

China Folk House Kitchen

The kitchen at the China Folk House is excited about providing visitors and guests with wholesome food. We like to use whole food ingredients that are locally sourced when possible...the first source we look to is our amazing garden that provides us with abundant harvest (almost year-round!!) We are committed to striving for low to zero waste. We practice composting but also will offer “leftover food” the following day if it meets food safety standards. Meals are served buffet style and guests are encouraged to assist in our composting efforts by removing food waste from their plates into the compost. Unless otherwise noted, we will provide water, and if conditions necessitate, electrolyte beverages. We have mugs available, but we encourage visitors to bring water bottles if possible! Menus below offer a variety of foods that should be appropriate for most dietary needs/ restrictions. The menus are samples and allow room for flexibility to cater to preferences. Any questions, please email Theo at theo@frontier.com!

Breakfast

All breakfast will include the following for \$15.00 per person. Hot breakfast items can be added for an additional \$5.00 per person (per item)

Carbs: bagels, scones, bread, butter, jam, cream cheese

Protein: Hard boiled eggs, yogurt

Grains: Oatmeal, cereal

Fresh, seasonal fruit

Coffee, tea, orange juice, milk (dairy and non dairy)

Hot Breakfast

Scrambled eggs/ potatoes, bacon, sausage

Pancakes, bacon sausage, maple syrup

Sweet and Savory Stratas: Ham and Cheese, Blueberry Cinnamon, maple syrup

Quiche: Bacon-swiss/ Cheddar-chive

Lunch

All lunches are \$20.00 per person and will include fresh fruit and a side dish that will most likely include some produce from our on-site garden.

Sandwiches (comes with lettuce, tomato, onion, pickle, mustard, mayo, herbed olive oil)

Turkey and cheese, ham and cheese, Italian sub, chicken salad, tuna salad, vegetable hummus wraps, cucumber and pimento cheese,

Sides (2 included, or 3 instead of a soup)

Pasta salad, sesame noodles, green salad, chips, potato salad, broccoli salad

Soups

Broccoli cheese, chicken noodle, lemon artichoke, potato leek, white bean/ kale/sausage, cabbage/ pork

Dinner

The following dinner menus are \$30.00 per person. All dinners will include an additional side dish that will likely include produce from our on-site garden, and a seasonally inspired dessert.

Vegetarian / Meat Lasagne

Penne Pasta with chicken alfredo

Cesar or side salad

Antipasto Tray

Bread

Beef, Tofu, Chicken Fajitas

Black Beans/Vegetables

Cilantro-Lime Quinoa

Chips/Guacamole

Fried Chicken

Pulled Pork/ BBQ Tofu

Cornbread/Rolls

Macaroni and Cheese

Collard Greens/Coleslaw

Hamburgers/Veggie Burgers

Potato Salad/Succotash

Green salad

Fresh Fruit

Spicy Cabbage Slaw

Cucumber Salad

Dinner (cont.)

The following dinner menus are \$36.00 per person and include an additional seasonal side dish that will likely include produce from our on-site garden, and a seasonally inspired dessert

Sesame orange chicken thighs/ tofu

Spanakopita

Miso ginger salmon

Lemon roasted chicken/tofu

Roasted broccoli and sweet potatoes

Cucumber/tomato salad

Sesame noodles or quinoa

Herbed cous cous

Green salad

Hummus/ pita/ olives

Chinese Menu

John's Famous Noodles

Gingery pork, chicken, or tofu in a savory spicy broth, with noodles, scallions, bok choy, and Szechuan peppercorns

\$20.00 per person

Mongolian BBQ

A feast where visitors season and grill their own meat on a wood fired Mongolian grill. Seasonal side dishes, fruits, and dessert is included.

\$50.00 per person