



flarah's

2815 beaver • des moines • www.flarajs.com  
515.277.1935

## APPETIZERS

### Hot Items

*Priced per person.*

- Stuffed Mushrooms Boursin 2.00
- Bacon Wrapped Water Chestnuts 1.75
- Thinly Sliced Roasted Beef Loin with a Small Ciabatta Roll 2.75
- Crab Cakes with Aoli Dipping Sauce 1.75
- Mustroom Tartes 1.50
- Artichoke Dip with Pita or Tortilla Chips 1.85
- Vegetable Spring Rolls with Dipping Sauce 2.00
- Meatballs in Homemade BBQ Sauce 2.00
- Grilled Chicken Skewers with Dipping Sauces 2.50

### Cold Items

- Fresh Shrimp with Cocktail Sauce (price subject to availability) 4.00
- Caramelized Onion Mini Crepes 1.50
- Puffed Pastry filled with Chicken Salad 2.50
- Tomato and Basil Brushcetta 2.00
- Roasted Red Pepper Dipping Sauce with Toasted Baguettes 2.00
- Fruit Kabobs 2.00
- Roasted Asparagus, Cherry Tomatoes, Broccoli, Carrots, Celery, and Cucumbers with Dip 2.25
- Marinated Tomatoes & Fresh Mozzarella Skewers 2.25
- Assorted Cheeses and Crackers 2.25

## SALADS

Served in single box portions or larger bowls. All salads are served with a homemade challah roll and butter. We never omit dessert, even if you're eating healthy!

### Strawberry Salad

Assorted field greens with strawberries, red onions, mandarin oranges & candied pecans tossed in raspberry cinnamon vinaigrette.

### Mandarin Orange

Assorted field greens with mandarin oranges, scallions, celery and candied almonds tossed in tangy vinaigrette.

### BLT Salad

Assorted field greens with fresh tomatoes, red onions, crisp bacon, lemon garlic dressing and finished off with homemade croutons.

### Italian

Assorted field greens with tomatoes, olives, cucumbers, red onions and homemade croutons, served with classic Italian dressing.

### Cobb Salad

Tossed field greens with eggs, tomatoes, cheddar cheese, provolone, ham, smoked turkey, and bacon, served with assorted dressings. Add an additional .50 per person.

### Chocolate and Blue

Assorted field greens, red onion, candied walnuts, shaved parmesan tossed in our fresh blueberry vinaigrette. We top it off with fresh parmesan and chocolate covered blueberries.

### Roasted Apple

Assorted field greens with roasted apples, candied walnuts, feta cheese and red onion, served with a mustard apple cider vinaigrette.

### Caesar

Assorted field greens, red onion, shaved parmesan cheese, and homemade croutons, served with classic caesar dressing.

**Chicken may be added to any of these salads for \$1 per serving.**

**Boxed Lunch style 9.25**

**Small Bowl feeding 8-10 people 65.00**

**Large Bowl feeding 16-20 people 110.00**

## SANDWICHES

*Served with an assortment of our signature desserts.*

### Sandwich Station

Honey ham, smoked turkey, roasted beef, chicken salad and vegetarian sandwiches, paired with assorted cheeses, served on ciabatta bread. 9.55

### Wrap Station

A fresh wrap with our homemade garlic basil spread, filled with assorted meats, chicken salad or vegetarian. 9.55

### BBQ Beef or Pork Sandwiches

Roasted beef or pork, sliced very thin and immersed in tangy BBQ sauce. After slowly cooking, we bring it to you hot, with ciabatta bread. 9.55

**The above sandwiches served with a choice of two of the following sides:**

Our signature fruit cup, tri-colored pasta salad, greek pasta with kalamatta olives and feta cheese, broccoli salad, baked beans, coleslaw, assorted bagged chips, fresh fruit.

**Fresh mozzarella and tomato basil salad is an additional .50**

### Boxed Lunch

Your choice of meat, chicken salad or veggie sandwich, fruit cup, a side and a brownie or cookie. 9.55

## DESSERTS

Assorted Bars 18.00/dozen

Assorted Cookies 15.00/dozen

10" Cheesecake (16 slices) 40.00

4" cheesecake 12.00

Bite Size Cheesecakes 17.40/dozen

## HOT SELECTIONS

Served with a combination of our signature desserts.

### Chicken Enchiladas

Tender pieces of shredded chicken combined with onion and cheeses wrapped in flour tortillas and covered with a tomato cream sauce and cheddar cheese. Accompanied with mexican rice, chips and salsa, and a salad of your choice. 9.75

### Taco Bar

A combination of shredded chicken and beef, hard and soft shell, beans and rice, chips and salsa, and all the condiments. 10.00

### Golden Mushroom Chicken

Boneless chicken breast gently baked in a creamy mushroom sauce accompanied with wild rice, a salad of your choice and rolls. 10.15

### Baked Raspberry Chicken

Tender chicken breasts marinated in a raspberry sauce, garnished with fresh raspberries. Accompanied with wild rice, a salad of your choice and rolls. 10.15

### Stuffed Cranberry Chicken

Boneless chicken breasts stuffed with cranberries, apples, roasted peppers and swiss cheese. Accompanied with wild rice, a salad of your choice and rolls. 10.50

### Chicken or Eggplant Parmesan

Chicken or eggplant lightly dusted with italian seasoning and baked to crispness, served on top of fresh noodles, covered with a fresh marinara sauce and mozzarella cheese. Accompanied with an italian salad and breadsticks. 10.15

### Basil Chicken & Penne in Cream

Fresh Basil cream sauce, grilled chicken, and sauteed veggies tossed with fresh penne pasta and topped with parmesan. Accompanied with an italian salad and breadsticks. 10.15

### Tortellini Alfredo with Prosciutto

Cheese tortellini tossed in a rich alfredo sauce with diced prosciutto, roasted red peppers, and portabella mushrooms. Accompanied with an italian salad and breadsticks. 10.25

### Roast Beef a Jus

Roast beef gently roasted, sliced and served with its own pan juices. Accompanied with either wild rice or real garlic mashed potatoes, a salad of your choice and rolls. 14.00

### Smoked Pork Loin with Apricot Glaze

Slices of smoked Iowa pork lightly topped with apricot glaze. Served with garlic mashed potatoes, a salad of your choice and rolls. 12.00

### Fresh Vegetables with Light Tomato Basil Sauce

Fresh vegetables with penne pasta tossed in a light basil tomato sauce. Accompanied with an italian salad and breadsticks. 9.75

### Baked Penne with Meatballs

Penne pasta cooked al dente and tossed with a rich marinara sauce, homemade meatballs, fresh parmesan and mozzarella cheeses. Accompanied with an italian salad and breadsticks. 9.75

### Homemade Lasagna

Meat or Roasted Vegetable. Lasagna layered between assorted cheeses, marinara sauce and fresh herbs. Served with an italian salad and breadsticks. ½ pan serves up to 10 people. 110.00

### Chicken and Wild Rice

A wonderful blend of fresh white meat chicken, wild rice, mushrooms and red peppers. Smothered in a cream sauce, and topped with toasted almonds. Accompanied with a salad of your choice and rolls. ½ pan serves 10 people. 110.00

**Vegetables can be added to any entrée for a minimal fee. Many vegetarian options are available. Please contact us for selections.**

**In order to provide the quality and service which Flarah's represents, we kindly request that the above entrées are ordered in a minimum of 4.**

**Menu and pricing subject to change without notice.**

## BREAKFAST

### Continental

Caramel and/or cinnamon rolls, frozen fruit cups or fresh fruit, orange juice and cranberry juice. 7.25

### Hot Breakfast

Three cheese potatoes and canadian bacon strata, caramel and/or cinnamon rolls, frozen fruit cups or fresh fruit, orange juice and cranberry juice. 9.50

## BEVERAGES

Assorted sodas 1.75

Bottled Water 1.75

Miniature water or soda 0.75

## POLICIES & FEES

### SET & GO CATERING

#### Ordering

It is our pleasure to receive your order by phone at 515.277.1935 or by fax at 515.277.1937. Please do not hesitate to call even if you are in a last minute bind. We are more than able to accommodate most requests.

#### Delivery

A \$15 delivery fee is added to all deliveries within the Metro area. Additional fees may apply to surrounding communities. We are willing to help set up once we arrive at your location.

#### SERVICE CHARGES

A 10% service charge is added to all Set & Go Catering to cover the cost of disposable plates, flatware, napkins and serving items. When chafing dishes are required, a 15.00 charge is added to cover the return pick-up of the chafers.

### FULL SERVICE CATERING

Due to the varying nature of each event, we request that you speak with one of our staff members to customize your event.