

---

**LOCAL**

*Foods*

**CATERING MENU**

---

DOWNTOWN

713.227.0531 [WWW.HOUSTONLOCALFOODS.COM](http://WWW.HOUSTONLOCALFOODS.COM)

# BREAKFAST CATERING

SOMETHING FOR EVERYONE (7-9 AM)

## BREAKFAST BOWLS

### HEALTH NUT **13.5**

OVERNIGHT OATS, QUINOA, CHIA SEEDS, SEASONAL BERRIES, COCONUT, AVOCADO YOGURT, MAPLE SYRUP, PECANS

### CHICKEN POBLANO **14.5**

BEAUMONT RICE GRITS, HOMINY, GREEN CHILE BROTH, AVOCADO, TORTILLA STRIPS, WITH FARM EGG ROASTED CORN

### 44 FARMS "FAJITA" **14.5**

SEARED SKIRT STEAK, BRAISED KIDNEY BEANS, PUMPKIN SEEDS, ROASTED SWEET POTATOES, KALE, CHIMICHURRI, FARM EGG,

### GARDEN BREAKFAST **13.5**

WARM KALE SALAD, EGG WHITES, CAULIFLOWER, KOREAN CHILE, BROCCOLI, FALAFEL

## MORNING DRINKS

SEASONAL  
LEMONADE:

GALLON **26**  
HALF GALLON **13**

BLACK TEA:

GALLON **20**  
HALF GALLON **10**

GRAPEFRUIT:

GALLON **32**  
HALF GALLON **16**

ORANGE:

GALLON **24**  
HALF GALLON **12**

COFFEE:

GALLON **25**

## SERVING & SUPPLIES

COFFEE CUPS  
SLEEVE INCLUDED  
**\$.25**

UTENSIL KIT  
FORK/SPOON/KNIFE/NAPKIN  
**\$.25 PER KIT**

OPTION ONE

# GROUP LUNCH

SOMETHING FOR EVERYONE

## PLATTERS

### SMALL

9 SANDWICHES  
3 MARKET SIDES  
SERVES 7-11 PEOPLE

**\$125**

### MEDIUM

15 SANDWICHES  
4 MARKET SIDES  
SERVES 12-17 PEOPLE

**\$194**

### LARGE

24 SANDWICHES  
5 MARKET SIDES  
BOWL SALAD  
SERVES 18-26 PEOPLE

**\$295**

## MARKET SIDES

**CORN SUCCOTASH** NAVY BEANS, TOMATOES, LIME

**SCALLOPED POTATO SALAD** DILL, HONEY, ONION

**HOUSEMADE CHIPS** OLD BAY SEASONING

**TUSCAN KALE** GOLDEN RAISINS, PINE NUTS, PARMESAN \*\*

**QUINOA** BROCCOLI, CARROTS, FETA, SUNFLOWER SEEDS\*\*

**DILL PICKLES** MADE IN HOUSE

## BOWL SALADS

YOUR CHOICE OF THE  
**HARVEST OR ASIAN SALAD**  
SERVES 10-15 PEOPLE

**\$44**

(DOES NOT INCLUDE PROTEIN)  
ADD CHICKEN OR TOFU \$15 ADD SHRIMP \$19

\*\* CONTAINS NUTS OR SEEDS

## SERVING & SUPPLIES

### UTENSIL KIT

FORK/SPOON/KNIFE/NAPKIN  
\$.25 PER KIT

### PLATES

\$.25

### SOUP BOWLS

\$.25

### CUPS

\$.25

### SERVE WARE

SPORK/SPOON/TONG/LADLE  
\$1 EACH

## SOUPS \$4 CUP / \$6 BOWL / \$10 QUART

### GREEN CHILE POSOLE

CHICKEN, HOMINY, POBLANO,  
GREEN CHILES, CILANTRO,  
PUMPKIN SEED GARNISH \*\*

### SUMMER SQUASH & QUINOA SOUP

COCONUT MILK, TURMERIC,  
CILANTRO, PAPRIKA OIL

## JALAPENO HUMMUS

**\$20**

SERVES 6-8 PEOPLE  
SERVED WITH  
ASSORTED VEGETABLES  
& GARLIC OIL

OPTION TWO

## BOX LUNCH

LET US MAKE IT PERSONAL

---

### SANDWICHES

---

SERVED WITH YOUR CHOICE OF TWO SIDES OR CUP OF SOUP.  
SANDWICHES MAY ALSO BE PREPARED AS A SALAD.

#### SPICY FALAFEL

TOMATOES, SWEET PEA HUMMUS,  
CASHEW "CREAM", SAMBAL,  
ROMAINE, HARVEST WHEAT. 12.5

#### GULF SHRIMP & CRAB

ROMAINE, TOMATO  
PICKLED RED ONION,  
GREEN GODDESS, CIABATTA. 14.

#### "CRUNCHY" CHICKEN

NUT/SEED "CRUMBLE", PROVOLONE,  
ROMAINE, PICKLES, TOMATO,  
CRUSHED CHIPS, RANCH  
PRETZEL BUN. 12.5. \*\*

#### GARDEN SAMMIE

BRUSSELS SPROUTS, AVOCADO,  
CURRIED CAULIFLOWER,  
HUMMUS, TOMATO, SPROUTS,  
PICKLED ONIONS, CIABATTA 10.5  
ADD CHICKEN 13.  
AS SALAD W/ CHICKEN. 14.

#### BBQ PORK TORTA

SLOW ROASTED PORK FLAT IRON,  
JALAPENO CABBAGE SLAW,  
WHITE BBQ SAUCE,  
PICKLE SPEARS,  
BOLILLO ROLL. 14.5

#### TURKEY SALAD

JALAPENO MOZZARELLA,  
PECAN PESTO, RED GRAPES,  
ARUGULA, AIOLI, SOURDOUGH 13.5

#### TRUFFLED EGG SALAD

MIXED GREENS, TOMATO,  
PARMESAN, AIOLI,  
PRETZEL BUN. 10.

---

### SALADS

---

#### SEASONAL HARVEST

RICOTTA CHEESE, BRUSSELS SPROUTS,  
SEASONAL FRUIT, ALMONDS, SEASONAL VEGETABLES,  
FRESH HERB VINAIGRETTE 11.5 \*\*  
ADD CHICKEN OR TOFU 13.5 ADD SHRIMP 14.5

#### GULF TUNA BOWL

TARTARE STYLE TUNA, TURMERIC RICE, ARUGULA,  
CURED CUCUMBER, CABBAGE SLAW,  
MARCONA ALMONDS, TOGARASHI AIOLI 16.5

#### ASIAN CHICKEN

NAPA CABBAGE & ROMAINE, MARINATED BEAN SPROUTS,  
TOASTED CASHEWS, CRISPY RICE NOODLES,  
GINGER-SOY DRESSING, PEANUT SAUCE 12.5 \*\*

#### SALMON POKE (contains raw fish)

BOK CHOY, AVOCADO, SESAME QUINOA,  
CILANTRO, EDAMAME, RADISH, PICKLED EGG 17.5 \*\*

#### TACO SALAD

BABY KALE & ROMAINE, VEGAN "TACO MEAT," AVOCADO  
PICKLED ONION, CILANTRO-CORN, TORTILLA STRIPS,  
PUMPKIN SEEDS, LIME VINAIGRETTE 12.5 \*\*

\*\* CONTAINS NUTS OR SEEDS

THE FINAL TOUCH ON THE PERFECT MEAL.

## DESSERTS

SMALL ASSORTED PLATTER (SERVES 6-10) **19**  
MEDIUM ASSORTED PLATTER (SERVES 11-18) **29**  
LARGE ASSORTED PLATTER (SERVES 19-24) **39**  
CHOCOLATE CHIP PECAN COOKIE **2 \*\***  
GLUTEN FREE CHOCOLATE CHIP  
PEANUT BUTTER COOKIE **2 \*\***  
VEGAN CARROT CUPCAKE **4 \*\***  
CHEF'S SEASONAL PASTRY **4**

## DRINKS

SEASONAL LEMONADE: GALLON **26**  
HALF GALLON **13**  
BLACK TEA: GALLON **20**  
HALF GALLON **10**  
HOUSE ICED COFFEE (WITH SOY MILK) **4.5**  
PAT GREER'S KOMBUCHA **4.5**  
KATZ NITRO COLD BREW COFFEE **4.5**  
BOTTLED WATER **1.5**

\*\* CONTAINS NUTS OR SEEDS

TO MAKE A CATERING ORDER, PLEASE VISIT OUR WEBSITE AT [HOUSTONLOCALFOODS.COM](http://HOUSTONLOCALFOODS.COM)  
OR CALL US AT 713.227.0531.

24 HOURS ADVANCED NOTICE & \$125 ORDER MINIMUM IS REQUIRED FOR LUNCH DELIVERY.  
24 HOURS ADVANCE NOTICE & \$100 MINIMUM IS REQUIRED FOR ALL BREAKFAST CATERING  
DELIVERY FEE IS BASED ON DISTANCE.

A FORMAL CONFIRMATION INVOICE WILL BE SENT BACK FOR YOU TO APPROVE.

PLEASE INFORM US OF ANY FOOD ALLERGIES BEFORE ORDERING.

