



**FARMS
GATE**
FOODS +
CATERING

Farm's Gate Bento Boxes

Vegan Bento Box

\$16 per person

Roasted Mushroom and Shallot Pate
house pickles, nut & seed loaf

Marinated Cowichan Vegetables
SSI vinegar, garlic, chili & fresh herbs

Quinoa Salad

shaved radish, sundried tomatoes & pea
shoots
spiced pumpkin seeds

Cowichan Bento Box

\$20 per person

Rillette of Island Pork
multigrain crisps, pickled asparagus and
icicle radish

Fennel Crusted Albacore Tuna
wasabi cream, pea shoots, chili crisp

Cowichan Pasta Salad

Haltwhistle feta, peppers, celery and herbs
roasted red pepper dressing

Please order 48 Hours in advance by calling (250) 466 - 5412 or emailing
orders@farmsgatefoods.ca

Minimum order of 12

Free delivery anywhere in Cowichan Valley

Individually packaged, social distancing friendly