Fords Fluent N' Food

1077 Darrington Drive Cary, NC 27513

Catering Packages

Packages include preparation, set-up, breakdown, an on-site chef, a food coordinator, buffet decor, & two non-alcoholic drink selections

The Sage Package $28

G V **Sweetheart Salad** Spring Mix with Cucumbers, Cherry Tomatoes, Red Onions, Feta, Almonds, Sprouts, Raspberry Balsamic Vinaigrette

G **Chicken Piccata** Chicken Breast, Green Beans, Artichoke Hearts, Tomato, Red Onion, Lemon-Caper White Wine Sauce

Penne Bolognese Carrots, Onion, Celery, Red Wine Tomato Meat Sauce, Basil, Mozzarella

The Basil Package $32

Choose One Hors d'Oeuvre

G V **Southern Beauty** Spinach, Carrot, Cherry Tomatoes, Cucumbers, Mushrooms, Red Onion, Creamy Dill Dressing

G **Basil Pesto Chicken** Chicken Breast, Squash, Zucchini, Red Bell Pepper, Garlic, Red Onion, Pesto Roasted Red Potatoes, Basil Pesto White Wine Sauce

G **Cowboy** Peppered Sirloin, Garlic Mashed Potatoes, BBQ Beef Gravy

The Saffron Package $38

Choose Two Hors d'Oeuvres

G V **Strawberry Salad** Spinach, Strawberry, Cucumber, Goat Cheese, Candied Pecans, Red Onion, Lemon-Vinaigrette

G **Carolina Shrimp Risotto** Pamlico Sound Shrimp, Truffled Wild Mushrooms, Thyme, Rosemary, Roasted Garlic, Edamame Yellow Onion, Arborio Rice, Lemon Zest, Parmesan

G **Petite** Fillet Tenderloin, Chive-Horseradish Mashed Potatoes, Lemon Grilled-Asparagus, Garlic-Red Wine Sauce

The Thyme Package $30

Choose One Hors d'Oeuvre

G **Orange-Walnut Salad** Arugula, Cucumber, Bacon, Toasted Walnuts, Orange, Feta Cheese, Sprouts, Bourbon-Mustard Vinaigrette

G **Honey Chicken** Chicken Breast, Herbed Rice Pilaf, Sautéed Green Beans & Carrots, Honey Mustard Glaze

G **Bourbon Chop** Grilled Pork Chop, Cinnamon Sweet Potato Mash, Maple-Bourbon Glaze

The Rosemary Package $36

Choose Two Hors d'Oeuvres

G V **Green Goddess Salad** Arugula, Cucumber, Chickpeas, Tomato, Red Onion, Sunflower Seeds, Sprouts, Green Goddess Dressing

G **Southern Short Rib** Cabernet Braised Short Rib, Brie Mashed Potatoes, Braised Brussels Sprouts, Roasted Garlic & Rosemary Gravy

Carolina Crab Cake NC Jumbo Lump Crab, Southern Butterbean Succotash, Corn Relish, Roasted Pepper & Onion Remoulade

The Carving Station $42

Choose Three Hors d'Oeuvres

G V **Strawberry Salad** Spinach, Strawberry, Cucumber, Goat Cheese, Candied Pecans, Red Onion, Lemon Vinaigrette

G V **CHOICE OF TWO PROTEINS**
Cilantro Chicken, Peppercorn Crusted Beef Tenderloin, Balsamic Herb Roasted Pork Loin, Raspberry BBQ Turkey

G V **CHOICE OF 2 VEGETABLES**
Braised Brussels Sprouts, Lemon-Grilled Asparagus, Green Beans, Farmers Market Vegetable Medley

G **CHOICE OF 2 STARCHES**
Lemon-Rosemary Roasted Red Potatoes, Garlic Mashed Potatoes, Herbed Rice Pilaf

V *Vegetarian* G *Gluten-Free*

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Hors d'Oeuvres

G Ahi Tuna Spoons	Sushi Grade Tuna, Yuzu-Soy Vinaigrette, Scallions, Masago
V Black Bean Salsa Tartlet	Black Bean Salsa, Jalapeño, Cilantro, Lime, Sour Cream, Phyllo Cup
Buffalo Chicken Egg Roll	Cheddar, Buffalo Chicken, Bleu Cheese, Roasted Tomato, Red Onion
Pesto Chicken Egg Roll	Pesto Chicken, Balsamic Marinated Tomatoes, Mozzarella, Balsamic Reduction
G Chicken Salad Canape	Chicken Salad, Cucumber, Red Onion, Dill
V Deviled Eggs Three Ways	Traditional, Caramelized Onion-Prosciutto, Cilantro-Avocado
V Drunken Cherry Crostini	Brandied Cherries, Rosemary-Goat Cheese Crema, Sliced Apple, Apple Butter Glaze, Candied Pecans
V Cous-Cous Canoe	Mediterranean Cous-Cous Salad, Roasted Tomato Vinaigrette, Endive
V Fried Green Tomato Caprese	Mozzarella, Balsamic Marinated Tomatoes, Basil Pesto
Ginger-Lime Chicken	Ginger-Lime Chicken, Asian Slaw, Sesame Seeds, Crispy Wonton
V Greek Stuffed Mushroom	Spinach, Red Onion, Artichoke, Feta Cheese, Balsamic Reduction
V Grilled Cheese & Tomato Shooter	Cheddar Cheese, Tomato Bisque, Basil Pesto
Ham & Pimiento Cheese Biscuit	Sliced Tomato, Pimiento Cheese, Country Ham
V G Hummus Canape	Sliced Cucumber, Hummus, Roasted Tomato, Red Onion, Dill
V G Nacho Potato Bite	Cheddar Cheese, Guacamole, Jalapeño, Lime, Red Onion, Cilantro, Potato Skin
Pulled Pork Arancini	Pulled Pork, Fried Risotto, Smoked BBQ Aioli
G Salmon Lox Canape	Cured Salmon, Lemon-Dill Cream Cheese, Cucumber, Caper, Dill
Sausage & Pepper Empanada	Sausage, Pepper, Onion, Cheddar Cheese, Salsa Verde
G Shrimp Bisque Shooter	Shrimp, White Wine, Garlic, Thyme, Green Onion
Shrimp Cake	Carolina Shrimp, Sliced Cucumber, Red Pepper Remoulade
Sriracha Chicken Canape	Fried Chicken, Honey Sriracha, Green Onion, Sliced Cucumber
Southern Short Rib	Bourbon Braised Beef, Garlic Aioli, Jalapeño Cornbread
Angels on Horseback	Bacon-Wrapped Fried Oysters, Horseradish-Chive Aioli

Hors d'Oeuvres Packages

Packages include preparation, set-up, breakdown, an on-site chef, a food coordinator, buffet decor, & two non-alcoholic drink selections

The Cilantro Package

Choose Five Hors d'Oeuvres

Includes: Set-up, Breakdown, Food Coordinator, & Two Non-Alcoholic Drink Options

Drink Options: Sweet Tea, Unsweet Tea, Cucumber Water, Berry Water, or Lemonade

The Dill Package

Choose Seven Hors d'Oeuvres

Includes: Set-up, Breakdown, Food Coordinator, & Two Non-Alcoholic Drink Options

Drink Options: Sweet Tea, Unsweet Tea, Cucumber Water, Berry Water, or Lemonade

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Chef Action Stations

Additional Stations Available By Request

Slider Station
Beef Burger, Mediterranean Turkey Burger, Carolina Pulled Pork, and Accompaniments

Mac N' Cheese Bar
Cheddar, Bacon, Green Onions, Jalapeños, Broccoli, Pico de Gallo

Pasta Station
Shredded Chicken, Italian Sausage, Marinara, Alfredo, Mushrooms, Broccoli, Spinach, Peppers & Onions, Basil, Parmesan, Penne Pasta

Poke Bar
Sushi Rice, Salmon, Tuna, Tofu, Cucumber, Radish, Edamame, Nori, Pickled Red Onions, Seaweed Salad, Jalapeños, Sesame Seeds

Sushi Station
Assorted Hand-Rolled Sushi & Accompaniments

Oyster Station
Oysters on the Half-Shell, Fried Oysters, Horseradish, Cocktail Sauce, Hot Sauce, Mignonette, Crackers

Raman Station
Sliced Beef, Shredded Chicken, Tofu, Cabbage, Yellow Onions, Mushrooms, Carrot, Egg, Bean Sprouts, Jalapeños, Green Onion, Cilantro, Basil

Egg Roll Station
Buffalo Chicken Egg Roll, Jamaican Jerk Egg Roll, Carolina Pulled Pork Egg Roll, Buffalo Ranch, Jerk Aioli, Smoked Tomato BBQ Aioli

Food Stations

Additional Stations Available By Request

Nacho Station
Chimichurri Braised Short Rib, Pepper Jack Queso, Pico De Gallo, Sour Cream, Guacamole, Lettuce, Corn Salsa, Jalapeños

Pretzel Bar
Assorted Pretzels, Honey Dijon, Whole Grain Mustard, Beer Mustard, Spicy Cheese Sauce, Spinach & Artichoke Dip

Mediterranean Vegan Bar
Traditional Hummus, Chef's Choice Hummus, Tabouli, Pesto Pasta Salad, Bruschetta Bar

Cheesecake Station
NY Style Cheesecake, Strawberry Cheesecake, Chef's Choice Cheesecake, Assorted Toppings

Fruit N' Cheese Station
Assorted Fruits, Assorted Cheeses

Shrimp N' Grits Station
White Cheddar Pimiento Cheese Grits, Tasso Ham & Green Onion Gravy, Bourbon BBQ Sauce, Bacon, White Cheddar, Marinated Roasted Tomatoes, Green Onion

Biscuit Bar
Assorted Biscuits, White Cheddar Pimiento Cheese, Assorted Homemade Jams, Jellies, & Honey-Cinnamon Butter

S'Mores Station
Assorted Chocolates, Graham Crackers, Marshmallows, & Fire

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Mini Dessert Display Menu

Single Dessert | $3.00 Per Person ● Choose Three | $7.00 Per Person ● Choose Five | $9.50 Per Person

Custom Desserts Available Upon Request

- Blackberry Cobbler Puff Pastry
- Bourbon Chocolate Brownie
- Carrot Cake Cup
- Chocolate Peanut Butter Trifle
- (G) Chocolate Spiced Rum Fudge
- Mini Almond Cupcake
- Mini Bourbon Pecan Pie
- (G) Mini Creme Brulee Bite
- (G) Mini Fruit Skewer
- Mini Key Lime Pie
- Mini Pumpkin Pie
- Strawberry Shortcake Bite
- Mini Sweet Potato Pie
- (G) Pistachio Chocolate Fudge

(V) Vegetarian (G) Gluten-Free

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Vegetarian/Vegan Menu

Additional Options Available By Request

V *Pesto Linguine*
Squash, Zucchini, Bell Peppers, Red Onion, White Wine Pesto Sauce

G V *Chickpea Jambalaya**
Garbanzo Beans, Bell Peppers, Yellow Onion, Green Beans, Tomato-Tahini Sauce, Basmati Rice

G V *Truffle Mushroom Risotto**
Wild Mushrooms, Yellow Onion, Edamame, Truffle, Thyme, Rosemary, Arborio Rice

G V *Vegetarian Paella**
Bell Peppers, Yellow Onion, Roasted Red Potatoes, Green Beans, Green Peas, Cilantro, Saffron Rice

G V *Vegetable Biryani**
Bell Peppers, Carrots, Yellow Onion, Yukon Potatoes, Cashews, Green Peas, Mint, Cilantro, Gram Masala, Ginger, Garlic, Coriander Seeds, Basmati Rice

G V *Vegetable Curry**
Bell Peppers, Carrot, Cauliflower, Garbanzo Beans, Red Potatoes, Ginger, Coconut-Curry, White Rice

V *Spinach Lasagna*
Spinach, Garlic, Ricotta, Mozzarella, Marinara, House-made Pasta

∗ - *Vegan*

V *Vegetarian* G *Gluten-Free*

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Brunch Menu

Additional Options Available By Request

Chicken N' Waffle

Buttermilk Fried Chicken, Sage Waffle, Apple-Jicama Slaw, Spiced Maple Syrup

V ***Lemon-Poppy French Toast***

Brioche, Lemon Zest, Poppy Seeds, Spiked Blueberry Syrup

Biscuits N' Gravy

White Cheddar Herbed Biscuits, Rosemary, Sausage Gravy

G V ***Fords Scramble***

Scrambled Eggs, Red Onion, Bell Peppers, Cherry Tomatoes, Basil, Parmesan

G V ***Fords Potato Hash***

Herbed Red Potatoes, Yellow Onion, Bell Peppers, Scallions, Dill

Add-On Stations

Additional Options Available By Request

Omeltte Station

Eggs, Egg Whites, Spinach, Red Onion, Ham, Bacon, Cheddar, Jalapeno, Pico de Gallo, Broccoli, Mushrooms

Fried Chicken & Biscuit Station

Fried Chicken, Assorted Biscuits, Homemade Jams & Jellies, White Cheddar Pimiento Cheese, Honey-Cinnamon Butter

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Taco bar Menu

Additional Options Available By Request

Entrees

Tequila-Lime Shrimp
Steak Chimichurri
Chicken Tinga

Sides

Spanish Rice
Refried Black Beans
Queso

Accompaniments

Tortillas (Flour/Corn)
Pico De Gallo
Black Bean Corn Salsa
Queso Fresca
Guacamole
Lettuce

Habanero Salsa
Jalapeños
Cheddar Cheese
Sour Cream
Assorted Hot Sauces

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Indian-Inspired Entrees

Additional Options Available By Request

Chicken Korma
Chicken, Curry, Turmeric, Garam Masala, Coriander, Nutmeg, Cinnamon, Ginger, Coconut Milk, Almonds, Scallions

Chicken Vindaloo
Chicken, Yellow Onion, Ginger, Garlic, Mustard Seeds, Tamarind, Cumin, Cinnamon, Chili Pepper

V ***Vegetable Biryani***
Bell Peppers, Carrots, Yellow Onion, Yukon Potatoes, Cashews, Green Peas, Mint, Cilantro, Garam Masala, Ginger, Garlic, Coriander Seeds

V ***Vegetable Curry***
Bell Peppers, Carrot, Cauliflower, Garbanzo Beans, Red Potatoes, Ginger, Coconut-Curry

V ***Chana Masala***
Garbanzo Beans, Yellow Onion, Cumin, Garlic, Green Chili, Coriander, Garam Masala, Coriander, Turmeric, Tomato, Cilantro, Basmati Rice

Shrimp Curry
Shrimp, Yellow Onion, Zucchini, Bell Peppers, Ginger, Garlic, Cumin, Coriander, Turmeric, Tomato, Curry, Coconut Milk, Cilantro

Indian-Inspired Hors d'Oeuvres

Additional Options Available By Request

V ***Vegetable Samosa***
Potato, Peas, Yellow Onion, Coriander, Fennel Seeds, Cumin, Cilantro Sauce

V ***Bhajis***
Sliced Potatoes, Gram Flour Fired, Scallions, Cilantro, Charred Tomato Salsa

V *Vegetarian* G *Gluten Free*

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