

salads

ADD: pulled chicken +6 | curry chicken 6.75 | avocado +2.75
egg +2.25 | feta +2.75 | Parmesan Cheese +2.75
tofu & yam mix +3.75 | toppings +0.75 | dressing +1.25

BOHO FLOCK GF V **19.25**
shredded kale, quinoa, shredded and roasted
beets, currants, toasted pumpkin seeds, shredded
carrots, pomegranate, beet hummus with **beet basil
orange dressing**

POWER FLOCK GF V **17.45**
romaine & spinach, butternut squash, black beans,
pickled onions, daikon, red cabbage, soy beans, goji
berries, sunflower seeds with **carrot ginger miso
dressing**

CALI VG GF **17.45**
mixed greens, quinoa, cucumber, pickled onions, half
hard boiled egg, carrots, beets, feta, sunflower seeds, soy
beans with **avocado-jalapeno dill sauce**

BAJA VG GF **18.95**
organic brown rice, spinach, romaine, black beans, red
cabbage, cucumber, pickled onion, butternut squash,
spiced corn, avocado, feta, green onion & tortilla chips
with **jalapeño coconut dressing**

FLOKÉ GF V **18.95**
organic brown rice, spinach, red cabbage, cucumber,
soy bean, avocado, zucchini, green onion, sesame nori,
roasted tofu & sweet potato with **miso ginger dressing**

CARDI **16.45**
kale, cauliflower, red cabbage, crispy onions, parmesan
cheese, half hard boiled egg with **house caesar dressing**

sweets

FUDGE BROWNIE VG **4.50**

MARSHMALLOW SQUARE **4.50**

boxed meals

BREAST MEAL حلال **26.65**
rotisserie chicken breast with cardi or boho slaw, roasted
sweet potatoes, avocado-jalapeno dill sauce, and a
choice of chimmichurri or caribbean pepper sauce

LEG MEAL حلال **24.75**
rotisserie chicken leg with cardi or boho slaw, roasted
sweet potatoes, avocado-jalapeno dill sauce, and a
choice of chimmichurri or caribbean pepper sauce

DOUBLE LEG MEAL حلال **28.95**
double rotisserie chicken leg with cardi or boho slaw,
roasted sweet potatoes, avocado-jalapeno dill sauce, and
a choice of chimmichurri or caribbean pepper sauce

PULLED SANDWICH MEAL حلال **22.95**
rotisserie pulled chicken with avocado, horseradish-beet
slaw with crispy onions, mixed greens on a brioche bun.
served with roasted sweet potatoes, avocado-jalapeno
dill sauce and choice of boho or cardi slaw

**PULLED CURRY CHICKEN
SANDWICH MEAL** حلال **23.95**
pulled curry rotisserie chicken with celery, green onion,
mixed greens and diced apple on a brioche bun. served
with roasted sweet potatoes, avocado-jalapeno dill sauce
and choice of boho or cardi slaw

drinks

SAN PELLEGRINO **2.50**
aranciata rossa, limonata

GOOD DRINK ICED TEA **4.25**
mango & vanilla, green tea

PERRIER **2.75**
250 ml

CANNED POP **2.50**
coca-cola, diet coca-cola, sprite, ginger ale

NAYA WATER **2.25**

DF Dairy Free

حلال Halal

GF Gluten Free

VG Vegetarian

V Vegan

chicken

ROTISSERIE CHICKEN PLATTER  **134.95**

fresh, juicy rotisserie chicken, seasoned perfectly - the FLOCK way and served with **chimichurri** and **caribbean pepper sauce**.

PULLED CHICKEN PLATTER  **145.95**

FLOCK's signature pulled rotisserie chicken

CURRY CHICKEN SALAD PLATTER  **124.95**

pulled rotisserie chicken, curry aioli, grannysmith apples, green onions, currants

salads

POWER SALAD PLATTER   **88.95**

romaine & spinach, butternut squash, black beans, pickled onions, daikon, red cabbage, soy beans, goji berries, sunflower seeds with **carrot ginger miso dressing**

BOHO SALAD PLATTER   **91.95**

shredded kale, quinoa, shredded and roasted beets, currants, toasted pumpkin seeds, shredded carrots, pomegranate, beet hummus with **beet basil orange dressing**

CARDI SALAD PLATTER **88.95**

kale, cauliflower, red cabbage, crispy onions, parmesan cheese, half hard boiled egg with **house caesar dressing**

CALI SALAD PLATTER   **88.95**

mixed greens, quinoa, cucumber, pickled onions, half hard boiled egg, carrots, beets, feta, sunflower seeds, soy beans with **avocado-jalapeno dill sauce**

sides

SEASONED RICE PLATTER   **44.95**

ROASTED, GLAZED VEGETABLE PLATTER   **77.95**

cauliflower, carrots & broccoli florets

ROASTED SWEET POTATO PLATTER   **44.95**

with chili & lime salt with **avocado-jalapeno dill sauce**

sweets

MIXED SWEET PLATTER **80.00**

marshmallow squares (10 pieces)
gluten-free brownies (10 pieces)

 Dairy Free

 Halal

 Gluten Free

 Vegetarian

 Vegan



@eatflock | eatflock.com

