | bell pepper | greens | black beans | cheese | corn | tomato | Forks Yum sauce  | SW seasoned chicken | pepitas | salsa 


Teriyaki Bowl

marinated chicken | rice | carrot | broccoli | green onion | Shoyu-Ginger sauce  


Blackened Prawn Bowl

confetti rice | bell pepper | zucchini | corn | greens | onion | avocado-lime dressing | crispy onion 


Taco Bowl

mixed greens | bean | rice | beef taco meat | cheese | salsa | avocado | tortilla strips 

Curry Bowl

lentil | rice | cauliflower | chickpea | potato | greens | yellow coconut curry sauce | cilantro | pumpkin seeds 

 Vegan

 Gluten Free

 Dairy Free

 Vegetarian

f&c signature sides

SEASONAL + SAVORY SALADS

French Potato red skin potato
green olive | dill | vinaigrette dressing **V** **G**

Soba Noodle Salad soy sauce dressing | green
onion | carrot **V** **D**

Simple Mixed Greens carrot | tomato | balsamic
vinaigrette **V** **G**

Classic Potato Salad mayo | egg | pickle | celery |
onion **V** **G**

Tabbouleh Salad bulgar wheat | parsley | tomato
| onion | lemon | olive oil **V** **D**

Fruit Salad melon | pineapple | berries **V** **G**

Quinoa Salad citrus dressing | cranberries |
edamame **V** **G**

Cucumber + Tomato Salad vinaigrette dressing **V**
G

Coleslaw mayo based dressing | carrot **V** **D**

A la carte

\$3.00 per person

HOUSE-MADE SOUPS

available for groups of under 40
guests

Cheesy Broccoli **V** **G**

Herbed Chicken and Orzo **D**

Sausage and Kale **G** **D**

Hearty Vegan Lentil **V** **G**

Chicken Tortilla Soup **G**

Apple - Butternut Squash **V** **G**

Roasted Fennel + Potato **V** **G**

Mushroom Barley **V**

Beer Cheese Chowder **V**

Southwest Corn Chowder **V** **G**

A la carte

\$2.90 per person

- V** Vegan
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- D** Dairy Free
- V** Vegetarian

heatin' up

RAVIOLI

cheese ravioli | chicken | fig-rosemary
brandy cream sauce

SPRING PASTA (V)

pasta | tomato | peas | asparagus |
butternut squash | pesto sauce

CHICKEN PARMESAN

lightly breaded | marinara | mozzarella

CHICKEN MARSALA (G) (D)

marsala mushroom sauce

CHICKEN TIKKA MASALA (G)

garam masala yogurt marinade

BRUSCHETTA CHICKEN (G)

pesto coated chicken | mozzarella |
balsamic tomato topping

PORK VERDE (G) (D)

tender pork | tomatillo | green chilis |
cilantro

BAKED TILAPIA (G)

herb butter

SIDES (choice of 2)

Parmesan Polenta (V) (G)

Mashed Potatoes (V) (G)

Roasted Ranch Potatoes (V) (G)

Herb Pilaf (V) (G)

Herbed Pasta (V) (G)

Fruit Salad (V) (G)

Simple Greens Salad w/ balsamic
vinaigrette (V) (G)

(V) Vegan

(G) Gluten Free

(D) Dairy Free

(V) Vegetarian

each meal also includes:

Focaccia Bread + Butter

Sweet Treat Trio | Lemonade or Iced Tea | Ice Water
biodegradable plates | flatware | napkins | drinkware

\$25.00 per guest | 25 guest minimum