

FLOWER CHILD

HEALTHY FOOD FOR A HAPPY WORLD

CATERING MENU

ORDER HERE

Or call your local Flower Child
Place catering orders 15 hours in advance

Packages

NOURISH A TRIBE \$170

choose chicken or tofu / 1 large salad / 3 sides

GET TOGETHER \$195

choose steak*, shrimp, or salmon* / 1 large salad / 3 sides

BOUNTIFUL BOWLS \$178

choose 2 large bowls / avocado or classic hummus with veggies & pita

THE GRATEFUL SPREAD \$178

choose 1 large salad / 6 wraps / avocado or classic hummus with veggies & pita

THE GATHERER \$178

choose 1 large salad / 5 sides / avocado or classic hummus with veggies & pita

FEEDS
8-10 HAPPY
PEOPLE

CHOOSE YOUR SALAD

SPRING INGREDIENT

charred snap pea, asparagus, farro, arugula, golden beet, sheep's feta, mint, pistachio, chia seed vinaigrette

BRUSSELS SPROUTS & ORGANIC KALE

red grape, organic apple, pink grapefruit, white cheddar, smoked almond, apple cider vinaigrette

CHOPPED VEGETABLE

organic greens, romaine, avocado, heirloom carrot, snap pea, radish, baby tomato, cucumber, toasted sesame seed, ginger miso vinaigrette

SKINNY COBB

romaine, arugula, red cabbage, avocado, tomato, cucumber, crunchy corn, pickled onion, smoked almond, gorgonzola vinaigrette

AVOCADO CAESAR

romaine, parmesan, bread crumb, chive, avocado caesar dressing

CHOOSE YOUR BOWL

GLOW BOWL

sweet potato noodle, shiitake, onion, snap pea, cilantro, mint, sunflower sauce

MOTHER EARTH

ancient grains, sweet potato, portobello mushroom, avocado, cucumber, broccoli pesto, charred onion, leafy greens, red pepper miso vinaigrette, hemp seed

"FORBIDDEN" RICE

black pearl, red japonica, snap pea, bok choy, broccoli, carrot, onion, toasted sesame, red chili hoisin

MEDITERRANEAN CHICKEN KABOB +\$20

summer squash, portobello mushroom, bell pepper, harissa, quinoa rice, yogurt sauce, greek salad

CHICKEN YAKISOBA NOODLES +\$20

grilled chicken thigh, wok seared vegetables, sesame garlic sauce, roasted cashew

CHICKEN ENCHILADAS +\$20

guajillo chile, smoked gouda, poblano crema, organic black bean, roasted corn, avocado

CHOOSE YOUR WRAP

FLYING AVOCADO

roasted turkey, gouda, romaine, tomato, avocado hummus

BLACK BEAN FALAFEL

hummus, tomato, pickled red onion, arugula, romaine, mediterranean herbs, tzatziki

THE REBEL*

grass-fed steak, charred onion, arugula, creamy horseradish, fontina cheese

CAROLINA BBQ CHICKEN

kombucha bbq, pepperjack, coleslaw, b & b pickle

CHOOSE YOUR SIDE

GRILLED ASPARAGUS MUJADARA

green lentil, charred onion rice, lemon yogurt

ROASTED HEIRLOOM CARROTS

za'atar spice, whipped feta, herb chermoula

SMASHED GOLD POTATO

roasted garlic & thyme

GLUTEN-FREE MAC & CHEESE

aged white cheddar, parmesan

ROASTED BROCCOLI

lemon, garlic, parmesan, bread crumb

OLIVE OIL ROASTED VEGETABLES

cauliflower, broccoli, heirloom carrot, green bean, lemon, thyme

SWEET CORN & QUINOA

greek yogurt

RED CHILE GLAZED SWEET POTATO

bok choy & sesame seed

CAULIFLOWER "RISOTTO"

cauliflower rice, coconut, toasted bread crumb, lemon, parsley

KALE SALAD

lemon, roasted garlic, zucchini, parmesan, bread crumb

FRESH FRUIT

pineapple, mandarin orange, organic red grape

SIMPLE STEAMED BROWN RICE



Want to Add On?

HUMMUS WITH RAW VEGGIES & PITA - \$73 feeds 5 - 6

SIDE - \$43 feeds 5 - 6

SALAD - \$58 feeds 5 - 6

BOWLS - \$75 OR \$95 feeds 5 - 6

**WRAP - 6 wraps/12 pieces (\$89)
12 wraps/24 pieces (\$177)**

PROTEIN: feeds 5 - 6

Chicken (\$75), Salmon* (\$99), Shrimp (\$94),
Steak* (\$96), Tofu (\$64)

Beverages \$32

flower child lemonade or iced tea
available by the gallon

Dessert

Chocolate Chip Cashew Cookies \$24

Double Chocolate Almond Brownies \$45

Cookie + Brownie Duo \$39

feeds 10-12 people

ORDER HERE

DELIVERY AVAILABLE!

VEGETARIAN VEGAN GLUTEN-FREE

*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

While we offer gluten-free items, our kitchen is not gluten-free.