



Farm's Gate - 'On the Fly' Catering

Quality doesn't have to be sacrificed for convenience now that Farm's Gate 'On the Fly' Catering is here!

How to Order

During the hours of Monday to Friday, 9:00AM - 5:00PM orders can be placed by calling 250-466-5412 or emailing farmsgate@gmail.com.

Orders placed by **12pm** will be ready for next day delivery. For Monday deliveries or deliveries following holidays, orders must be placed by 12pm on the last business day prior to the delivery.

Orders under \$120 are subject to a delivery fee.

Please contact us for weekend deliveries as our minimum delivery values may vary.

Thoughtful, Nourishing Food

We have the privilege of working with amazing local products. We allow these ingredients to shine through, using complimentary techniques and flavours. The food we create is unique and ever changing, together with the seasons of the West Coast.

Working with Farmers & Supporting Our Community

In the time our Chef has spent working on farms and ranches throughout BC, agriculture has developed into a second passion. The experience of seeing first hand what it takes to grow something as simple as a carrot has instilled a sense of respect and admiration for the work it takes to produce the ingredients used in our recipes.

The Cowichan Valley's unique community of farmers, producers, and artists continues to grow. We are inspired by these surroundings and will be a positive presence wherever we unhitch



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Cold Breakfast

*Minimum order of 10 per selection

Van Island Continental \$12

fresh fruit, True Grain breakfast breads and pastries with butter and seasonal compote, orange and apple juice, Drumroaster coffee and Westholme tea

GFO VO

Deluxe Continental \$16

Cowichan Valley eggs, yogurt with walnut & cherry granola and honey fresh fruit, True Grain breakfast breads and pastries with butter and seasonal compote, orange and apple juice, Drumroaster coffee and Westholme tea

GFO VO

Drinks

Coffee Traveler \$23

96-ounce (12 cups) Drumroaster coffee

Tea Traveler \$23

96-ounce (12 cups) Westholme tea

Assorted Juices \$3

apple & orange

Phillips Soda Works \$3.50

root beer & ginger ale

Hot Breakfast

*Minimum order of 10 per selection

Keep It Simple \$15

scrambled Cowichan Valley eggs, choice of Island-grown & cured bacon or sausage, hash browns, fresh fruit, True Grain buns, Drumroaster coffee and Westholme tea

GFO

The Hash \$16

organically raised beef short rib hash, caramelized onions, roasted tomatoes and jalapenos, smoked paprika aioli, fresh fruit, True Grain buns, Drumroaster coffee and Westholme tea

GFO VO

Spanish Omelette \$15

A chef's favorite

potatoes, onions & garlic, baked in Cowichan Valley eggs, aioli, lightly dressed greens, fresh fruit, True Grain buns, Drumroaster coffee and Westholme tea

GFO

Orange and Vanilla

Bread Pudding \$15

maple syrup, seasonal compote, chantilly cream, choice of Island-grown & cured bacon or sausage, fresh fruit, Drumroaster coffee and Westholme tea



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Lunch Entrées

*Minimum order of 10 per selection

**Pork Belly, Caramelized Onion
and Cheese Tart \$15**
served warm with lightly dressed
Cowichan Valley greens

Lasagna \$16
house-made pasta, Island-raised
beef, fire roasted tomatoes, ricotta,
True Grain granary baguette
*Vegetarian option available upon
request*

**Braised Moroccan
Chicken Thighs \$16**
smoked potato mash, roasted
seasonal vegetables
GF

Buddha Bowl \$16
smoked & marinated Vancouver
Island tofu, quinoa and lentil pilaf,
pickled vegetables, fresh sprouts,
tahini lime dressing
GF V

Sandwiches

Add choice of soup or salad (+\$4)

Smoked Chicken Salad \$8
Vancouver Island chicken, basil
cream, fresh herbs, lettuce
GFO

Cold Cuts \$8
soppressata, mortadella, cotta,
provolone, grainy mustard, green
mayo, tomato, red onion
GFO

Cowichan Egg Salad \$8
house mustard aioli, cornichons,
bunching onions, Asian greens
GFO

Smoked Van Island Tofu \$8
marinated eggplant, pickled carrots
and red onions, tahini lime dressing,
spicy greens
GFO V

House Roast Beef: \$8
tomato & jalapeno chutney,
horseradish spread, pickles
GFO

*All sandwiches served on True Grain
granary baguettes; available as
wraps on request; gluten-free bread
available (+\$2)*



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Soups & Salads

Roasted Winter Squash Bisque \$4
GF V

New Potato and Leek \$4
GF V

Fish Chowder \$6
GF

*Soups are made fresh in house; add
bread and butter (+\$1.25)*

Green Salad \$9 (main); \$5 (side)
marinated beans, egg, apple cider
vinaigrette (*all featured ingredients
produced in the Cowichan Valley*)
GF VO

Quinoa Salad \$9 (main); \$5 (side)
cucumber, kale, roasted mushrooms,
spiced pumpkin seeds, sundried
tomato vinaigrette
GF V

Potato Salad \$5
preserved lemon and herb
remoulade, radishes, Cortland onions
GF

Pasta Salad \$5
red pepper aioli, feta cheese,
cucumber, pickled shallots and herbs
GFO V

Dessert

Citrus Shortbread Cookies \$2

Baked Chocolate Ganache \$4
orange marmalade, crushed
hazelnuts
GF

Classic Cheesecake \$4
made in-house, seasonal berry
compote
GFO

Dietary Restriction Information

Please let us know if anyone in your
party has dietary or allergy concerns,
and we will accommodate where
possible.

V = Vegan

VO = Vegan Option

GF = Gluten Free

GFO = Gluten Free Option

DF = Dairy Free