

# 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

#### 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

#### ROASTED BRUSSELS SPROUTS

caramelized cabbage, thai basil, umami sauce ⊕ ⊗

#### KUNG POW CAULIFLOWER

spicy sichuan sauce, cashew, cilantro ⊕ ⊗

#### 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.