
LOCAL

Foods

CATERING MENU

DOWNTOWN

713.227.0531 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 JUICE:	GALLON 32 HALF GALLON 16
ORANGE JUICE:	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

JALAPENO HUMMUS

GREEN CHILE POSOLE

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

SUMMER SQUASH & QUINOA SOUP

COCONUT MILK, TURMERIC,
CILANTRO, PAPRIKA OIL

\$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.**

ROAST BEEF

CHEDDAR CHEESE,
CURRIED CAULIFLOWER,
CHOPPED KALE, TOMATO,
HORSERADISH AIOLI,
SESAME SEED CHALLAH. **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**

ALBACORE TUNA CONFIT

LOCAL GREENS, CUCUMBER, MARINATED SNAP PEAS,
CORN NUTS, STRAWBERRIES, AVOCADO,
CASHEW-GINGER VINAIGRETTE **15.5**

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 ****
CHOCOLATE CHIP PEANUT BUTTER COOKIE **3 ****
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 **6**
BOTTLED WATER **1.5**

** CONTAINS NUTS OR SEEDS

TO MAKE A CATERING ORDER, PLEASE VISIT OUR WEBSITE AT 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.

