



FORK  FLAIR  
CATERING AND EVENTS

SAY *hello* TO

# FORK FLAIR

CATERING AND EVENTS



PREVIOUSLY PREMIER CATERING & EVENT PLANNING

Why the name change you ask? Because we like it!

We are the same great, award winning company with a fresh new look to compliment our fabulous flavors. As you browse through our options, please remember— we can customize any menu for you. We are here to make our catering perfectly fit the needs and preferences of your guests. Our food is made from scratch with memorable flavors, created fresh for each event.

Enjoy... we look forward to hearing from you!

## **TO PLACE AN ORDER**

CALL: 763.230.7620

ONLINE: [WWW.FORKANDFLAIR.COM](http://WWW.FORKANDFLAIR.COM)

EMAIL: [INFO@FORKANDFLAIR.COM](mailto:INFO@FORKANDFLAIR.COM)

LOOKING FOR OUR SPECIAL EVENTS/HORS D'OEUVRES MENU? VISIT OUR WEBSITE!  
SPECIFIC DIETARY NEEDS? JUST ASK!

## *Our Way Of Giving Back*

For each order placed per 50 guests,  
we donate food for 175 children in need.

To learn more about The Crisis Nursery, visit our website!

# COZY FOODS

**Baked Potato Bar** ..... \$7.95

**Smashed Potato Bar** ..... \$7.95

Shredded Cheddar Cheese OR Classic Cheddar Cheese Sauce, Sour Cream,  
Steamed Broccoli, Thick Cut Bacon, Chives, Butter, Salt & Pepper.

**Meatloaf** ..... \$8.95

Homemade Meatloaf, served with our Savory Beef Gravy.

**Pot Roast** ..... \$8.95

Beautiful & delicious, slowly braised in Savory Beef Reduction with Root Vegetables.

**Five Cheese Mac & Cheese** ..... \$6.55

A kicked up version of your childhood favorite!

**Hot Dish** ..... \$7.95

A True Minnesotan Favorite!

Tator Tot Hot Dish / Chicken Wild Rice Hot Dish / Ham & Potato Au Gratin

**Stuffed Chicken Breast** ..... \$6.95

A signature item! Stuffed with your choice of Artichoke Parmesan, Fresh Pesto, or  
Apple Almond. Served with our Homemade Gorgonzola Cream Sauce on the side.

Many other sauces available!

## Homemade Soup (8oz)

Served with French Baguette & Butter

Includes Bowl and Spoon

Creamy Chicken Wild Rice ..... \$5.65

Tomato Basil ..... \$5.65

Chunky Chicken Noodle ..... \$5.65

## SIDES (PRICED PER PERSON)

Seasoned Smashed Baby Red Potatoes ..... \$2.00

Wild Rice Pilaf ..... \$2.30

White Wine Butter Roasted Vegetables ..... \$2.25

Roasted Asparagus with Parmesan Shaving ..... \$2.50

Candied Carrots ..... \$1.75

Green Bean Almondine ..... \$1.75

Dinner Rolls & Butter ..... \$1.50

Five Cheese Mac & Cheese ..... \$4.05



# CLASSIC BBQ

**St. Louis Style Ribs** ..... \$8.05  
Slow cooked with our Signature Dry Rub, lightly brushed with Homemade BBQ Sauce. Served with BBQ Sauce on the side. 4 Bones Per Person.

**BBQ Chicken Breast** ..... \$6.05

**BBQ Airline Chicken Breast** ..... \$6.05  
Signature House Seasoned Chicken, served with our Homemade BBQ Sauce.

**Smoked Sandwiches** ..... \$6.95

Slow cooked, absolutely delicious! Your choice of Pulled Pork or Pulled Chicken. Served with Bakery Buns, Homemade BBQ & Honey Mustard Sauce on the side.  
Add Asian Slaw Topping (on the side)..... \$1.10 per person

**All Beef Hot Dogs** ..... \$7.05

Bakery Buns, Diced Onion, Ketchup, Mustard, Relish  
Make it a Chili Dog! Add Chili Topping & Shredded Cheddar Cheese ..... \$1.75

**Quarter Pound Hamburger / Cheeseburger** ..... \$7.95

Bakery Buns, Lettuce, Tomato, Onion, Cheddar Cheese Slices, Pickle Slices, Ketchup, Mustard

**Roasted Kebabs**..... \$7.95

An entrée portion of signature House Seasoned Fresh Roasted Vegetables and Roasted Potatoes with your choice of Meat! Served with our Gorgonzola Cream Sauce or Roasted Red Pepper Cream Sauce. 2 per person  
Beef & Veggie / Chicken & Veggie / Roasted Veggie (no meat)

**Black Bean & Rice Burger** ..... \$6.25

A gourmet vegetarian option! Bakery Buns, Lettuce, Tomato, Onion, Cheddar Cheese Slices, Pickle Slices, Ketchup, Mustard.

## SIDES (PRICED PER PERSON)

**BBQ Baked Beans** ..... \$1.50

**Fresh Creamy Coleslaw**..... \$1.50

**Corn Bread** ..... \$1.75

**Baby Red Potato Salad** ..... \$1.75

**Five Cheese Mac & Cheese** .. \$4.05

**Seasoned Smashed Potatoes** \$2.00

**Sea Salt Kettle Chips**..... \$1.50

**Corn on the Cob** ..... \$1.50

**Mediterranean Pasta Salad** .... \$1.75

**Pickle Spears**..... \$0.75



# MEXICAN FIESTA

**Fajita Bar** ..... \$9.25

Choose from Chicken, Steak, or a combination of the two (+\$1.25). Sautéed Peppers & Onions, Lettuce, Cheese, Sour Cream, Salsa, Guacamole, and Pico de Gallo, Hot Sauce, with Soft Shell Tortillas. Served with Spanish Rice and Black Beans. 2 per person.

**Taco Bar** ..... \$8.55

Choose from Chicken, Beef, or a combination of the two (+\$1.25). Lettuce, Cheese, Sour Cream, Salsa, Pico de Gallo, Hot Sauce, with Soft or Hard Shell Tortillas. Served with Spanish Rice and Black Beans. 2 per person.

**Nacho Bar** ..... \$7.95

Build your own heaping plate of loaded Nachos! Start with Tortilla Chips and your choice of Ground Beef or Shredded Chicken, or a combination of the two (+\$1.75). Top with Lettuce, Homemade Cheese Sauce, Sour Cream, Onion, Tomato, Black Olive, Jalapeno, Salsa, Hot Sauce.

**Enchiladas** ..... \$7.95

Two Flour Tortillas filled with your choice of Ground Beef, Shredded Chicken, or Beans. Stuffed with Cheddar Cheese, smothered in our Tomato Chili Sauce, topped with Cheddar Cheese! Served with Sour Cream & Salsa.

## SIDES

**Black Beans** (per person) ..... \$1.25

**Spanish Rice** (per person) ..... \$1.00

**Corn Tortilla Chips** (Serves 12-15) ..... \$6.45

**Salsa** (Serves 12-15) ..... \$8.25

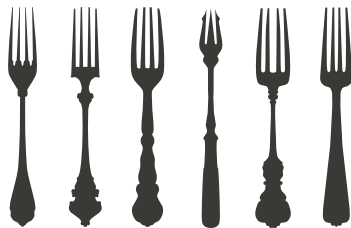
**Queso Blanco Dip** (Serves 12-15) ..... \$21.00

**Sour Cream** (Serves 12-15) ..... \$7.75

**Shredded Cheese** (Serves 12-15) ..... \$12.80

**Homemade Guacamole** (Serves 12-15) ..... \$16.75





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## SALADS (SIDE SALAD PORTION)

### ENTRÉE STYLE SALADS OFFERED AS BOX LUNCHES (PG. 5)

**Shaved Vegetable Salad** ..... \$2.75

Fresh bed of Lettuce, tossed with Seasonal Shaved Vegetables. Fresh Citrus Vinaigrette served on the side.

**Caesar Salad** ..... \$2.25

Romaine Lettuce, Seasoned Croutons and Parmesan Cheese. Classic Caesar Dressing on the side.

Add Grilled Chicken ..... +\$1.25 per person

**Asian Salad** ..... \$3.25

Crispy bed of Lettuce mixed with Pea Pods, Cucumber, Sweet Pepper, Mandarin Orange, Water Chestnuts, Scallions, and Wonton Croutons. Sesame Dressing and Peanut Sauce Drizzle on the side.

Add Grilled Chicken ..... +\$1.25 per person

**Strawberry Spinach Salad** ..... \$3.25

Spinach and fresh Lettuce tossed with Bleu Cheese, Red Onion, Sliced Strawberries, and Roasted Pecans. Our popular Creamy Poppyseed Dressing served on the side.

Add Grilled Chicken ..... +\$1.25 per person

**House Garden Salad** ..... \$2.25

Crispy Iceberg & Romaine Lettuce, topped with Tomato, Red Onion, and Cucumber. Served with your choice of Dressing on the side.

**Italian Salad** ..... \$3.05

Romaine Lettuce, Cucumber, Tomato, Red Onion, Peppercini, and Parmesan Cheese. Served with Italian Dressing on the side.

# SANDWICHES / WRAPS

ALL SANDWICHES AND WRAPS INCLUDE LETTUCE AND TOMATO,  
SERVED WITH MAYO AND MUSTARD ON THE SIDE.

<b>Sandwiches</b> .....	\$6.75
Grilled Chicken Pesto with Mozzarella on Ciabatta	
Turkey, Bacon, Avocado with Mozzarella on Croissant	
Classic Italian	
Cranberry Almond Chicken Salad on Croissant	
Egg Salad on Croissant	
Ham & Cheddar on Wheat	
Hummus Avocado on Ciabatta	
Albacore Tuna Salad on Wheat	

<b>Wraps</b> .....	\$6.65
Chicken Caesar	
Buffalo Chicken	
Classic Chopped Cobb	
Cucumber Turkey	
Mediterranean Veggie & Feta	
Albacore Tuna Salad	
Grilled Steak & Gorgonzola	

## **SIDES (PRICED PER PERSON)**

<b>Sea Salt Kettle Chips</b> .....	\$1.50
<b>Baby Red Potato Salad</b> .....	\$1.75
<b>Fresh Creamy Coleslaw</b> .....	\$1.50
<b>Fresh Sliced Fruit Platter</b> .....	\$2.50
<b>Fresh Diced Fruit Bowl</b> .....	\$2.20
<b>Dill Pickle Spears</b> .....	\$0.75

## **BOX LUNCH**

<b>Flair Box Lunch</b> .....	\$9.75
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Choose any Sandwich, Wrap or Salad.

Sandwiches & Wraps Include: Kettle Chips, Pickle, Dessert, Mustard & Mayo Packets.

Salads Include: Breadstick & Dessert.

All Boxes Include: Salt & Pepper, Cutlery Kit & Towelette.

Choice of Dessert: Cookie or Brownie

Add Fresh Diced Fruit, Coleslaw, or Potato Salad..... +\$0.75

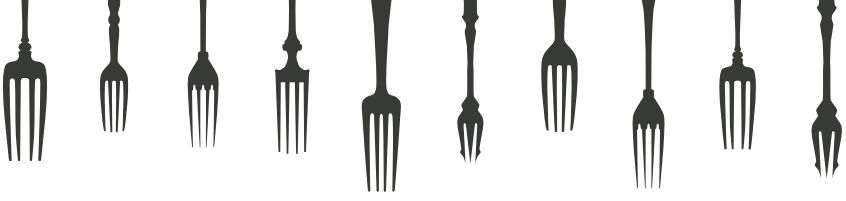
Customize each box with a name if desired!

*Online*

[www.forkandflair.com](http://www.forkandflair.com)

*Email*

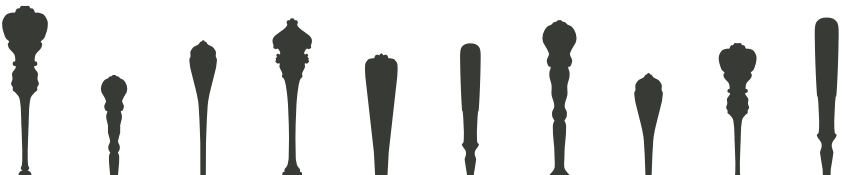
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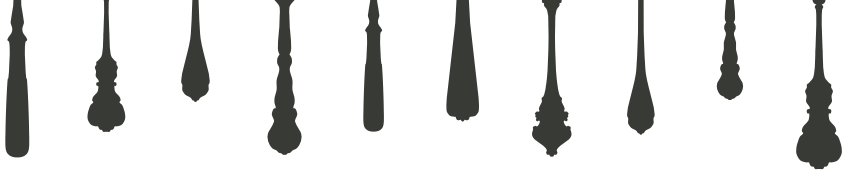
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# ITALIAN

- Lasagna** (serves 12) ..... \$73.00  
Beef & Pepperoni with Ricotta Cheese, Mozzarella, and Homemade Marinara  
Sautéed Spinach with Ricotta Cheese, Mozzarella, and Homemade Creamy Alfredo
- Three Cheese Stuffed Tortellini** ..... \$7.95  
Tossed in our Homemade Rosa sauce.
- Mushroom Ravioli** ..... \$7.95  
Tossed in our Homemade Sherry Cream Sauce
- Butternut Squash Ravioli** ..... \$7.95  
Tossed in our Homemade Sage Browned Butter Sauce
- Grandma's Manicotti** ..... \$7.05  
Grandma's recipe! Out of this world Stuffed Pasta Shells, filled with a Savory Blend of Italian Cheeses, Italian Sausage and Fresh Herbs.
- Creamy Alfredo Penne Pasta** ..... \$6.75  
Add Sliced Italian Chicken Breast ..... \$1.25
- Homemade Bolognese Penne Pasta** (Classic Meat Marinara) ..... \$7.05  
Penne Pasta tossed in our Beef & Italian Sausage Marinara.
- Italian Meatballs** (2oz each) ..... \$3.50  
Slowly simmered in our Homemade Marinara Sauce. 2 per serving
- Garlic Breadsticks** ..... \$0.75







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# BREAKFAST

**The Classic** ..... \$8.10  
Scrambled Eggs, Thick Cut Bacon or Sausage Patties, American Potatoes, Fresh Sliced Fruit. Served with Ketchup & Salsa.  
(Both Bacon & Sausage +\$1.25)

**Breakfast Quiche (PER PIE: SERVES 6)**

Ham & Cheddar ..... \$28.00  
Sautéed Mushroom, Spinach & Parmesan ..... \$28.00

**Breakfast Brioche Sandwich OR Breakfast Burrito** ..... \$6.25

Bacon, Egg & Cheddar  
Sausage, Egg & Cheddar  
Ham, Egg & Cheddar  
Spinach, Mushroom, Egg & Mozzarella  
Sausage, Egg, Cheddar, Jalapeno & Cilantro

**BREAKFAST A LA CARTE (PER PERSON)**

Sausage Patties (2 per) ..... \$2.00  
Thick Cut Bacon (2 per) ..... \$2.00  
House Seasoned American Potatoes ..... \$1.75  
Scrambled Eggs with Cheese ..... \$2.20  
Scrambled Eggs without Cheese ..... \$2.00  
Fresh Fruit Bowl ..... \$2.30





# BEVERAGES

Bottled Water .....	\$1.00
Soda Cans (Diet Coke, Coke, Sprite).....	\$1.00
Orange Juice Bottles .....	\$1.25
Apple Juice Bottles .....	\$1.25
Coffee 96oz Serves 8 (creamer, sugar, sweetener, stir sticks, cups).....	\$14.99
Hot Apple Cider 96oz Serves 8 .....	\$15.99

# DESSERTS

Fresh Baked Homemade Cookies .....	\$1.00
Homemade Gourmet Brownies .....	\$1.25
Mini Cheesecake Assortment.....	\$1.50
Gourmet Bars Assortment .....	\$1.50
Rice Krispie Bars.....	\$1.25
Apple Crisp Bars served with Nutmeg Whipped Cream.....	\$3.25

Other popular options: Cake Pops, Cupcakes, Mini Tortes, and more!  
Customizable!





# ACCESSORIES

Disposable Plate & Cutlery Kit.....	\$0.85
Disposable Tong.....	\$1.00
Disposable Spatula.....	\$1.00
Disposable Spoon.....	\$1.00
Disposable Dressing Spoon.....	\$0.25
Linen (White, Black or Ivory).....	\$8.50 each

More Disposables and Rentals available upon request!  
Staff & Bartenders available for any event!  
China Available!

## *Policies*

Minimum Quantity of 12 on any single order. 10% Service Charge will be applied to any order with a subtotal under \$300.00. Our standard Service Charge is 5%, on any order \$300.00 or more.

Why the added 5% for any event totaling under \$300.00? This charge is simply to be able to continue to cater to ANY size event, with the highest of quality and freshest of ingredients – all while maximizing our made to order catering style. The additional 5% helps to cover the cost of doing business with our smaller events!



