FLOWER CHILD

HEALTHY FOOD FOR A HAPPY WORLD

f EATFLOWERCHILD
DELIVERY AVAILABLE! CATERING.IAMAFLOWERCHILD.COM

KNOWgood.

CATERING MENU

TO PLACE AN ORDER

Order Online: catering.iamaflowerchild.com
Or call your local Flower Child
Place catering orders 15 hours in advance

Packages

FEEDS 8-10 HAPPY PEOPLE

NOURISH A TRIBE $164
choose chicken or tofu / 1 large salad / 3 sides

GET TOGETHER $188
choose steak*, shrimp, or salmon* / 1 large salad / 3 sides

BOUNTIFUL BOWLS $171
choose 2 large bowls / avocado or classic hummus with veggies & pita

THE GRATEFUL SPREAD $171
choose 1 large salad / 6 wraps / avocado or classic hummus with veggies & pita

THE GATHERER $171
choose 1 large salad / 5 sides / avocado or classic hummus with veggies & pita

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 ⊙

ITALIAN TURKEY SALAMI
tomato, cucumber, red onion, romaine, giardiniera, provolone, creamy italian 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 ◐ ⊗

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, port salut cheese, arugula, horseradish yogurt

CAROLINA BBQ CHICKEN
kombucha bbq, pepperjack, coleslaw, b & b pickle

CHOOSE YOUR SIDE

CHILLED SESAME NOODLES
shaved organic apple, celery, arugula, togarashi, cashew ⊙

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 ⊙

SWEET CORN & QUINOA
greek yogurt ⊙ ⊗

FRESH FRUIT ◐ ⊗

RED CHILE GLAZED SWEET POTATO
bok choy & sesame seed ◐ ⊗

GRILLED ASPARAGUS & WHITE BEAN
red bell pepper, summer squash, arugula, pistachio, basil pesto ⊙ ⊗

CAULIFLOWER "RISOTTO"
cauliflower rice, coconut, toasted bread crumb, lemon, parsley ◐

KALE SALAD
lemon, roasted garlic, zucchini, parmesan, bread crumb ⊙

SIMPLE STEAMED BROWN RICE ◐ ⊗

Want to Add On?

HUMMUS WITH RAW VEGGIES & PITA - $70 *feeds 5 - 6*

SIDE - $41 *feeds 5 - 6*

SALAD - $56 *feeds 5 - 6*

BOWL - $72 *feeds 5 - 6*

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

PROTEIN: *Chicken ($72), Salmon* ($96), Shrimp ($90), Steak* ($84), Tofu ($61)*
feeds 5 - 6

Beverages $32

flower child seasonal 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

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⊙ 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.