

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