

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

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

A la Carte Dishes

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 \$4p
Italian Pasta Salad \$4
Classic Macaroni Salad \$4p
Fresh Fruit Salad \$5p
Lebanese Tabouli Salad \$5p

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
Green Beans and Garlic \$4p
BBQ Bacon Baked Beans \$4p

Mains

Barbeque Chicken \$6p
Smoked Pulled Pork \$6p
Smoked Brisket \$9p
Italian Sausage peppers/onions \$7p
Italian Meatballs in Sauce \$6p

Stuffed Zucchini Squash in sauce \$6
Chicken Shawarma w/ Rice \$7p
Beef Shawarma w/ Rice \$8p
Sauteed Mushrooms w/ Rice \$7p
Garlic Shrimp Linguini \$7p
Eggplant Parmesan \$7