



TUESDAY- FRIDAY: 11:00am - 6:00pm  
SATURDAY SUNDAY: 10:00am - 3:00pm

2101 Paris Rd, Chalmette, LA 70043

(504) 510-3080

## SOUPS

*QT. (feeds 5) - \$15.00*

*GAL. (feeds 20) - \$50.00*

### **Baked Potato**

with chives, shredded cheddar, and bacon bits

### **Portabella Mushroom**

with flash fried mushrooms and heavy cream

### **Chicken, Bacon, Leek**

with mushrooms and cream cheese

### **Thai Curry Shrimp**

red curry with coconut milk and jasmine rice

### **Duck and Andouille Gumbo**

rich, dark roux with rice

### **Tomato Basil**

with fresh basil, heavy cream, and goat cheese

## SALADS

*MED. (feeds 10-12) - \$25.00*

*LG. (feeds 20-25) - \$40.00*

### **FLOUR POWER**

Grilled chicken, mixed greens, strawberries, goat cheese, candied nuts, balsamic drizzle and Steen's balsamic vinaigrette on the side

### **SPINACH**

Flash fried oysters, baby spinach, grilled portabella mushrooms, fried onions, sun-dried tomatoes with warm bacon vinaigrette on the side

### **CAESAR**

Romaine, Parmesan, and house-made focaccia croutons w/ creole mustard Caesar dressing on the side

### **CHICKEN**

Grilled chicken, romaine, parmesan, house-made focaccia croutons with creole mustard Vinaigrette

## SANDWICH / WRAP TRAYS

*24 pcs. - \$40.00*

### **CAPRESE**

Pesto, balsamic reduction, Roma tomatoes, fresh buffalo mozzarella \$9

### **ASIAN CHICKEN WRAP**

Marinated chicken, carrots, cucumber, cabbage, cilantro, rice noodles with a sesame peanut sauce

### **IZZY**

turkey, ham, apple wood smoked bacon and Swiss with arugula, roma tomatoes and honey mustard aioli

### **VEGAN BUFFALO CHICKEN WRAP**

Cauliflower "chicken" with cashew blue cheese and shredded cabbage with ranch and buffalo sauce

### **CHICKEN QUESADILLAS**

Marinated, grilled chicken, cheddar and Monterey jack cheeses. Served with sides of black bean and corn salsa, sour cream and guacamole

### **FLOUR POWER WRAP**

grilled chicken, mixed greens, strawberries, goat cheese, candied nuts, balsamic drizzle, and Steen's balsamic vinaigrette - in a wheat wrap

**CHICKEN CAESAR WRAP**

grilled chicken, romaine, parmesan, focaccia croutons with creole mustard Caesar dressing in a garlic herb wrap

**CHICKEN FRIED TOFU WRAP**

double-battered tofu with romaine, pickled onions, and mango aioli in a flour wrap

**EXTRAS**

*QT. (feeds 4-5) - \$14.00*

**PASTA SALAD or QUINOA**

Choice of:       \*pesto and roasted veggies, \*feta mushroom and lemon,  
                      \*southwestern corn and black beans, or \*Asian stir fry

**FRUIT SALAD**

Seasonal, fresh fruit, such as watermelon, mango, cantaloupe, honey dew, pineapple, and grapes with fresh mint

**BOXED LUNCHES**

*\$12.00*

**Choice of SANDWICH / WRAP, and PASTA, QUINOA, or FRUIT SALAD of the day**

**DESSERTS**

*DOZEN - \$15.00*

**Assorted Cake Squares**

Flour Power's most popular cakes cut into two-bite squares