

FLOJO CATERING KITCHEN

GROUP AND CATERING MENU



Located in Oyama B.C
250 - 938 - 2094

FloJo Catering Kitchen

With over 20 years of experience in the hospitality field, FloJo Catering has brought its pride and passion to the Lake Country and surrounding areas.

A family-run business with a history of operating such restaurants as The Cattlemen's Club at the Okeefe ranch and The Overlander in Armstrong.

The Flowers family has opened FloJo Catering Kitchen in its hometown of Oyama, B.C. Catering specialists in all types of events for all sizes.

We are a full-service catering business operating out of a fully licensed, food-safe premises. All operations are organized and prepared by red sealed Chef Dale Flowers.

Our catering menus offer you a small sample of "the basics." If there is something that you don't see or menus of your own thoughts that you would like to discuss, do not hesitate to reach out. We will do everything within our abilities to accommodate you and your guests with a positive experience.

Thank you for supporting local businesses.
Dale Flowers 250-938-209



Create Your Own Buffet

1 PROTEIN ITEM \$40

2 PROTEIN ITEM \$48

3 PROTEIN ITEM \$55

Choice 3 salad options, 2 side options, your choice of protein options and 2 dessert options.

Buffets are a minimum of 25 people

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SALAD OPTIONS

Choice of 3 salad options

TRADITIONAL CAESAR

Chopped romaine hearts, parmesan cheese, croutons, garlic Caesar dressing.

REDSKIN POTATO

Diced redskin potatoes, Dijon dill mayo dressing.

GREEK

Roma tomatoes, cucumber, red onion, feta cheese, and kalamata olives in an oregano vinaigrette.

OLIVE & ROASTED GARLIC

Marinated black kalamata olives, roasted garlic in a crushed chili flake oil.

SWEET & SOUR BEET

Pickled fresh beets, Kale and fresh tarragon.

DILL CUCUMBER

Fresh cucumber. dill, sour cream, and lemon.

CURRIED CHICKPEAS

Chickpeas in a curried cilantro aioli with fresh apples.

COLESLAW

Red cabbage and daikon radish coleslaw with a sesame ginger dressing.

MEDITERRANEAN PASTA

Roasted vegetables, bowtie pasta, feta cheese in a Greek-style dressing.

ROASTED MUSHROOM

Oven-roasted cremini mushrooms and vegetables in a garlic balsamic dressing.

MIXED GREENS

Okanagan locally sourced greens with our signature homemade vinaigrette and fresh vegetables.

ITALIAN TOMATO

Fresh tomato, red onion, mozzarella cheese, basil vinaigrette.

SIDE OPTIONS

Choice of 2 side options

ROASTED POTATOES

Red skin potatoes roasted with garlic and fresh Italian herbs.

MASHED POTATOES

Whipped russet potatoes with butter, steamed cream, and fresh parsley.

SCALLOPED POTATOES

Rich, comforting baked casserole, sliced potatoes, with a creamy sauce, and baked until tender with a bubbly, golden top

RICE PILAF

long-grain rice, diced carrots, celery, and onion, and Italian seasoning

MAC AND CHEESE

Elbow macaroni pasta in a rich, creamy, savory cheese sauce, with a bubbly top

VEGETARIAN LASAGNA

Layered pasta, zucchini, spinach, mushrooms, peppers, creamy béchamel, tangy tomato sauce, and melted mozzarella/Parmesan

Create Your Own Buffet Continued

PROTEIN OPTIONS

Your choice of protein options

BEEF OPTIONS

ROASTED BARON OF BEEF

Thin-sliced beef portions, rolled in a rosemary parsley gravy.

BEEF POT ROAST

Slow-cooked, fall apart chuck with a red wine gravy.

PRIME RIB

*AAA Prime rib cooked just how you like it.
ADD \$12 per person*

CHICKEN OPTIONS

SOUTHWESTERN CHICKEN

Mix of roasted thighs and legs, marinated in a southwestern spice.

SUPREME CHICKEN

Poached chicken breast in a sundried tomato, mushroom, cognac cream.

CHICKEN SCHNITZEL

Hand-breaded chicken breast in a mushroom caramelized onion gravy.

PORK OPTIONS

BBQ BACK RIBS

Slow-cooked in our signature BBQ sauce.

PORK LOIN

Dijon and fresh herb roasted pork loin

SEAFOOD OPTIONS

GRILLED SALMON

Grilled salmon topped with a tomato, onion, caper cream sauce

SEAFOOD PASTA

Chardonnay cream sauce, baked pasta, baby scallops and prawns.



DESSERT OPTIONS

Choice of 2 dessert options



FRESH FRUIT

Platter of fresh selections of fruit

CHOCOLATE BREAD PUDDING

Warm baked sweet bread in a chocolate royal, chunks of melted chocolate.

APPLE CRISP

Classic baked dessert featuring a cinnamon sugar apple filling topped with a crispy oat crumble.

SELECTION OF PIES

Farmers market seasonal pies

CREME CARAMEL

French dessert featuring a silky, vanilla custard topped with caramel sauce

CINNAMON CAKE

Warm dessert featuring a cinnamon crumble, swirled with brown sugar topped with a glaze.

FLOJO Catering Kitchen Buffets

Minimum 25 people

CHOOSE ONE OF OUR POPULAR OPTIONS

ROAST BARON OF BEEF

*Thin-sliced roast beef served with
Dijon mustard, horseradish, beef gravy.*

\$47

BBQ CHICKEN AND RIBS

*Slow cooked pork ribs in house-made
BBQ sauce, southern rubbed chicken*

\$50

SURF AND TURF

*Baked Coho wild salmon with a white
wine, tomato, tarragon cream sliced,
Beef portions served with Dijon
mustard, horseradish, beef gravy.*

\$50

MIXED GRILL

*Baked Coho wild salmon with a white wine,
tomato, tarragon cream sauce
southern rubbed BBQ chicken
Roast beef served with Dijon mustard,
horseradish, beef gravy*

\$57

VEGETARIAN LOVERS

*Sauteed tofu, seasonal vegetables in
our famous Thai sauce,
rose pasta primavera,
cheese tortellini in chardonnay cream
sauce*

\$45

HARVEST STYLE

*Honey glazed ham
whole butter glazed turkey
sage stuffing
turkey gravy, cranberry sauce*

\$52

PRIME RIB BUFFET

*AAA Prime rib Alberta beef
Giant Yorkshire pudding
Dijon mustard, horseradish,
beef gravy*

\$60

PASTA BUFFET

*Baked penne bolognese
rigatoni Florentine in parmigiana cream sauce,
rose pasta primavera,
chili flakes, parmigiana cheese*

\$45

All buffets include:

*Rolls and butter, Caesar salad, country potato salad, Mediterranean pasta
salad, vegetarian lasagna, hot apple crisp, traditional chocolate bread pudding,
crème caramel flan, whipped cream.*

Buffet includes 1 choice of:

*Mashed potatoes. rice pilaf, scalloped potatoes, mac and cheese, or roasted
potatoes.*

Appetizer Buffet

5 ITEM \$25 7 ITEM \$30 10 ITEM \$35

Choose desired number of appetizer options.

Buffets are a minimum of 25 people

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HOT ITEMS

MINIATURE QUICHE

Bite-sized vegetarian quiche

CREOLE CRAB CAKES

*Seared crab cakes topped with
roasted corn salsa*

PROSCIUTTO PRAWNS

Jumbo prawns wrapped in prosciutto

ROCK SALT DRY RIBS

Pork riblets with fresh citrus-infused soy sauce

THAI WINGS

*Sticky wings in a fresh garlic, ginger, cilantro,
honey and teriyaki sauce.*

MARINARA MEATBALLS

*Italian meatballs, in a fresh tomato basil
marinara sauce.*



COLD ITEMS

VEGETABLE CRUDITÉS

*Fresh market vegetables, blue cheese and
ranch dips*

GARDEN SKEWERS

*Vegetarian skewer with cherry tomatoes,
bocconcini cheese, red onion basil olive oil.*

FRESH FRUIT

Platter of fresh selections of fruit

DOMESTIC CHEESE TRAY

An assortment of domestic cheeses

MEDITERRANEAN TRIO

*Fresh dill tzatziki, olive tapenade, tahini
chickpea hummus.*

COLD CUTS

Sliced selection of cold cuts

TOMATO BRUSHETTA

*Roma tomatoes, fresh basil, garlic, and olive
oil.*

CRACKERS & ARTISAN BREAD BASKET

*Selection of artisan breads, crackers, and
grilled naan, perfect for all the spreads and
toppings.*

Create Your Own Lunch Buffet

LUNCH BUFFETS \$25 PER PERSON MINIMUM OF 25 PEOPLE

Choice of 1 Soup option, 2 Salad options, 3 Sandwich options

SOUP OPTIONS

Choice of 1 Soup option

BEEF VEGETABLE WITH ROASTED BARLEY

CAULIFLOWER WITH JALAPENO AND CHEDDAR

SPLIT PEA WITH HAM

SPANISH BLACK BEAN WITH CHORIZO

ROASTED CARROT AND GINGER PUREE

COCONUT CHICKEN WITH CURRY AND LEMON GRASS

TOMATO BASIL FLORENTINE

PUREE OF POTATO, CARAMELIZED ONIONS, AND ARUGULA

CREAM OF BROCCOLI WITH STILTON CHEESE

SALAD OPTIONS

Choice of 2 salad options

TRADITIONAL CAESAR

Chopped romaine hearts, parmesan cheese, croutons, garlic Caesar dressing.

GREEK

Roma tomatoes, cucumber, red onion, feta cheese, and kalamata olives in an oregano vinaigrette.

SWEET & SOUR BEET

Pickled fresh beets, Kale and fresh tarragon.

CURRIED CHICKPEAS

Chickpeas in a curried cilantro aioli with fresh apples.

MEDITERRANEAN PASTA

Roasted vegetables, bowtie pasta, feta cheese in a Greek-style dressing.

MIXED GREENS

Okanagan locally sourced greens with our signature homemade vinaigrette and fresh vegetables.

REDSKIN POTATO

Diced redskin potatoes, Dijon dill mayo dressing.

OLIVE & ROASTED GARLIC

Marinated black kalamata olives, roasted garlic in a crushed chili flake oil.

DILL CUCUMBER

Fresh cucumber, dill, sour cream, and lemon.

COLESLAW

Red cabbage and daikon radish coleslaw with a sesame ginger dressing.

ROASTED MUSHROOM

Oven-roasted cremini mushrooms and vegetables in a garlic balsamic dressing.

ITALIAN TOMATO

Fresh tomato, red onion, mozzarella cheese, basil vinaigrette.

Create Your Own Lunch Buffet Continued

SANDWICH OPTION

Choice of 3 Sandwich options

BLACK FOREST HAM WITH AGED CHEDDAR CHEESE

ROAST BEEF WITH RED ONION AND HORSERADISH MAYO

CHICKEN SALAD WITH CURRY AND APPLE

VEGETARIAN WITH GOAT CHEESE, ROASTED PEPPERS, GRILLED ZUCCHINI

EGG SALAD WITH FRESH ARUGULA

TUNA SALAD WITH DAIKON SLAW

FLOJO WRAP, CRISPY CHICKEN, RANCH, PICKLES, LETTUCE, CHEDDAR CHEESE



HOT SIDE OPTIONS

Add 1 Hot Option for \$5 extra per person

CHOCOLATE BREAD PUDDING

Warm baked sweet bread in a chocolate royal, chunks of melted chocolate.

APPLE CRISP

Classic baked dessert featuring a cinnamon spiced apple filling with a crumbly oat topping

MEAT LASAGNA

Layers of pasta, bolognese sauce, creamy cheese fillings, baked with a golden top.

SHEPHERDS PIE

Ground beef and vegetables in a rich gravy, topped with a layer of creamy mashed potatoes baked until golden brown

SCALLOPED POTATOES

Rich, comforting baked casserole, sliced potatoes, with a creamy sauce, and baked until tender with a bubbly golden top

VEGETARIAN LASAGNA

Layered pasta, mixed vegetable medley, creamy béchamel, tangy tomato sauce, and melted mozzarella/Parmesan

MAC AND CHEESE

Elbow macaroni pasta in a creamy savory cheese sauce topped with aged cheddar au gratin.

RICE PILAF

Long-grain rice, diced carrots, celery, and onion, and Italian seasoning

FLOJO Catering Kitchen Lunch Buffets

Minimum 25 people

CHOOSE ONE OF OUR POPULAR LUNCH OPTIONS

CREATE YOUR OWN SANDWICH

Cold cut platter (Salami, black forest ham, roast beef, turkey, kielbasa), domestic cheese platter, cruditie platter, horseradish, mustard, mayonnaise, sliced tomatoes, onions, pickles, crispy lettuce, kaiser buns

BURGER

Kaiser buns, lettuce, tomato, onion, mustard, mayo, relish ½ pound charbroiled beef Angus burger, fries poutine

CHICKEN SCHNITZEL

*Breaded chicken schnitzel
mushroom gravy
rice pilaf*

BEEF ON A BUN

*Thinly sliced roast baron of beef
caramelized onion and rosemary gravy
Crusty-style Italian buns
Creamy horseradish mayo
sour pickles*

VEGETARIAN LOVERS

*Classic rice pilaf
sauteed tofu, seasonal vegetables in
our famous Thai sauce
Rose Pasta Primavera
Baked Veterinarian Lasagna*

PASTA

*Vegetarian lasagna
Baked Penne in a tomato meat sauce
Rigatoni Florentine in Parmigiana cream sauce
Chili flakes, parmigiana cheese, rolls and butter*

HOT DOG

*Jumbo hot dogs, homemade chili,
steamed buns, diced onions, hot
banana peppers
sliced pickles, grated cheese, and
sauerkraut.*

PIEROGI

*Pierogi in a dill cream sauce,
homemade pork sausages,
sauerkraut, crispy bacon bits, sautéed
onions, diced Tomato, sour cream, green
onions*

SHEPHERDS PIE & MAC AND CHEESE

*Garlic bread
Shepeherds Pie
Mac and Cheese*

LASAGNA

*Rolls and butter
Vegetarian or meat lasagna*

All buffets include: Caesar salad, country potato salad, and Mediterranean pasta salad.

FLOJO PLANNING GUIDE

NAME: _____

ADDRESS: _____

CITY: _____ **PROVINCE:** _____ **POSTAL CODE:** _____

TELEPHONE NUMBER: _____

EMAIL ADDRESS: _____

EVENT DATE: _____

EVENT LOCATION: _____

NUMBER OF GUESTS: _____

NUMBER OF ADULTS: _____ **NUMBER OF CHILDREN (4-10) :** _____

Timeline

GUEST ARRIVAL TIME: _____

APPETIZER SERVING TIME: _____

DINNER SERVING TIME: _____

MIDNIGHT SNACK SERVING TIME: _____

WILL YOU BE HAVING APPETIZERS PRIOR TO MAIN MEAL : _____

APPETIZER CHOICES : _____

WHICH DINNER MENU OPTION HAVE YOU CHOSEN : _____

ANY SPECIAL REQUESTS OR FOOD ALLERGIES : _____

WILL YOU BE HAVING A MIDNIGHT SNACK : _____

WHICH MIDNIGHT OPTION HAVE YOU CHOSEN : _____

NAME: _____ **SIGNATURE:** _____

APPROXIMATE FLOOR PLAN:

