

Brunch

Chicken & Waffles

Shrimp & Grits

Waffle Bar

(Includes assorted sauces and toppings made fresh to order)

Maple Sweet Potato Hash

Applewood Smoked Bacon

Turkey or Pork Sausage Links

Granola Parfait Bowls

Veggie Quiche

Sweet Potato Grilled Chicken & Waffles

Garlic Butter Salmon Stuffed Croissants

Roasted Seasoned Potatoes

Scrambled Eggs (Add cheese)

Lunch

Blackened/Grilled Salmon Caesar Salad

Grilled/Blackened Honey Glazed Chicken Salad

Pineapple Bowl with Blackened Salmon & Sautéed Shrimp

(Includes mushrooms, wild rice, and a sweet & spicy glaze)

Assorted Pasta Entrée

Pan Seared Salmon Sandwich

Toasted Pesto Veggie Sandwich



Place your order today!



901-550-0976



www.flavorfavors.co



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Flavor Favors



info@flavorfavors.co

Ask about our vegan, vegetarian, and gluten free options! Be sure to also include food allergies when ordering.



Devin Marmon
Principal Chef/Owner

"GIVING YOUR TASTE
BUDS WHAT THEY
DESERVE"



Appetizers

Assorted Fruit Spread

Assorted Vegetable Spread

Honey Glazed Turkey Sandwiches

Creamy Stuffed Chicken Salad Croissants

Bruschetta on Garlic Parmesan Toast

Sweet and Spicy Turkey Meatballs

Blackened Shrimp with Crispy Chilled
Cucumber Slices

Bacon-Wrapped Chicken Bites

Wedge Salad on a Stick

Crab Stuffed Mushrooms

Ultimate Rotel Dip

Spinach & Artichoke Dip

Main Course

Grilled/Blackened/Fried Fish

Grilled/Blackened/Fried Chicken

Chicken Parmesan

Jerk Chicken Pasta

Smoked Gouda Veggie Pasta

Drunken Italian Pasta

Steak

Shrimp



Sides

Roasted Garlic Parmesan Red Potatoes

Asparagus

Roasted Vegetable Skewers

Sautéed Squash & Zucchini

Roasted Garlic Cabbage Slices

Brown Sugar Glazed Carrots

Roasted Broccoli

Honey Balsamic Garlic Roasted Mushrooms
(Whole)

Honey Balsamic Roasted Brussel Sprouts

Garlic Parmesan Mashed Red Potatoes

Roasted or Mashed Whole Sweet Potato with
Cinnamon Butter

Macaroni & Cheese
(Add lobster or buffalo chicken)

Green Beans

Loaded Baked Potato

Sautéed or Cream Spinach

Wild Rice

Salad