



CATERING MENU

108 E North First St. | Seneca, SC

ORDER@FORKANDFLAVORCATERING.NET

864.903.8398

WWW.FORKANDFLAVORCATERING.NET



BREAKFAST

MINIMUM OF 10 FOR ALL ORDERS

CLASSIC BREAKFASTS

MORNING CLASSIC

Scrambled Eggs, Bacon Strips, Pork Sausage Links,
Breakfast Potatoes, and Buttermilk Biscuits

CONTINENTAL

Assorted Danishes, Muffins, Yogurt,
and Seasonal Fruit

EXECUTIVE BREAKFAST

Scrambled Eggs, Bacon Strips, Pork Sausage Links, Breakfast Potatoes,
Buttermilk Biscuits with White Pepper Gravy, Assorted Muffins, Fresh
Seasonal Fruit, and Individual Yogurts with Granola Topping.

QUICHE

IN A BUTTERY, FLAKY CRUST

MEAT LOVERS

Sausage, Bacon, Ham, Cheddar Cheese

BROCCOLI CHEDDAR

Broccoli Florets, Cheddar Cheese

FLORENTINE

Spinach, Tomato, Feta, Topped with Fresh Basil

VEGGIE

Onions, Green Peppers, Mushrooms

SOUTHWEST

Ham, Peppers, Onions, Cheddar Cheese

CASSEROLES

MEAT LOVERS

Sausage, Bacon, Ham, Cheddar Cheese

VEGGIE

Green Peppers, Onions, Mushrooms, Cheddar

SOUTHWEST

Ham, Peppers, Onions, Cheddar Cheese

WRAPS & QUESADILLAS

BACON, EGG, & CHEESE

SAUSAGE, EGG, & CHEESE

VEGGIES, EGG, & CHEESE

BUILD YOUR OWN (A LA CARTE)

Scrambled Eggs

Bacon Strips

Pork Sausage Links

Buttermilk Biscuits

Biscuits & White Pepper Gravy

Seasoned Breakfast Potatoes

Southern Style Grits

Oatmeal

French Toast

Pancakes

Fresh Seasonal Fruit

Individual Yogurts with Granola Topping

Assorted Bagels with Cream Cheese

Assorted Muffins

Assorted Danishes

Pull-Apart Monkey Bread

COFFEE SERVICE AVAILABLE

ASK ABOUT OUR GRAB-N-GO BREAKFAST BAGS!

ENTREE MENU

MINIMUM OF 10 FOR ALL ORDERS

CHICKEN

HERB GRILLED CHICKEN TENDERS

Option to add BBQ Sauce

BONE-IN HERB BAKED CHICKEN

Herb-Baked Chicken Quarters (Option to add BBQ Sauce.)

HICKORY BBQ CHICKEN

Sweet Baby Ray's BBQ Sauce, Bacon, Monterrey Jack Cheddar Cheese
Option to sub Honey Mustard for BBQ Sauce.

GREEK CHICKEN

Greek Dressing, Sundried Tomatoes, Artichoke Hearts,
Black Olives, Feta Cheese

FIESTA CHICKEN

Salsa and Monterey Jack Cheddar Cheese

CHICKEN FLORENTINE

Served on a Bed of Spinach, Topped with Alfredo

TERIYAKI CHICKEN

Sweet Baby Ray's Teriyaki Sauce

SESAME CHICKEN

Asian Sesame Vinaigrette, Edamame, Sesame Seeds

PESTO CHICKEN

Pesto Sauce, Charred Tomatoes, Parmesan Cheese

BALSAMIC CHICKEN

Balsamic Vinaigrette, Tomatoes, Feta Cheese, Fresh Basil

GOAT CHEESE CHICKEN

Goat Cheese, Sundried Tomatoes, Lemon Sauce, Fresh Basil

CHICKEN MARSALA

Marsala Sauce with Mushrooms

COUNTRY APPLE CHICKEN

Sauteed Apples, Bacon, Cream Sauce

***ENTREE SERVING SIZE IS BASED ON
TWO 3OZ GRILLED CHICKEN TENDERS**

**TRY
OUR**

**HAND-BREADED
CHICKEN TENDERS**
With a Variety of Dipping Sauces

BEEF

HAMBURGER STEAK

Hamburger Steak with Grilled
Onions & Peppers in Gravy

MEATLOAF

House-made Meatloaf

BURGERS

Fresh Grilled Hamburgers with Toppings

SEE OUR BURGER BAR MENU FOR MORE OPTIONS

BEEF POT ROAST

Slow-Cooked Seasoned Beef Roast

PORK

GRILLED PORK CHOPS

Grilled Pork Chops. Option to add Sweet Baby Ray's BBQ Sauce

PULLED PORK BBQ

Slow-Cooked Pulled Pork BBQ. Served with House Sauces & Buns.

PORK BBQ RIBS

Pork BBQ Ribs served with Sweet Baby Ray's BBQ Sauce

**ROASTED
TURKEY BREAST**

Bonless Roasted Turkey
Breast with Turkey Gravy



PASTA MENU

MINIMUM OF 10 FOR ALL ORDERS

Includes Garlic Breadsticks.

MEAT LASAGNA

Fresh Baked Lasagna with Ground Beef, Marinara Sauce, Ricotta and Mozzarella

SPINACH LASAGNA*

Fresh Baked Vegetarian Lasagna with Spinach, Mushroom, Marinara Sauce, Ricotta and Mozzarella

CHICKEN OR SHRIMP ALFREDO

Cavatappi Pasta, Creamy Alfredo Sauce, Parmesan Cheese. Add Chicken or Shrimp.

PASTA PRIMAVERA*

Cavatappi Pasta, Zucchini, Yellow Squash, Creamy Alfredo Sauce, Parmesan Cheese. Add Chicken or Shrimp.

BAKED SPAGHETTI

Fresh Baked Spaghetti with Onions, Peppers, Mushroom, Ground Beef, Marinara Sauce, and Mozzarella Cheese

FIESTA CHICKEN & RICE CASSEROLE*

Rice with Chicken, Corn, Salsa, Black Beans, and Monterrey Jack Cheese

CHEESE TORTELLINI*

Stuffed Cheese Tortellini with Creamy Alfredo or Pesto Sauce. Add Grilled Chicken or Shrimp.

CREAMY RED PEPPER PASTA*

Penne Pasta, Creamy Parmesan Cheese Sauce, Cayenne Pepper, Roasted Red Pepper. Add Grilled Chicken or Shrimp.

GREEK MEDITERRANEAN PASTA*

Cavatappi Pasta, Greek Feta Dressing, Black Olives, Sun-Dried Tomatoes, Artichokes, Fresh Basil. Add Grilled Chicken or Shrimp

CHICKEN CARBONARA PASTA

Spaghetti Pasta, Chicken, Ham, Peas, House Cream Sauce

BEEF STROGANOFF

Egg Noodles, Beef Roast, Creamy Mushroom Sauce

CHICKEN BROCCOLI & CHEDDAR RICE CASSEROLE*

Rice with a Creamy Cheese Sauce, Broccoli Pieces, and Topped with Cheddar Cheese

VEGETARIAN OPTION AVAILABLE

BUILD YOUR OWN PASTA BAR: *MIX & MATCH TWO PASTAS OR CASSEROLES*
Includes Tossed Salad, Garlic Breadsticks, and Tea.

***ADD A THIRD PASTA OR CASSEROLE OPTION FOR AN ADDITIONAL CHARGE.**



SALADS & SOUPS

MINIMUM OF 10 FOR ALL ORDERS

SPECIALTY SALADS

ADD CHOPPED GRILLED/FRIED CHICKEN

CAESAR SALAD

Chopped Romaine, Croutons,
Parmesan Cheese, Caesar Dressing

STRAWBERRY SALAD

Spring Mix, Strawberries, Pecans, Feta Cheese,
Raspberry or Balsamic Vinaigrette Dressing

ASIAN SALAD

Romaine, Mandarin Oranges, Chow Noodles,
Edamame, Asian Dressing

GREEK SALAD

Romaine, Black Olives, Feta Cheese,
Banana Peppers, Croutons, Greek Dressing

BLT SALAD

Garden Salad Mix, Chopped Bacon,
Tomatoes, Cheddar Cheese, Croutons

APPLE PECAN SALAD

Spring Mix, Pecans, Diced Apples, Craisins,
Cheddar Cheese, Apple Vinaigrette

ITALIAN SALAD

Romaine, Black Olives, Banana Peppers,
Mozzarella, Croutons, Italian Dressing

BREADS

BUTTERMILK BISCUITS

GARLIC CHEDDAR BISCUITS

YEAST ROLLS

GARLIC BREAD STICKS

CORNBREAD BISCUITS

HOUSE-MADE SOUPS

TOMATO BASIL*

MUSHROOM & WILD RICE*

BROCCOLI CHEDDAR*

LOADED POTATO

VEGETABLE BEEF

HOUSEMADE BEEF CHILI

WHITE CHICKEN CHILI

HOUSE-MADE PREPARED SALADS

BEAN SALAD*

PASTA SALAD*

MACARONI SALAD*

POTATO SALAD*

PIMENTO CHEESE* (REGULAR OR SPICY)

BROCCOLI SALAD

HAM AND PEA SALAD

CAJUN CHICKEN PASTA SALAD

CHICKEN SALAD

TUNA SALAD

GRAPE SALAD

***VEGETARIAN**



SIDES & PAIRINGS

MINIMUM OF 10 FOR ALL ORDERS

SIDES

VEGGIES

STEAMED BROCCOLI
SEASONED GREEN BEANS
SAUTEED SQUASH & ZUCCHINI
SEASONED BABY CARROTS
SWEET BABY CARROTS
PEAS & CARROTS
BLACK EYED PEAS
CORN NIBBLETS
CORN ON THE COB
LIMA BEANS
GREEN PEAS
SPICY CAULIFLOWER
CALIFORNIA VEGGIE BLEND
ROASTED ROOT VEGGIES

STARCHES

HOUSEMADE MAC & CHEESE
RICE PILAF
GRAIN KALE BLEND
ROASTED POTATOES
RED SKINNED MASHED POTATOES
POTATO WEDGES
HOUSEMADE POTATO CHIPS
SWEET POT. BITES WITH HOT HONEY

BREADS

BUTTERMILK BISCUITS
GARLIC CHEDDAR BISCUITS
CORNBREAD BISCUITS
YEAST ROLLS
GARLIC BREADSTICKS

VEGETARIAN & VEGAN OPTIONS AVAILABLE

LOOKING FOR A SALAD OR SOUP PAIRING?

CHECK OUT OUR SALADS & SOUPS MENU FOR A COMPLETE LIST OF OUR SPECIALTY SALADS AND HEARTY SOUPS TO COMPLETE YOUR MEAL!

BEVERAGES

SWEET TEA
UNSWEET TEA
LEMONDADE

ALL BEVERAGES AVAILABLE BY
GALLON OR HALF-GALLON

**COFFEE OR TEA SERVICE
AVAILABLE FOR BREAKFAST!**



BUILD YOUR OWN...

*Make your own yummy creations with our food bars
featuring a variety of premium toppings!*

MINIMUM OF 10 FOR ALL ORDERS

BURGER BAR:

**Veggie Burgers Available*

FRESH BEEF BURGERS, BUNS, LETTUCE, TOMATO, CHEESE SLICES, PICKLES, ONIONS, CONDIMENTS, BAKED BEANS, COLESLAW, HOMEMADE POTATO CHIPS

TACO BAR:

SHREDDED CHICKEN OR GROUND BEEF, HARD AND/OR SOFT SHELLS, SHREDDED LETTUCE, TOMATOES, SHREDDED CHEESE, PICO DE GALLO, SOUR CREAM, JALAPENOS, BLACK OLIVES, DICED ONIONS, SALSA, GUACAMOLE.

SIDES INCLUDED: TORTILLA CHIPS WITH QUESO, MEXICAN RICE, MEXICAN STREET CORN DIP

POTATO BAR:

BAKED OR MASHED POTATOES, SHREDDED CHEDDAR CHEESE, SOUR CREAM, WHIPPED BUTTER, BACON BITS, CHIVES, CORNBREAD BISCUITS

SWEET POTATO BAR

BAKED SWEET POTATOS, HONEY BUTTER, BROWN SUGAR, CINNAMON, AND CORNBREAD MUFFINS

BBQ SANDWICHES:

HOUSE SMOKED PORK BBQ, VARIETY OF SAUCES, PICKLE CHIPS, BUNS, BAKED BEANS, COLESLAW, HOMEMADE POTATO CHIPS

PASTA BAR:

MIX & MATCH TWO PASTAS OR CASSEROLES

Also Includes Tossed Salad & Garlic Breadsticks.

SEE OUR PASTA MENU FOR PASTA AND CASSEROLE OPTIONS

SALAD BAR:

STANDARD & DELUXE

***SEE OUR SALADS & SOUPS
MENU FOR A LIST OF SPECIALTY
AND PREPARED SALADS***

STANDARD SALAD BAR:

SPRING MIX, GARDEN SALAD MIX, CUCUMBERS, TOMATOES, BROCCOLI FLORETS, CHEDDAR CHEESE, BACON BITS, CROUTONS, AND PASTA SALAD.

SERVED WITH THREE CHOICES OF DRESSINGS

DELUXE SALAD BAR:

*INCLUDES ALL TOPPINGS FROM
STANDARD SALAD BAR PLUS:*

CHOPPED ROMAINE OR SPINACH, DICED HAM, BACON BITS, BANANA PEPPERS, BLACK OLIVES, GREEN PEPPERS, AND MUSHROOMS.
PLUS YOUR CHOICE OF TWO PREPARED SALADS.

SERVED WITH FOUR CHOICES OF DRESSINGS

HORS D'OEUVRES

MINIMUM 20 FOR ALL ORDERS

TRAYS & PLATTERS (SERVES 20-25)

CHARCUTERIE BOARD

Assorted meats and cheeses, assorted crackers, assorted whole olives, assorted nuts, assorted fruits

ASK FOR PRICING

SHRIMP COCKTAIL

21-25; Served with Cocktail Sauce & Lemons

\$18.00 per pound

**cost may vary based on market price*

HOUSEMADE POTATO CHIPS

Served with Ranch Dip or Housemade French Onion Dip

\$15.95

"MAKE YOUR OWN" SLIDER TRAY

Rolled Meats & Cheeses
Hawaiian Rolls, Mayo, Mustard

\$185.00

VEGGIE PLATTER

Mixed Veggies, Hummus Dip, Ranch Dip

\$42.95

FRUIT PLATTER

Seasonal Fruits

\$48.95

HOT HORS D'OEUVRES (PRICED PER PIECE)

MINI QUICHE

Quiche Lorraine, Broccoli Cheddar

\$1.50

PHYLLO-WRAPPED ASIAGO ASPARAGUS

Asparagus and Asiago Cheese
Inside Phyllo Pastry

\$2.50

MINI EGG ROLLS

Served with Sweet Chili Sauce.

\$2.00

MINI BEEF EMPANADAS

Served with Chipotle Ranch.

\$2.50

RASPBERRY BRIE EN CROUTE

Phyllo Pastry stuffed with Raspberry
Jam and Brie Cheese.

\$3.00

MINI CRAB CAKES

Served with Remoulade Sauce.

\$2.50

SAUSAGE STUFFED MUSHROOM CAPS

\$3.00

MINI BEEF WELLINGTON

Served with Dijon Mustard Sauce.

\$3.50

- FEATURED - MEATBALL BOWTIES

Meatball topped with Bowtie Pasta
and Fresh Basil.
Served with Marinara Sauce.

\$2.00



COLD HORS D'OEUVRES (PRICED PER PIECE)

MEDITERRANEAN SKEWERS

Olives, Mozzarella Cheese, Salami

\$2.75

CHICKEN SALAD PHYLLO CUPS

Mini Phyllo Cups
Housemade Chicken Salad

\$1.50

BLT SALAD CUPS

9oz. Cups with Lids
Garden Salad Mix, Chopped Bacon,
Tomatoes, Cheddar Cheese, Croutons
Ranch or Balsamic Dressing
Served with Mini Forks

\$2.15

PIMENTO CHEESE PHYLLO CUPS

Mini Phyllo Cups
Housemade Pimento Cheese

\$1.50

MINI TOAST WITH CUCUMBER & CREAM CHEESE

\$1.50

- FEATURED - CAESAR SALAD CUPS



9oz. Cups with Lids

Romaine Lettuce
Croutons
Parmesan
Caesar Dressing

Served with
Mini Forks

\$1.95



DESSERT MENU

MINIMUM OF 10 FOR ALL ORDERS

BROWNIES & BARS

CHOCOLATE CHUNK BROWNIE
SALTED CARAMEL BROWNIE
GLUTEN FREE BROWNIES
BLONDIES
LEMON BARS

PIES

APPLE
CHERRY
BLUEBERRY
PUMPKIN
PECAN
KEY LIME
LEMON MERINGUE
CHOCOLATE MERINGUE
BANANA CREAM
BOSTON CREAM
CHOCOLATE CREAM
COCONUT CREAM

COBBLERS

APPLE
PEACH
CHERRY
BLACKBERRY

ASSORTED COOKIES

CHOCOLATE CHIP
WHITE CHOC MACADAMIA NUT
BUTTER PECAN
COOKIE OF THE MONTH

ASK US ABOUT OUR

COOKIE OF THE MONTH

FEATURING FUN FLAVORS LIKE
SALTED CARAMEL, LEMON
BLUEBERRY, S'MORES, & RED VELVET!

*Check our Facebook Page for our
Cookie of the Month Announcement!*

CAKES

CHOCOLATE
TIRAMISU
COCONUT
CHOCOLATE PEANUT BUTTER
ASSORTED CHEESECAKE



FREQUENTLY ASKED QUESTIONS

1. What types of events do you cater?

We cater for a wide variety of events including corporate lunches, medical office meals, staff appreciation events, private parties, training days, holiday gatherings, and more!

2. How far in advance do I need to place an order?

We recommend placing your order at least 48–72 hours in advance. For large events or custom menus, we appreciate more notice whenever possible.

3. What's included with my order?

All orders include delivery, setup, serving utensils, paper products, disposable chafing dishes, and even ice for drinks (if needed). We aim to make your catering experience completely stress-free.

4. Do you offer individual packaging?

Yes! We offer individually packaged meals for safety, convenience, or on-the-go events—just let us know during booking.

5. Can we customize our menu?

Absolutely. We offer flexible options and customizable food bars so you can build the perfect meal for your group's preferences and dietary needs.

6. Do you accommodate dietary restrictions?

Yes, we're happy to accommodate dietary needs such as vegetarian, gluten-free, dairy-free, and more. Just mention any restrictions when placing your order.

7. Do you deliver?

Yes! We deliver throughout Seneca, SC and surrounding areas. Delivery fees may apply depending on distance and size of the order.

8. Is there a minimum order requirement?

Yes, our minimum order typically starts at 10 guests, but we're happy to work with you depending on the request and location.

9. How do I pay for my order?

We accept payment via credit/debit card or business check. An invoice with a payment link will be sent via email 24–48 hours before your event.

10. What is your cancellation policy?

We kindly ask for at least 48 hours' notice for cancellations. Orders canceled within 24 hours may be subject to a partial charge to cover preparation costs.

11. Do you offer tastings?

Yes! We occasionally offer tasting events and are happy to discuss private tastings for larger or recurring clients.

12. How do I book a catering order?

You can email us at order@forkandflavorcatering.net, visit www.forkandflavorcatering.net, or call/text us at (864) 903-8398. We'll take care of the rest!