



frollic & forrage

caterin_g + cakery



frollic & forage
catering + cakery



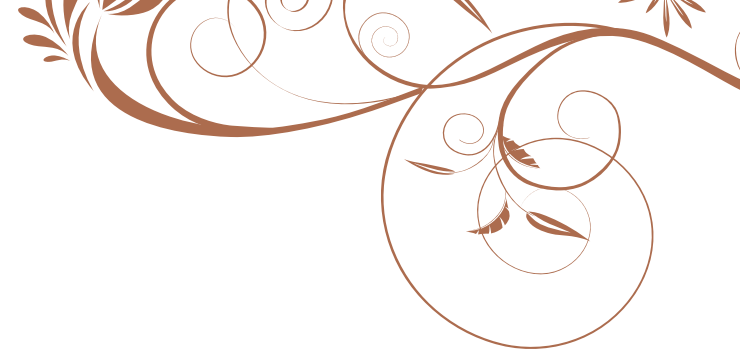
who we are

Manny and Alannah are a husband and wife power chef couple based in Vancouver's east village. Although a quaint couple, building their business from the ground up in a commissary community kitchen to a small raw commercial kitchen space; they put their heart and soul into all of the food they create. They have an old school vibe as they toil countless hours in the kitchen to achieve a modern twist on their creation.



frolic & forage
catering + cakery





what is frolic and forage

Frolic and Forage invokes both Manny and Alannah's spirits. **Alannah - Frolic**, almost a child-like imagination and spirit, where her cakes draw out a fairy tale, whimsical vibe. Whether she is creating a customized birthday cake or creating a breathtaking wedding cake, you can feel her creative spirit and taste her passion, putting her heart on her sleeve every time she makes pastries.



Manny - Forage, very particular into gathering the right ingredients to create customized menus for his clients. Searching for small local markets and speaking to the Nona's, Mom's and Grandma's, asking them the secret to their dishes. Bringing traditional flavours with a modern take on all his dishes. To gather up ingredients and cooking up a great feast is what drives his passion for cooking.





frivol & forage
catering + cakery



what separates us from other catering companies?



Alannah and **Manny** have standard menus that you can choose from for any occasion, but specialize in creating custom menus for the clients. Asking their clients for their favourite foods and flavours they grew up with, creating a nostalgic and home style feeling when presenting a menu. Alannah has plethora of flavours and styles for pastries and cakes, there are no boundaries when it comes to what she can create for her clients. From ideas sparked by her brides, she can create their dream wedding cake that they have been fantasizing about.



frolic & forage
catering + cakery



frolic menu

This menu is a canapes only menu perfect for small gatherings
(based on 25 guests around \$13-15 per person based on selection)

CANAPES

small charcuterie box

An array of cheese sourced from local businesses

Cured meats, olives, pickles, grapes and assorted dried fruits, preserves

\$125⁰⁰

(12x12)

mini burger sliders

Mini Beef burger in a house made sesame bun

Pickles, lettuce, tomatoes with a garlic white truffle mayo

\$34⁰⁰

per dozen

(2 dozen min order)

coconut prawns

Tiger prawns tossed in Coconut flakes and fried

Comes with an avocado crema topped with mango boba

\$30⁰⁰

per dozen

(2 dozen min order)

wild mushroom arancini

Classic risotto made with a wild mushroom super stock, panko breaded and fried

Comes with smoked mayo (I smoke my mayo with hickory)

\$30⁰⁰

per dozen

(2 dozen min order)



forage menu

This menu is our most popular for weddings

(Based on 100 guests around \$50-\$70 per guest based on selections)

CANAPES

braised beef gougères

Braised beef in a red wine reduction

Pickled shallots, horseradish mayo, gruyère, topped with potato shreds

\$34⁰⁰

(3 dozen min order)

mini burger sliders

Mini Beef burger in a house made sesame bun.

Pickles, lettuce, tomatoes with a garlic white truffle mayo

\$34⁰⁰

per dozen

(2 dozen min order)

coconut prawns

Tiger prawns tossed in Coconut flakes and fried.

Comes with an avocado crema topped with mango boba

\$30⁰⁰

per dozen

(2 dozen min order)



forage menu

This menu is our most popular for weddings

(Based on 100 guests around \$50-\$70 per guest based on selections)

CANAPES

wild mushroom arancini

Classic risotto made with a wild mushroom super stock, panko breaded and fried.

Comes with smoked mayo (I smoke my mayo with hickory)

\$30⁰⁰

per dozen

(2 dozen min order)

sweet and sticky pork satay

BBQ satays

Family marinade recipe

\$24⁰⁰

per dozen

(3 dozen min order)



forage menu

This menu is our most popular for weddings

(Based on 100 guests around \$50-\$70 per guest based on selections)

MAINS

hunter herb chicken

Oven roasted boneless chicken

Topped with peppercorn gravy

\$7⁰⁰

(100g portion)

dill and lemon wild sockeye salmon

Baked sockeye salmon with lemon and dill

Topped with a Brown butter caper sauce

\$9⁰⁰

(100g portion)

vegetarian lasagna

Tomato sauce and béchamel

Layered with mushroom, zucchini, sun dried tomato and spinach

\$120⁰⁰

(full tray)



forage menu

This menu is our most popular for weddings

(Based on 100 guests around \$50-\$70 per guest based on selections)

MAINS

seasonal roasted veggies

A mix of zucchini, creamer potatoes, mushrooms, red onions and red peppers

Tossed in Balsamic glaze and herbs

\$85⁰⁰

(full tray)

garlic and herb mash

Smooth mash potatoes

With fresh herbs, garlic and butter

\$90⁰⁰

(full tray)

west coast berry salad

Green salad with feta, red onions, black berries, strawberries, blueberries

Topped with a sweet seed mix. Balsamic maple dressing

\$65⁰⁰



forage menu

This menu is our most popular for weddings

(Based on 100 guests around \$50-\$70 per guest based on selections)

DESSERTS

custom wedding cake

We have a wide variety of styles and flavors

White chocolate and raspberry, London fog, strawberry prosecco... just to name a few

TBD

assorted macarons

Fully customizable

We can customize any flavor and colour with what our clients want

\$26⁷⁵

per dozen

(2 dozen min order)

terrines

Little mini dessert cups - again come fully customizable

Banana cream with caramel, red velvet, cookie dough cheesecake... just to name a few.

\$42⁰⁰

per dozen

(2 dozen min order)

frolic & forage
catering + cakery



our team

Manny- Chef/owner. He is the savoury chef of Frolic and Forage catering. Starting off as a dishwasher, stodging at a variety of restaurants, working his way up to the “line”, to quickly getting trained in appetizers, salads, pans and grill. Manny then made it to the morning prep team in multiple corporate restaurants, before breaking through all of that to start his own company.



Alannah-Chef/owner. She is a customized cake and pastries specialist. Alannah went to culinary school at a young age, then traveled to gain experience in her art. She worked both a full time job and full time with the business until she was able to self-sustain herself and partnered with Manny in life and in business to pursue a common passion.

frolic & forage
catering + cakery





community support



SAY YES EVENTS



VAN DJ CO



BRIX & MORTAR



DOLL FACE MAKEUP ARTISTRY



A & B PARTY RENTALS



KEAGAN ARCHER-HASTIE



BLUSHING RENTALS



LA VISTA EVENTS

frollic & forage

catering + cakery



778.991.2027

FROLICANDFORAGECATERING.COM

  FROLICANDFORAGECATERING