# 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

FEEDS 8-10 HAPPY PEOPLE

**NOURISH A TRIBE $174**
choose chicken or tofu / 1 large salad / 3 sides

**GET TOGETHER $199**
choose steak*, shrimp, or salmon* / 1 large salad / 3 sides

**BOUNTIFUL BOWLS $179**
choose 2 large bowls / avocado or classic hummus with veggies & pita

**THE GRATEFUL SPREAD $179**
choose 1 large salad / 6 wraps / avocado or classic hummus with veggies & pita

**THE GATHERER $179**
choose 1 large salad / 5 sides / avocado or classic hummus with veggies & pita

## CHOOSE YOUR SALAD

**ROASTED BUTTERNUT & ASIAN PEAR** ⊙
radicchio, frisée, golden berry, toasted walnut, marinated grains, dried cranberry, goat cheese, sherry 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

**FLO-CHO CHOW** ◐ ⊗
wok noodle, zucchini, carrot, mushroom, scallion, bell pepper, cashew, tamarind 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

**MISO GLAZED SALMON** ⊗ +$20
trumpet mushroom, steamed vegetables, toasted sesame, cucumber sunomono, brown rice

**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

**THE 1924**
grilled chicken, artisan tortilla, parmesan, garlic toast, lemon, fontina, tomato, romaine, avocado caesar dressing

**FLYING AVOCADO**
roasted turkey, gouda, romaine, tomato, avocado hummus

**HOISIN TOFU "BÁNH MÌ"** ◐
mushroom truffle pâté, pickled carrot, cucumber, vietnamese herb, romaine, jalapeño pineapple vinaigrette

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

## CHOOSE YOUR SIDE

**BUTTERNUT SQUASH & POTATO GRATIN** ⊙ ⊗
salsa verde, tomato marmalade, queso, 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

**ROASTED BRUSSELS SPROUTS** ◐ ⊗
caramelized cabbage, thai basil, umami sauce

**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 RICE** ◐ ⊗
brown or jasmine 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 ($79), Salmon* ($99), Shrimp ($97), Steak* ($99), Tofu ($66)*

### 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.