



MENU

AT FORK & FLAVOR CATERING CO, our mission is to bring people together through exceptional food, personalized service, and memorable experiences. We provide fresh, high-quality ingredients, diverse menu options, and seamless catering solutions for every occasion.

**GREAT FOOD. QUALITY SERVICE. MEMORABLE EVENTS.
THAT'S WHAT WE DELIVER AT FORK & FLAVOR CATERING Co!**



**CALL OR EMAIL US
TO BOOK YOUR ORDER:**



864-903-8398



order@forkandflavorcatering.net



forkandflavorseneca.com

minimum of 12 for all orders

BREAKFAST

MORNING CLASSIC

Scrambled eggs, bacon strips or pork sausage links, buttermilk biscuits with Southern white gravy, fresh seasonal fruit.

EXECUTIVE BREAKFAST

Scrambled eggs, bacon strips and pork sausage links, breakfast potatoes, buttermilk biscuits with Southern white gravy, assorted muffins or Danishes, fresh seasonal fruit, individual yogurts with granola topping and berries.

BEVERAGES

Our beverages are available in gallons or half gallons.

APPLE JUICE

ORANGE JUICE

COFFEE BY THE BOX [REGULAR & DECAF]

SWEET TEA

UNSWEETENED TEA

LEMONADE

FILTERED WATER

PLATTERS

multiple sizes and options are available - please contact us for pricing

HOUSEMADE POTATO CHIPS PLATTER

Served with Housemade French Onion dip.

Option: Housemade Ranch Dip.

VEGETABLE PLATTER

Fresh cut veggies with Ranch dip. Option: Hummus dip.

FRUIT PLATTER

Seasonal assorted fruits. Option: Greek yogurt dip.

STANDARD CHARCUTERIE BOARD

Two assorted meats and two cheeses, crackers, olives, nuts, fruits, and one spread.

DELUXE CHARCUTERIE BOARD

Four assorted meats and four cheeses, crackers, olives, nuts, fruits, two spreads, and chocolate-covered pretzels.

OUR DIPS & SAUCES

French onion, Ranch, Hummus, Honey Mustard, Sweet Baby Ray's BBQ, Cattlemen's Gold BBQ

SHRIMP COCKTAIL PLATTER [MARKET PRICE]

Served on ice with cocktail sauce and sliced lemons.

HAND-BREADED CHICKEN TENDER PLATTER

Available in quantities of 12 tenders. Includes one dip.

Option: Extra dips.

GRILLED CHICKEN TENDER PLATTER

Available in quantities of 12 tenders. Includes one dip.

Option: Extra dips.



STARTERS

minimum of 20 of each item per order

HOT HORS D'OEUVRES

PHYLLO-WRAPPED ASPARAGUS \$2.50 EACH

Asparagus and asiago cheese inside phyllo pastry.

MEATBALL BOWTIES \$2.00 EACH

Meatball topped with bowtie pasta and fresh basil. Served with marinara sauce.

RASPBERRY BRIE EN CROUTE \$3.00 EACH

Phyllo pastry filled with raspberry jam and brie cheese.

MINI CRAB CAKES \$2.50 EACH

Served with remoulade sauce.

STUFFED MUSHROOM CAPS \$3.00 EACH

Mushroom caps stuffed with herb and garlic sausage.

MINI BEEF WELLINGTON \$3.50 EACH

Tender beef and savory mushroom duxelles, wrapped in a flaky puff pastry. Served with Dijon mustard sauce.

COLD HORS D'OEUVRES

CAESAR SALAD CUPS \$2.15 EACH

Romaine lettuce, croutons, parmesan cheese, and Caesar dressing. Served in 9oz. cups with lids and mini forks.

BLT SALAD CUPS \$2.25 EACH

Garden salad mix, chopped bacon, tomatoes, cheddar cheese, croutons, choice of Ranch or Balsamic dressing. Served in 9oz. cups with lids and mini forks.

CHARCUTERIE SKEWERS \$3.00 EACH

Salami, grape tomatoes, mozzarella pearls, Kalamata and green olives.

MEDITERRANEAN SKEWERS \$3.00 EACH

Sundried tomatoes, artichokes, mozzarella pearls, and Kalamata olives.

SALADS

SPECIALTY SALADS

*available in 80 oz & 160 oz sizes
add grilled chicken for extra charge*

TOSSED SALAD

Garden salad mix, cucumbers, tomatoes, cheddar cheese, croutons. Choice of two dressings.

CAESAR SALAD

Chopped romaine lettuce, parmesan cheese, croutons.
Dressing: Creamy Caesar.

ITALIAN SALAD

Chopped romaine lettuce, black olives, banana peppers, mozzarella cheese. Dressing: Italian.

ASIAN SALAD

Chopped romaine lettuce, Mandarin oranges, chow noodles, edamame. Dressing: Asian.

GREEK SALAD

Chopped romaine lettuce, cucumbers, tomatoes, black olives, banana peppers, feta cheese. Dressing: Greek.

APPLE PECAN SALAD

Spring mix, diced apples, raisins, cheddar cheese, pecans. Dressing: Apple vinaigrette.

STRAWBERRY SALAD [SEASONAL]

Spring mix, strawberries, blue cheese, pecans. Dressing: Balsamic vinaigrette.

PREPARED SALADS

available in 80oz & 160oz sizes

COUNTRY-STYLE POTATO SALAD

Russet potatoes, mayonnaise, eggs, green onions, dill.

ITALIAN PASTA SALAD [VEGETARIAN]

Rotini pasta, pepper, cucumber, tomatoes, onions, Italian dressing.

BROCCOLI SALAD

Fresh broccoli, red onions, bacon bits, raisins, mayonnaise. Option: Vegetarian with no bacon.

GREEK PASTA SALAD [VEGETARIAN]

Rotini pasta, sundried tomatoes, artichoke hearts, black olives, feta cheese, Greek dressing.

ANTIPASTO SALAD

Salami, pepperoni, cheese cubes, cucumber, black olives, Italian dressing.



OUR SALAD DRESSINGS

Ranch, Balsamic Vinaigrette,
Blue Cheese, Italian, Greek,
Honey Mustard, Caesar

SOUPS

TOMATO BASIL SOUP [vegetarian]

BROCCOLI & CHEDDAR SOUP [vegetarian]

HOUSEMADE BEEF CHILI

HOUSEMADE WHITE CHICKEN CHILI

BREADS

GARLIC CHEDDAR BISCUITS

YEAST ROLLS with honey butter

CORNBREAD BISCUITS with butter

GARLIC CIABATTA BREAD STICKS

with marinara sauce



SIDES

VEGETABLES

CUT GREEN BEANS
SEASONED BABY CARROTS
STEAMED BROCCOLI
CALIFORNIA VEGGIE BLEND

PREMIUM VEGGIES

FRESH GREEN BEANS ALMONDINE
SPICY BREADED CAULIFLOWER
ROASTED ROOT VEGGIES

STARCHES

RICE PILAF
RED-SKINNED GARLIC MASHED POTATOES
ROASTED ROSEMARY POTATOES

PREMIUM STARCHES

QUINOA KALE BLEND
WHITE CHEDDAR MAC & CHEESE

ENTREES

CHICKEN

serving size based on one 6oz. [lunch] or 8oz. [dinner] breast

SEASONED GRILLED CHICKEN BREAST

Option to add honey mustard or BBQ sauce.

HICKORY BBQ CHICKEN

Sweet Baby Ray's BBQ sauce, bacon, cheddar jack cheese.

BALSAMIC CHICKEN

Tomatoes, feta cheese, fresh basil, Balsamic vinaigrette.

SESAME CHICKEN

Asian sesame vinaigrette, edamame, sesame seeds.

GREEK CHICKEN

Sundried tomatoes, artichoke hearts, black olives, feta cheese, Greek dressing.

GOAT CHEESE CHICKEN

Sundried tomatoes, goat cheese, fresh basil, lemon sauce.

COUNTRY APPLE CHICKEN

Sauteed apples, bacon, cream sauce.

BEEF

HAMBURGER STEAK

Hamburger steak with grilled onions, peppers, gravy.

BEEF BURGERS

Fresh grilled burgers with buns. Toppings: Lettuce, tomato, onions, pickles, cheddar cheese slices. Condiments: Ketchup, mustard, mayonnaise. Option: Veggie burgers.

BEEF POT ROAST

Slow-cooked seasoned beef roast.

PORK

PULLED PORK BBQ

Slow-cooked pulled pork with buns and Sweet Baby Ray's and Cattlemen's Gold BBQ sauces.

PORK BBQ RIBS

Bone-in pork BBQ ribs served with Sweet Baby Ray's BBQ Sauce.



Try our hand-breaded or grilled chicken tenders with a variety of dipping sauces! See page 2 for details.



FOOD BARS

minimum of 12 people for all orders

BURGER BAR

Fresh grilled hamburgers with buns. Toppings: Lettuce, tomato, onions, pickles, cheddar cheese slices. Condiments: Ketchup, mustard, mayonnaise. Includes choice of two sides: Baked beans, coleslaw, homemade potato chips.

BBQ SANDWICH BAR

Slow-roasted pulled pork with buns, pickles, Sweet Baby Ray's BBQ and Cattlemen's Gold BBQ sauces. Includes three sides: Baked beans, coleslaw, homemade potato chips.

STANDARD TACO BAR

Shredded chicken or ground beef, hard and soft shells, shredded lettuce, chopped tomatoes, diced onions, shredded cheddar cheese, sour cream, salsa. Includes choice of one side: Tortilla chips with queso, fiesta rice, street corn.

DELUXE TACO BAR

Shredded chicken and ground beef, hard and soft shells, shredded lettuce, chopped tomatoes, diced onions, shredded cheddar cheese, sour cream, salsa, Pico de Gallo, jalapenos, black olives, guacamole. Includes choice of two sides: Tortilla chips with queso, fiesta rice, street corn.

PASTA BAR

Mix and match two Pastas. Includes tossed salad with two dressings and garlic ciabatta breadsticks with marinara sauce. Choose from Pasta Alfredo, Pasta Primavera, Spinach Lasagna, Baked Spaghetti, Meat Lasagna, Cheese Tortellini.

POTATO BAR WITH SALAD

One lb. baked potatoes, whipped butter, shredded cheddar cheese, bacon bits, sour cream and chives. Includes tossed salad with two dressings and cornbread biscuits with butter. Add grilled chicken or diced ham for an additional charge.

STANDARD SALAD BAR

Spring mix, garden salad mix, cucumbers, tomatoes, broccoli florets, cheddar cheese, bacon bits, croutons. Choice of two dressings. Option: Add grilled chicken and/or yeast rolls with honey butter for an additional charge.

DELUXE SALAD BAR

Spring mix, garden salad mix and chopped Romaine lettuce, cucumbers, tomatoes, broccoli florets, cheddar cheese, bacon bits, croutons, diced ham, banana peppers, black olives, green peppers. Choice of two dressings. Includes two prepared salads [see page 3 for available options]. Option: Add grilled chicken and/or yeast rolls with honey butter for an additional charge.



WHY CHOOSE A FOOD BAR? *Food bars have become an incredibly popular choice for catering, fueling events from casual corporate lunches to formal wedding receptions. Getting up to build a plate naturally encourages movement and conversation. Guests chat while waiting in line, making it an excellent icebreaker for all kinds of events, from corporate networking events and rehearsal dinners to family reunions and tailgates.*

PASTA ENTREES

add grilled chicken, shrimp or sauteed vegetables to select items

PASTA ALFREDO [VEGETARIAN]

Cavatappi pasta, creamy Alfredo sauce, parmesan cheese. Add chicken, shrimp or sauteed vegetables.

PASTA PRIMAVERA [VEGETARIAN]

Cavatappi pasta, zucchini, yellow squash, creamy Alfredo sauce, parmesan cheese. Add chicken, shrimp or sauteed vegetables for an additional charge.

SPINACH LASAGNA [VEGETARIAN]

Fresh baked vegetarian lasagna with spinach, mushroom, marinara sauce, ricotta cheese, mozzarella cheese.

BAKED SPAGHETTI

Fresh baked spaghetti with ground beef, onion, pepper, mushrooms, marinara sauce, mozzarella cheese.

MEAT LASAGNA

Fresh baked Lasagna with Italian seasoned ground beef, marinara sauce, ricotta, mozzarella cheese.

CHEESE TORTELLINI [VEGETARIAN]

Stuffed cheese tortellini with sauce. Options: Marinara or creamy Alfredo sauce. Add chicken, shrimp or sauteed vegetables for an additional charge.

DESSERTS

cookies & dessert bars sold by the dozen

ASSORTED DESSERT BARS

CHOCOLATE CHUNK BROWNIES

CHEESECAKE BROWNIES

CHOCOLATE FUDGE BROWNIES

BLONDIES

*Our
Dessert
Bars &
Brownies
are a client
FAVORITE!*



ASSORTED COOKIES

Our cookies are available in two sizes:
whole cookies & cookie bites.

CHOCOLATE CHIP TOFFEE

WHITE CHOCOLATE MACADAMIA NUT

BUTTER PECAN

ROCKY ROAD

SNICKERDOODLE

OATMEAL RAISIN

ASSORTED PREMIUM BARS

LEMON BARS

RASPBERRY RHAPSODY BARS

7 LAYER BARS

CARAMEL OATMEAL BARS

SALTED CARAMEL PRETZEL BROWNIES

COBBLERS

Served with whipped cream.

APPLE

PEACH

CHERRY

BLACKBERRY

PIES

Served with whipped cream.

APPLE

PEACH

CHERRY

BLACKBERRY