

CATERERS FOR YOU



Forkingout

EST. 2002

Menus

Canapés



Somerset brie & cranberry toast
Quails egg mayonnaise and cress tartlet
Hummus and pimento wrap
Brown shrimp and avocado wrap
Mushroom and Dorset Blue Vinny tartlet
Creamed asparagus on toasted brioche
Cheese and paprika straws
Pepper & ginger sushi roll
Tuna tartare served on a spoon
Duck pâté and black olive bruschetta
Gazpacho in a shot glass
Smoked salmon & cream cheese blinis
Baked crab and coriander tartlet
Local smoked trout served on a cheese scone
with watercress pesto
Gin and tonic cured trout blinis
Cheese scone with Real Cure Coppa
Mini samosas
Caramelised red onion & Rosary
goats cheese tart
Melon, mango & pineapple skewers
Spinach and Welsh rarebit croustade
Sweetcorn fritters

Curried cauliflower risotto ball
Mushroom risotto ball
Cheese beignet
Olive scone with Real Cure Dorset
venison salami
Lemon and herb prawn skewer
Mini onion bhaji
Crab and sole cake
Chorizo & cream cheese pinwheel
Butterfly prawns with tartar sauce
Devils on horseback
Duck pancake rolls
Mini fillet steak on a mustard croustade
Salmon and dill fish cakes
Chorizos pinchos
Tiny toad in the hole
Mini beef burgers
Bangers and mash
Braised lamb shoulder & pea purée
Glazed pork belly skewer
Beef carpaccio & pickled celeriac
Cerviche taco



Barbeque Menus

All of the food will be cooked and served outside on our BBQs, with salads etc. served from a buffet. Starters can be added from the mix & match menus.

Barbeque Selector

Please choose 3 meat options and 1 veggie option to go with our fantastic butchers sausages to make your menu.

Tiger prawns
Cornish sardines
Lamb Kofta
BBQ baked salmon with watercress pesto
Lemon and herb marinated Chicken Breast
Marinated spicy chicken kebabs
Sirloin steaks
West Country beef burger
Local Pork sausages
Marinated pork loin chops
Tuna steak with lime and coriander dressing

Veggie Options

Aubergine parcels with Blue Vinny and herb stuffing (veggie)
Grilled Portabella mushrooms stuffed with med vegetable couscous veggie)
Halumi Skewers (veggie)
Veggie Burger (vegan)

Hot new potatoes
4 salads from the Chef's Salad Menu
Selection of handmade breads

A pudding of your choice Coffee & Petit Fours



Grilled West Country Steak

Large grilled West Country steaks carved and served to the table on wooden sharing boards.

Choose from rib eye, rump or sirloin

French fried onion rings

Grilled cherry tomatoes on the vine

Mushroom skewers

A choice of green pepper sauce, hollandaise or béarnaise sauce

Large bowls of potato wedges & crisp green salad

A choice of either a single or trio of pudding



The Table Feast

Served to the table

The following menus are designed as sharing dishes that are served as a feast to your table. They become a talking point as your guests share and enjoy the variety of dishes.

Main Items

Rare roast sirloin of beef and horseradish	Ratatouille and montgomery cheddar spanakopita
Stuffed pork fillet with apple prune and marjoram stuffing	Cherry tomato, basil and feta spanakopita
Honey roasted Wiltshire gammon	Courgette and rosary goats cheese tart
Slow cooked pork belly with crackling	Red onion and rosary goats cheese tart with Dorset puff pastry
Roast leg of lamb	Cheese onion and potato pie
Chicken breast marinated in red pepper tapenade	<hr/>
Chicken breast marinated in salsa verde	Hot new potatoes
Chicken breast stuffed with herb mousseline and wrapped in Wiltshire bacon	Choice of salads
Pink trout and samphire wrapped in Dorset puff pastry with watercress ketchup	Mixed salad
Baked crab and coriander tart	Basket of handmade rolls
Smoked salmon and brown shrimp roulade	<hr/>
Salmon and asparagus pie	A pudding of your choice
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	Coffee & petit fours





Asian Feast

Choose 3 main dishes

- Crispy lamb & Chinese leaf
- Beef rendang
- Lamb massaman
- Buttered chicken
- Thai green curry (fish or chicken)
- Prawn pad-thai
- Lamb rogan josh
- Sweet & sour pork

Choose 3 sides

- Sticky rice
- Pilaf rice
- Tarka dahl
- Saag aloo
- Sag paneer
- Stir fry veg
- Naan breads
- Prawn crackers
- Chapatis

All served with poppadums, chutneys & riata appetiser

A choice of pudding





The Moroccan Feast

Served in our earthenware tagines

Moroccan lamb meatballs with dates

Spiced chicken and apricot tagine

Moroccan fish cakes

Vegetable pastilla

Lentil potato and vegetable tagine

Spicy couscous, Tabbouleh

A selection of flatbreads

Your choice of pudding





The Roasts

These menus are served to the table as a feast.

It is great fun to nominate a guest on each table to serve, we can provide aprons and hats for them to wear and for your entertainment.

Roast loin of pork, sage and onion stuffing, apple sauce and crackling

or

Roast leg of lamb, marjoram and apricot stuffing and mint sauce

or

Roast rump of beef, Yorkshire pudding and horseradish sauce

Your choice of roasted baby potatoes, roasted veg or cauliflower cheese

Mixed salad

Choice of 3 salads

Selection of homemade breads

Your choice of pudding





Hot Menus Band 1

First Course

Soup- Moroccan carrot- sweetcorn- leek and potato

Trio of melon terrine with raspberry dressing

Salmon and quails egg salad, focaccia croutons, lemon and dill dressing

Smoked Trafalgar pink trout pâté, celeriac and horseradish remoulade

Montgomery Cheddar and mushroom tartlet with apple and celeriac

Chicken tikka breast, shredded salad, mango chilli jam nigella seed nan

Asparagus and Cornish blue tartlet with rocket salad

Salmon and dill fishcake

Jeweled salad with falafel

Heritage tomato, mozzarella, baby basil salad with basil oil

Thyme and mushroom tortellini with mushroom broth

Ham terrine with piccalilli

Roasted baby beets with Rosary Goats cheese

Butterbean & chorizo fricassée

Crispy pork belly with apple purée and crackling

Tomato consommé





Hot Menus Band 1

Main Course

Roast loin of Somerset pork on a bed of savoy cabbage with sage & onion potato cake, apple fritter, chantenay carrots & a cider sauce

Marinated Somerset chicken breast served on a bed of roasted Mediterranean vegetables, roasted new potatoes and salsa verde

Roasted pork fillet stuffed with apple, marjoram and prune stuffing and wrapped in Wiltshire bacon on a bed of spinach with fondant potatoes chantenay carrots, green beans and a calvados sauce

Chicken breast stuffed with herbs wrapped in Wiltshire bacon with a fondant potato, broccoli, mange tout and a red wine sauce

Roasted beef rump with sticky feather blade, braised celery, Boulangère potatoes, chantenay carrots and a rich beef sauce

Roasted chicken breast, lemon and thyme stuffed leg, cubed roasted potatoes, roasted heritage carrots, tender stem broccoli and chicken jus

Pork tenderloin with Real Cure Coppa, braised pig cheeks, champ, Seasonal vegetable and a port sauce

Filo wrapped trout with buttery potatoes, sea vegetables and chive butter sauce





Hot Menus Band 2

First Course

Sea bass fillet with celeriac purée, Dorset pancetta crisp and micro herbs

Marinated duck breast salad with oriental dressing

Mediterranean prawns shallow fried in garlic butter with warm rolls

Smoked salmon, brown shrimp, cream cheese and dill roulade, micro parsley
and a lemon and dill dressing

Real Cure Dorset Coppa, with Old Winchester shavings, croutons on a bed of rocket
& baby spinach with 3 counties dressing

Pork and duck terrine with apple and chilli chutney

Potted brown shrimps on a crumpet, brown butter & caper sauce

Real Cure Dorset charcuterie board and our focaccia bread

Potted crab with salad rocket, focaccia croute and dill dressing

Crab and sole cakes with crunchy vegetables and sweet chilli Salsa

Chinese crispy lamb with pak choi and a prawn cracker

Sesame crusted salmon with pepper and pak choi and chilli sauce

Tandoori Lamb with minted yogurt and shredded mange tout

Crab, prawn and langoustine cocktail with a mini loaf





Hot Menus Band 2

Main Course

Roast rump of lamb, pressed braised shoulder and dauphinoise with pea purée, braised leek, chantenay carrots and a port sauce

Roasted guinea fowl breast with a confit leg on a bed of cabbage and bacon lardons with a thyme potato cake and bramble sauce

Roasted sea bass on a garlic potato cake with sea vegetables and red pimento sauce

Roasted duck breast on a bed of scallions with dauphinoise, grilled plums, celeriac purée, green beans and a plum sauce

Baked cushion of hake on creamed spinach and creamy mash with asparagus clams and shrimp bisque

Roasted sea bass on a garlic potato cake with samphire, green beans a red pimento sauce

Baked cushion of hake on creamed spinach and creamy mash with asparagus and a cockle and shrimp bisque

Tandoori lamb rump with masala mash, cauliflower purée, roasted romanesco butter sauce with a poppadum crisp

Tandoori lamb rump with coriander noodles, curried cauliflower risotto cake and a masala sauce

Roasted duck breast with confit leg, braised red chicory, dauphinoise, carrot purée and a madeira sauce

Moroccan beef rump, sticky date meatball, giant couscous and roasted aubergine

Medium rare rib steak with potato wedges, cherry tomatoes, mushroom skewer onion rings and a peppercorn sauce





Hot Menus Band 3

First Course

Seared scallops, cauliflower cheese purée, straw potatoes and salty fingers

Seared scallops with scallop roe and a prawn bisque

Warm pigeon breast salad with truffle shavings

Sharing hamper starter

Venison carpaccio with roasted shallots and dehydrated blackberries

Smoked salmon & crab tian with mackerel tartar, pickled cucumber & avocado

Somerset chicken stuffed with Dorset chorizo wrapped in Dorset air dried ham with crispy peas
and a homemade roasted pepper mayonnaise





Hot Menus Band 3

Main Course

Roast beef fillet on wild mushrooms with fondant potatoes, roasted cherry tomatoes, green beans and a peppercorn sauce

Fillet steak stuffed with Dorset Blue Vinny wrapped in Wiltshire bacon with fondant potato, cherry tomatoes, asparagus and sugar snap with a rich red wine sauce

Roasted beef sirloin with braised beef cheeks with button onions parsnip fondant, fricassée of broad beans and a madeira sauce

Stuffed saddle of lamb with sweetbread fritter, pea purée roasted button onions, celeriac fondant, chantenay carrots, asparagus and roasting juices

Seared brill with lobster medallion, mussels, sea vegetables and a lobster bisque

Roasted duck breast with confit duck with cavolo nero, bacon lardons, carrot purée, thyme potato cake and a blackberry wine sauce

Roast rack of lamb with minted peas, a mini shepherd's pie with purple sprouting broccoli and a butternut squash purée

Paupiette of sole with crab and chervil with creamy mash, crab velouté, mussels, braised fennel and asparagus

Rock pool of fish in a saffron consommé with samphire and potato pebbles



Puddings

Choose a single pudding or 3 to create a trio of puddings
from the following list:

Lemon mousse cake with marinated
strawberries and cream

Chocolate and Tia Maria mousse cake with
white chocolate sauce

Lemon posset with shortbread biscuits
and raspberries

Marshmallow mocha cake with raspberries
and coffee sorbet

Fruits of the forest cheesecake

Coffee roulade with chocolate
and Tia Maria sauce

Our version of strawberry and sherry trifle

Caramelised apple tart with vanilla and
honey crème fraiche

Chocolate and hazelnut meringue sandwiched
with chocolate mousse

Strawberry shortcake with strawberry compôte
and clotted cream

Summer pudding with vanilla
and brandy cream

Raspberry and vanilla pannacotta with raspberry
compôte

Fruits of the forest roulade with summer berry
compôte

Chocolate tart with orange syllabub

Summer fruit meringue
with chantilly cream

Our version of Tiramisu

Apple mousse with Dorset apple cake
and calvados

Chocolate and cherry roulade

Lemon tart with clotted cream
and raspberry

Lemon roulade with cream

Lemon meringue pie

Sticky toffee pudding with toffee sauce

Apple crumble with custard

Pear and almond tart with chocolate sauce

Vanilla crème brulée

Raspberry crème brulée

Chocolate crème brulée

Eton mess in a shot glass

Knickerbocker glory

Raspberry mousse with
freeze dried raspberries

Pistachio frangipane with white chocolate
mousse and raspberries

White chocolate and praline mouse

Mango posset

Chocolate and Amaretto posset with roasted
hazelnuts

Chocolate dèlice with praline crumb



Vegetarian Dishes

Vegetable stroganoff with saffron rice

Vegetable strudel with red pepper sauce

Spinach roulade filled with Provençale tomatoes and salsa verde

Potted wild mushroom Pie

Stilton and broccoli pie

Apricot, almond & marjoram cakes with red pepper & chilli jam

Button mushrooms, onions & whole chestnuts in a red wine sauce

Mushroom and aubergine moussaka

Cheese, onion and potato tart

Grated courgette and Rosary goats cheese tart

Dorset Blue Vinny and asparagus tart

Mushroom Wellington a flat mushroom, duxelle stuffing, cheese and tomato baked in Dorset puff pastry with a red wine sauce

Steamed leek and mushroom Pudding

Mushroom risotto cake with red pepper sauce

Flat mushroom stuffed with wilted spinach topped with Welsh rarebit

Butternut squash, courgette and kidney bean spelt Risotto

Dorset spelt butternut squash and pea risotto

Ratatouille tart with Montgomery cheddar

Cherry tomato, basil and feta filo tart

Red onion and rosary goats cheese tartlet

Homemade falafel with tomato chutney

Mushroom lasagne

Curried cauliflower risotto with a crispy samosa

Roasted butternut squash stuffed with spring onion and pea quinoa



Salads

All our salads and dressings are freshly produced in our own kitchens using local products where ever possible such as: mixed leaves from Dorset, watercress from Wiltshire, cider vinegar from Dorset, rape seed oil from Dorset, Spelt from Dorset, pea tops and rocket from Dorset, new potatoes from Cornwall and Devon, mustards from Wiltshire and every year we add to the list.

Roasted Mediterranean vegetables

Apple coleslaw

Four-pea salad (mange touts, garden peas, sugar snaps, pea shoots)

Fig Salad with Old Winchester

Apple, celery and walnut salad

Spelt with roasted vegetables

Couscous with cucumber and mint

Giant couscous with roasted Mediterranean vegetables

Pasta salad with sun dried tomatoes

Pasta salad with pesto and baby spinach

Traditional potato salad

Greek salad: beef tomato, feta cheese, red onion, cucumber, black olives.

Beef tomatoes with basil and buffalo mozzarella

Roasted beetroot with pine nuts and capers

Tomato, potato, green beans & olives

Quinoa with chickpeas and roasted peppers

Bean salad: kidney beans, broad beans, green beans, and borlotti beans with a rich tomato dressing.

Remoulade salad: celeriac, capers and gherkins, with a wholegrain mustard dressing.

Asparagus and pea salad.

Roasted, ribboned courgette & pine nut salad

Heritage tomatoes

Tabbouleh

Roasted heritage carrots with coriander and orange

Rice salad

Bulgar and Lentil salad with tomatoes, parsley, mint, sumac, garlic



Cheese Buffets

These are a selection of our favourite cheeses. All of them are English most of them west country. They are perfect to add as a cheese course or as a cheese buffet in the evening.

Somerset Brie	Dorset Blue Vinny
Cornish Blue	Rosary goats cheese (plain or garlic and herb)
Cornish Yarg	St Endellion Brie
Garlic Yarg	Stilton
Montgomery Farmhouse Cheddar	

All of the above will be presented on boards with baskets of our homemade breads, biscuits, chutneys, grapes figs and celery and comes with plates, napkins and knives.

Choose a selection of 3 cheeses to make your perfect evening buffet or why not add as a cheese course.

Why not include individual pork pies or Real Cure Dorset charcuterie to your cheese buffet?



Evening Food Ideas

Butties

Bacon Roll

Sausage Roll

Mushroom Omelette Roll

Served with tomato sauce,
brown sauce, mustard

Add a cone of chips

Pizzas

A selection of handmade pizzas with selections
of toppings

All handed round to your guests on wooden
boards

The Sausage Sizzle

A selection of our fantastic sausages in
various flavours

Baps, Onions, Relishes and Sauces

The Simple Hog Roast

Roast Pork, stuffing and apple sauce,
all in a fresh bap

The Hot Sandwich

Steak sandwiches

Aubergine, mozzarella & tomato

all served on focaccia bread with salad

Greek Style Pitta

Roasted Lamb shoulder in rosemary and Garlic

Greek salad

Pitta breads

Tzatziki

Late Night BBQ

A selection of sausages

Our butchers fantastic 100% beef burgers

Marinated pork rashers

Veggie burgers and sausages





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