

FLOCK

rotisserie + greens

STARTERS

FLOCK STOCK \$7

Rich Chicken Broth, Root Vegetables, Greens & Pepitas, Pulled Rotisserie Chicken
(GF)(V)

COOP SOUP \$7

Thai Curry Spiced Cauliflower, Coconut & Lentil Soup With Mint & Lime
(GF)(V)

AVOCADO TOAST \$8

Ancient Grain Bread, Valentine Radish, Pickled Onions, Chili & Lime Salt, Tomato, Shaved Cucumber, Sesame Seeds & Sprouts
(V)

GREEN FALAFEL \$8

Roasted Beet Hummus Chermoula Dressing & Toasted Sesame Seeds
(GF)(V)

DRY SPICED CRISPY CHICKEN WINGS \$10

Honey & Garlic Chips
(GF)

HOUSE MADE DIPS \$8/EACH or \$18/ALL 3

With Fresh Cut Vegetables & Flatbread

- Roasted Cauliflower Hummus
- Heirloom Beet Hummus
- Crushed Sweet Pea, Avocado & Lime
(GF)(V)

GREENS

ADD: Pulled Chicken +\$5 | Avocado +\$2.25 | Hard Boiled Egg +\$2 | Feta +\$2.5
Falafel +\$3.5 | Marinated Tofu +\$3.5 | Extra Toppings or Sauce/Dressing +\$0.5

MAKE IT MAIN COURSE SIZE - ADD \$3.50

POWER FLOCK \$9.50

Romaine Hearts & Baby Spinach, Steamed Squash, Marinated Black Beans, Daikon, Pickled Onions, Shaved Brussels Sprouts, Soy Beans, Cilantro, Goji Berries, Crispy Chick Peas, Sunflower Seeds with Carrot, Ginger, White Miso Dressing
(GF)(V)

BOHO FLOCK \$9.50

Marinated Kale Salad, Red Quinoa, Cherry Tomato, Roasted & Raw Beets, Dried Currants, Pumpkin Seeds, Carrots, Pomegranate, Sweet Peppers with Beet, Basil, Orange Vinaigrette
(GF)(V)

HARVEST FLOCK \$9.50

Marinated Kale, Farro, Toasted Pecans, Currants, Spaghetti Squash, Crispy Jalapeño, Beet Hummus, Sprouted Bean Mix, Roasted Beet, Butternut Squash, Roasted Cauliflower, Brussels Sprout, Pumpkin Sage Vinaigrette
(GF)(V)

ROMAINE HEARTS WITH CAESAR DRESSING \$12

Piquillo Peppers, Sunchoke Chips, Roasted Garlic Croutons, Cherry Tomatoes, Crispy Bacon, Shaved Parmigiano

ROTISSERIE

CLASSIC ROTISSERIE CHICKEN



Served with House Coleslaw (GF)(V)

Choice of Sauce - House Caribbean Pepper or Chimmichurri (GF)(V)
+ Choice of One Side

1/4 CHICKEN DINNER (LEG) + ONE SIDE \$14.75

1/4 CHICKEN DINNER (BREAST) + ONE SIDE \$15.25

2 LEG CHICKEN DINNER + ONE SIDE \$20.75

1/2 CHICKEN DINNER + ONE SIDE \$22.50

ADD: Biscuit +\$2

MAINS

HARBORD BURGER \$19.25

Dry Aged Burger, Cooked to Medium, Milk Bun, Caramelized Onions, Aged Cheddar, Stout Grainy Mustard, Sour Pickle, House Made Ketchup & Aioli WITH Fries & Slaw + BACON \$2.50

FRIED CHICKEN SAMMY \$15.5

Buttermilk Ranch, Pickles, Sweet & Hot Sauce WITH Slaw, Pickle
AND Choice of Any Side

PULLED ROTISSERIE CHICKEN SANDWICH \$14.5

Avocado, Crisp Romaine, Crispy Onions & Horseradish/Beet/Apple Slaw WITH House Coleslaw, Pickle
AND Choice of Any Side
(GF)

GNOCCHI, ROASTED EGGPLANT & SAN MARZANO TOMATO SAUCE \$16

Virgin Olive Oil, Fresh Basil, Bread Crumbs & Ricotta
(V)

FRIED CHICKEN DINNER PLATTER

3PC \$16 / 5PC \$22

Served with Biscuit, House Coleslaw, Dill Pickle & Hot Sauce

ALLERGY STATEMENT:

MENU ITEMS MAY CONTAIN OR COME INTO CONTACT WITH WHEAT, EGGS, NUTS AND/OR MILK. PLEASE ADVISE YOUR SERVER OF ANY FOOD RESTRICTIONS.

SIDES

CRISPY SWEET POTATOES \$6

Chili Lime Salt
(GF)

STEAMED BROCCOLI \$6.50

Olive Oil & Lemon
(GF)(V)

HAND CUT FRIES & AIOLI \$6

(GF)

KALE CAESAR \$6

Cherry Tomatoes & Pecorino
(GF)

ROAST SPICED BEETS \$6.5

Mint, Dill, Yoghurt & Sunflower Seeds
(GF)(V)

FRESH COLESLAW & CHEESE BISCUIT \$6

(GF)

ROASTED CORN ESQUITES \$7

Lime Crema & Queso Seco
(GF)(V)

MAC & CHEESE \$8

(GF)



kids menu

FRIED CHICKEN FINGERS OR PULLED CHICKEN \$9.50

Served with Steamed Broccoli, Choice of Fries or Mac & Cheese, Juice Box (Apple or Orange) & Dessert

- (GF) Dairy Free
- (V) Halal
- (GF) Gluten Free
- (V) Vegetarian
- (V) Vegan
- (GF) Contains Nuts

< Delicious Food That's Pretty Good For You >

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