

# water + flour

sushi · bowls · pasta · pizza

813-845-0115

CATERING@WATERANDFLOURSOHO.COM

## SALADS SERVES 5 | SERVES 10

add chicken +18 | 36, shrimp or steak +20 | 40

### CALI CHOPPED

22 | 32

crispy chopped mixed greens, grapes, walnuts, green & red peppers, chopped veggies, gorgonzola crumbles, gorgonzola-shallot dressing

### CAESAR

18 | 30

crispy romaine, parmesan croutons, tomatoes, kalamata olives, parmesan cheese, classic caesar dressing

### KALE & CAULI

22 | 32

shredded kale, cauliflower avocado rice, chopped romaine, walnuts, dried cranberries, shaved goat cheese, smashed avocado, balsamic-cashew vinaigrette

## PASTA SERVES 5 | SERVES 10 served with rigatoni **V**

add sliced chicken or sausage +18 | 36 or shrimp +20 | 40

### BROCCOLINI & HERB **DF**

53 | 92

extra virgin olive oil, panko bread crumbs, pepper flakes, parmesan

\*suggested with sausage\*

### MUSHROOM MARSALA **V**

50 | 95

marsala wine-mushroom sauce

### BASIL POMODORO **PB DF**

45 | 80

basil, pomodoro sauce with ricotta or plant-based ricotta

### TRUFFLE THREE CHEESE **V**

55 | 100

parmesan, mozzarella, cheddar, panko bread crumbs, truffle oil

### PESTO VERDE **PB**

52 | 95

parmesan, walnut-basil pesto, fresh arugula, lemon

## BRICK OVEN PIZZA

Our 12" crust is made with naturally fermented sourdough, crafted locally by Gulfcoast.

Substitute our locally crafted vegetarian (contains dairy), gluten-free crust (+2)

toppings .75 each: pepperoni, sausage, broccoli, mushrooms

### SIMPLE **V 14**

tomodoro sauce, basil, mozzarella or plant-based mozzarella

### TUSCAN **16**

tomodoro sauce, pepperoni, sausage, mozzarella, basil

### HOT & SWEET **16**

tomodoro sauce, charred pepperoni, mozzarella, Mike's hot honey

### PLANT-BASED MUSHROOM WHITE **PB 16**

sliced mushrooms, onions, cracked black pepper, plant-based almond ricotta, plant-based mozzarella, truffle oil drizzle

### MARSALA **15**

sliced chicken, mozzarella, mushroom marsala-wine sauce

### FOCACCIA **V 15**

house made, with a tomodoro dipping sauce

WATERANDFLOURSOHO.COM/CATERING

1015 S. HOWARD AVENUE

# CALIFORNIA BOWLS

serves 5 - \$55 | serves 10 - \$100

## CHOICE OF PROTEIN

GRILLED CHICKEN | BLACKENED CHICKEN  
GRILLED CITRUS TOFU

AHI TUNA + \$20 | \$40

GRILLED STEAK + \$20 | \$40

GRILLED SHRIMP + \$20 | \$40

## MEXICAN GF

warm black beans, cheddar,  
pico de gallo, avocado, lime sour cream,  
toasted pepitas, balsamic vinaigrette

## SPICY BRAZILIAN

sambal sauce, black beans, corn,  
cheddar, crispy jalapeños, lime sour cream,  
avocado, lime-caesar dressing

## HOT & CRUNCHY

cucumber-jicama mix, scallions,  
avocado, Tamari, tempura onions,  
sesame seeds, Sriracha aioli  
\*suggested with Ahi Tuna\*

## CHOICE OF BASE

LEMON TURMERIC RICE | BROWN RICE  
STICKY RICE | CITRUS SHREDDED KALE

CAULIFLOWER AVOCADO RICE + \$6 | \$12

SPAGHETTI SQUASH + \$6 | \$12

UDON NOODLES + \$6 | \$12

## FITNESS DF GF

charred broccolini, roasted broccoli &  
cauliflower, lime vinaigrette, pico  
de gallo, hot sauce

## THAI DF

scallions, jicama, carrot & mango mix,  
cilantro, crisp wontons, curry  
peanut sauce, togarashi

## TAKE ME TO TERRI TOWN DF

teriyaki glaze, water chestnuts,  
broccoli, baby corn,  
carrots, cilantro, sesame aioli

## WRAP PLATTERS

30 pieces - \$45

### ALAMO

blackened chicken or grilled steak (+\$8),  
sautéed onions, bell peppers, mushrooms,  
jalapeño jack cheese, lemon-turmeric rice,  
creamy horseradish dipping sauce

### DIABLO

grilled chicken, avocado, mozzarella,  
onions, lemon-turmeric rice,  
chipotle tomato dipping sauce

### VERDURA PB

crispy tofu, cauliflower avocado rice,  
seasonal vegetables, kale slaw, dried  
cherries, plant-based ricotta cheese

### BASIC

grilled chicken, cheddar, yellow rice,  
balsamic vinaigrette dipping sauce

## SMALL BITES PLATTERS

minimum 10 pieces | requires 24 hr notice

### TOMATO BASIL & FRESH MOZZARELLA SKEWERS GF \$3ea

w/ balsamic vinaigrette

### SKEWERED FILET GF \$3.5ea

w/ horseradish sauce

### SKEWERED CHICKEN GF DF \$2ea

w/ balsamic vinaigrette

### EDAMAME GF V \$7

with sea salt

### ROASTED VEGGIES \$15

broccolini or cauliflower | serves 5

### ASIAN GUACAMOLE DF \$11 | \$22

served w/ tortilla chips

## DRINKS

BOTTLED WATER \$2.5

ASSORTED SODA \$2.5

SEASONAL TEAS | LEMONADE

1/2 gallon or gallon

\$9 | \$15

## DESSERTS

BROWNIES \$1.25ea

ASSORTED COOKIES \$1.5ea