Flow Kitchen @
Spotted Octopus Brewing
56 S Union Street, Rochester
chef@flowfoodroc.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, meatballs, veggies, toppings.

Breakfast Buffet - $35p
Traditional buffet with bacon, sausage, scrambled eggs, herbed potatoes, 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

Smoked Pulled Pork $7p

Smoked Brisket $9p

Italian Sausage peppers/onions $7p

Italian Meatballs in Sauce $6p

Beef or Veggie Lasagna $8p

Beef Stroganoff $8p

Assorted Sandwich Wraps $7p

Assorted Breakfast Burritos $8p

Stuffed Zucchini Squash in sauce $7p

Chicken Shawarma w/ Rice $8p

Beef Shawarma w/ Rice $8p

Sauteed Mushrooms w/ Rice $7p

Garlic Shrimp Linguini $8p

Chicken Parmesan $8p

Eggplant Parmesan $7

Saucy Pork Chops $7

BBQ Baby Back Ribs $8p

Chicken Andouille Jambalaya $8p

Shrimp Gumbo $8p

Chicken and Broccoli Alfredo $7p

Buffalo Chicken Lasagna $8

Beef or Triple Bean Chili $7p

Irish Bangers and Mash $8p

Hungarian Goulash $8p

Irish Beef Stew $7p

Chicken Marsala $7p