Flore Vegan Catering Menu

Available for pickup or delivery
$15 charge applies for delivery

Hors d'ouvre

Small Platters feed 10-20, Large 20-40

	Sm	Lg
Cheese Plate	$27	$49
Cashew cheese served with toasted batard, greens and seasonal fruit.		
Edamame (Wheat Free/Gluten Free)	$19	
Whole shell soybeans served warm with a sides of tamari and lemon.		
Crispy Kale (Wheat Free/Gluten Free)	$19	
Fresh kale chips served with organic orange slices.		
Fusion Rolls	$29	$57
Sliced wheat rolls of nori, black bean, jicama, carrot, red bell pepper daikon sprout and cashew cheese served with lime wedges and a tamari citrus dipping sauce.		
Fruit Platter (Wheat Free/Gluten Free)	$24	$45
Variety of seasonal fruits with vanilla custard		
Vegetable Platter (Wheat Free/Gluten Free)	$23	$42
Variety of seasonal vegetables, grilled or fresh with sauces		
Chips & Guacamole	$25	
Flax corn chips with fresh pico de gallo, guacamole and lime		
Raw Platter (Wheat Free/Gluten Free)	$32	$59
Raw flax crackers, Kale chips, fresh vegetables with cashew cheese and sauces		

Salads

Small feeds 5-10, Large 10-20

	Sm	Lg
The Salad (Wheat Free/Gluten Free)	$38	$74
Bed of mixed baby greens topped with portions of tofu egg salad, shredded carrot, baked tofu, roasted beets, edamame salad, tomato, avocado and daikon sprouts. Served with a side of hummus and choice of thousand island, miso, vinaigrette or tahini dressing.		
Tempeh Tu-No Salad (Wheat Free/Gluten Free)	$29	$58
Bed of mixed baby greens topped with tempeh salad, sliced tomato, sunflower seeds and red onion. Served with choice of thousand island, miso, vinaigrette or tahini dressing.		
Mediterranean Salad (Wheat Free/Gluten Free)	$29	$58
Bed of mixed baby greens topped with tomato, cucumber, kalamata olives, quinoa tabouli, and hummus. Served with an olive oil vinaigrette.		
Avocado & Seitan Salad	$32	$60
Bed of mixed greens with sliced avocado, daikon sprouts, grilled seitan, tomato and red onion. Served with choice of thousand island, miso, vinaigrette or tahini dressing.		
Grapefruit, Avocado & Fennel Salad (Raw) (Wheat Free/Gluten Free)		
Sliced aromatic fennel with avocado slices, grapefruit segments and fresh basil with a light lime dressing.	$38	$74
Mega Green Salad (Raw) (Wheat Free/Gluten Free)	$32	$61
Mixed greens, daikon radish greens, micro greens, mint leaves and shredded kale with a light orange dressing and a side of raw walnut.		

Sandwich Trays

Small feeds 5-10, Large 10-20

	Sm	Lg
BLTA	$26	$49
Tempeh Reuben	$24	$46
Club Sandwich	$27	$51
Tuno Melt	$22	$39
Tofu "Egg" Salad	$22	$39
Avocado & Cashew Cheese	$24	$46
Quinoa Tabouli Wrap	$22	$39
Roasted Vegetable & Tofu Wrap	$24	$46
Sampler Platter	$30	$60

Soups

5-10 $15, 10-20 $28

Cold (Raw)

Gazpacho

Carrot Ginger

Hot

Seasonal Vegetable & Brown Rice

Pumpkin Lentil

Beet & Rosemary

Moroccan Stew

Entrees

Per Person Pricing, Minimum Order 10
All entrees served with green salad and cupcakes

Burrito Flore $10.95
Brown rice, black beans, tempeh bacon, cilantro cream, cashew cheese, lettuce, avocado and tomato wrapped in a whole wheat tortilla. Served with a side of pico de gallo and a green salad.

Southwestern Seitan Quesadilla $9.95
Whole wheat quesadilla of cashew cheese, seasoned seitan, diced tomato, and shredded lettuce. Served with sides of pico de gallo and cilantro cream.

Tacos de Papas (Wheat Free/Gluten Free) $11.95
Two potato tacos served on stone ground corn tortillas, topped with lettuce, tomato and cilantro cream. Served with sides of pico de gallo, brown rice and black beans.

Jicama Tacos (Raw) (Wheat Free/Gluten Free) $10.95
Julianned seasoned jicama, kale, chopped cilantro, raw sunflower seeds, raw cashew cheese and pico de gallo wrapped in green leaf lettuce and served with lime wedges and dehydrated mango slices. Served with raw berry cheesecake rather than cupcakes

Eastsider Tacos $11.95
Seasoned seitan, shredded lettuce, diced tomato and cashew cheese served warm on two stone

ground corn tortillas with sides of pico de gallo, cilantro cream, brown rice and black beans.

Spelt Pizzas 10"

Roasted Vegetable Pizza . . . . . $11 .95

Roasted zucchini, red pepper, red onion and mushroom with soy mozzarella and fresh marinara sauce baked on a spelt cornmeal crust.

Tomato Basil Pizza . . . . . $11 .95

Sliced tomato, basil, soy mozzarella, roasted garlic and fresh marinara sauce baked on a spelt cornmeal crust.

Tempeh Bacon and Mushroom Pizza . . . . . $11 .95

Tempeh bacon, portabella mushroom, soy mozzarella and fresh marinara sauce baked on a spelt cornmeal crust.

Breakfasts

Breakfasts are served with breakfast potatoes and fruit
$9.95/person, Minimum Order 10

Cranberry Walnut French Toast

Thick and rich cranberry walnut french toast served with sides of soy butter, organic maple syrup.

Griddle Cakes (Wheat Free/Gluten Free)

Wheat and gluten free pancakes in a traditional style with sides of soy butter, our own freshly made blueberry apple preserves and organic maple syrup. Served with sides of soy butter, pure maple syrup and strawberries.

Blueberry Buckwheat Bliss

Classic buckwheat pancakes with the added bliss of blueberries and pecans. Served with sides of soy butter, our own freshly made blueberry apple preserves, organic maple syrup

Frittata Flore (Wheat Free/Gluten Free)

Golden brown broccoli and mushroom frittata quiche served with a side of kale and your choice of potatoes, tempeh bacon or fruit salad.

Tofu Scramble (Wheat Free/Gluten Free)

Tofu, kale, mushroom, tomato and onion scrambled togethe

Breakfast Burrito

Tofu scramble, tempeh bacon, potatoes, cashew cheese and avocado wrapped in a tortilla.

Desserts

2 layer 8" chocolate $29
2 layer 8" lemon $29
2 layer 8" gluten free carrot $36
9" cheesecake (blueberry, strawberry or chocolate peanut butter) gluten free $32
1 doz cupcakes (lemon, chocolate, apple cinnamon) $21
1 doz wheat free cupcakes (chocolate, apple cinnamon) $27
1 doz gluten free carrot mini bunt cakes $36

Please add $5 for customized cake messages

Drinks

We can also supply the following bottled beverages:
Kombucha, Steaz green tea cola & root beer, Pelligrino

as well as fresh:
Coffee, Orange Juice, Iced Tea and Lemonade