

Flow Kitchen @  
Spotted Octopus Brewing  
56 S Union Street, Rochester  
chef@flowfood.com



Prices do not include tax, or  
gratuity if applicable.

These are tried and true recipes.  
Requests appreciated!

### Themed Menus 15 ppl +

#### Barbeque Banquet - \$17p

Mixed Greens Salad, Cornbread,  
Baked Mac and Cheese, Garlic Green  
Beans, Barbeque Chicken

#### Italian Banquet - \$18p

Caesar Salad, Garlic Rolls, Penne alla  
Vodka, Italian Meatballs, Chicken  
Spiedini w/ lemon garlic sauce

#### Phoenician Banquet - \$19p

Cucumber Chickpea Salad, Hummus  
w/ Pita Bread, Falafels w/ Tahini  
Yogurt, Stuffed Grapeleaves, Kibbeh

### Food Bars 20 ppl +

#### French Fry Bar - \$15p

Hot station with Beer Cheese, Gravy,  
Meat Hot Sauce. Cold toppings and  
seasonings to customize french fries.

#### Taco Bar - \$15p

Station w Grilled Chicken, Seasoned  
Ground Beef, Black Beans, Blistered  
Corn. Cold toppings and sauces.

#### Noodle Bar - \$17p

Shaved Beef, Seasoned Beef Broth,  
Seasoned Veggie Broth. Egg and rice  
noodles. Toppings and seasonings.

#### Trash Plate Bar - \$15p

Hot station with meat hot sauce, red  
and white hot dogs, home fries. Cold  
toppings. Add cheese burgers \$2pp

#### Pasta Bar - \$15p

Spaghetti and Macaroni pasta, vodka  
sauce, marinara, cheese sauce, meat-  
balls, veggies, toppings.

#### Breakfast Buffet - \$35p

Traditional buffet with bacon, sau-  
sage, scrambled eggs, herbed pota-  
toes, waffles, mixed salad, pasta dish.

### Chicken Wings (30 wings minimum)

Every 10 piece order can be tossed with sauce of choice for \$12/10 piece order.

(Mild, Hot, BBQ, Garlic Parmesan, Jamaican Jerk Dry Rub, Mango Habanero, Cajun Butter, Jazzy Sauce\*)

\*Jazzy Sauce is our proprietary cajun spiced remoulade

### Fried Cauliflower Florets (3 order minimum)

Every 10 person sharable order can be tossed with sauce of choice for \$13 per order.

(Mild, Hot, BBQ, Garlic Parmesan, Jamaican Jerk Dry Rub, Mango Habanero, Cajun Butter, Jazzy Sauce\*)

\*Jazzy Sauce is our proprietary cajun spiced remoulade

## A la Carte Dishes (20 Person Min)

### **Appetizers**

Caprese Skewers \$1.50/piece  
Antipasto Skewers \$2/piece  
Vegetable Tray w/ Hummus \$3/person  
Assorted Fruit Tray \$4/person  
Falafels w/ Tahini Yogurt \$1.50/piece  
Stuffed Grapeleaves \$2/piece  
Fried Kibbeh \$3/piece  
Chicken Satay w/ Peanut Sauce \$3/p  
Grilled Vegetable Kabobs \$3/piece  
Grilled Steak and Peppers Kabobs \$5/p  
Spinach and Feta Eggrolls \$2.50/p  
Buffalo Chicken Eggrolls \$2.50/piece  
Philly Cheesesteak Eggrolls \$2.50/p  
Reuben Eggrolls \$3/piece  
Stuffed Mushrooms \$.75/piece  
Greek Cucumber Cups \$4/piece

### **Salads (per person)**

Mixed Greens Salad w/ dressing \$4p  
Creamy Coleslaw \$3p  
Smoked Loaded Potato Salad \$5p  
German Potato Salad \$4p  
Cucumber Chickpea Salad \$4p  
Mexican Street Corn Salad \$5p  
Italian Pasta Salad \$5  
Classic Macaroni Salad \$4p  
Fresh Fruit Salad \$5p  
Lebanese Tabouli Salad \$5p  
Caesar Salad \$4p  
Chopped Asian Salad \$6p  
Greek Salad \$5p  
Strawberry Arugula Salad \$5p  
Taco Salad \$6p  
Bacon Blue Salad \$6p

### **Sides (per person)**

Baked Mac and Cheese \$5p  
Herb Buttered Potatoes \$4p  
Buttered Rice Pilaf \$3p  
Creamy Pesto Rotini \$5p  
Penne alla Vodka \$5p  
Blistered Creamed Corn \$4p  
Brussels Sprouts and Bacon Hash \$5p  
Garlic Roasted Green Beans \$4p  
BBQ Bacon Baked Beans \$4p  
Mashed Potatoes w Gravy \$5p  
Cauliflower Rice \$4p  
Garlic Parm Roasted Broccoli \$5p  
Loaded Baked Potatoes \$5p  
Zucchini "Pasta" w Red Sauce \$5p  
Linguini w Red Sauce \$5p  
Herb Roasted Sweet Potatoes \$5

### **Mains (20 Person min)**

Barbeque Chicken \$7p	Stuffed Zucchini Squash in sauce \$7p	Chicken Andouille Jambalaya \$8p
Smoked Pulled Pork \$7p	Chicken Shawarma w/ Rice \$8p	Shrimp Gumbo \$8p
Smoked Brisket \$9p	Beef Shawarma w/ Rice \$8p	Chicken and Broccoli Alfredo \$7p
Italian Sausage peppers/onions \$7p	Sauteed Mushrooms w/ Rice \$7p	Buffalo Chicken Lasagna \$8
Italian Meatballs in Sauce \$6p	Garlic Shrimp Linguini \$8p	Beef or Triple Bean Chili \$7p
Beef or Veggie Lasagna \$8p	Chicken Parmesan \$8p	Irish Bangers and Mash \$8p
Beef Stroganoff \$8p	Eggplant Parmesan \$7	Hungarian Goulash \$8p
Assorted Sandwich Wraps \$7p	Saucy Pork Chops \$7	Irish Beef Stew \$7p
Assorted Breakfast Burritos \$8p	BBQ Baby Back Ribs \$8p	Chicken Marsala \$7p