

ROTISSERIE

CLASSIC ROTISSERIE CHICKEN (🌱🌱🌱)

Our Chickens are Naturally Raised without Antibiotics, Air Chilled and Certified Humane

Served with House Coleslaw
Choice of Sauce - House Caribbean Pepper or Chimmichurri
+ Choice of One Side

1/4 CHICKEN (LEG) DINNER + ONE SIDE.....	14.75
1/4 CHICKEN (BREAST) DINNER + ONE SIDE.....	15.25
2 LEG CHICKEN DINNER + ONE SIDE.....	20.75
1/2 CHICKEN DINNER + ONE SIDE.....	22.50

ADD: Extra Biscuit +\$2

WHOLE CHICKEN WITH 2 HOUSE SAUCES.....27

Choice of Caribbean Pepper
Sauce and/or Chimmichurri

FRIED CHICKEN PLATTER

3PC 16 / 5PC 22

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

SIDES

CRISPY SWEET POTATOES 6 (🌱)
Chili Lime Salt

HAND CUT FRIES & AIOLI 6 (🌱🌱)

ROAST SPICED BEETS 6.5 (🌱🌱)
Mint, Dill, Yoghurt & Sunflower Seeds

ROASTED CORN ESQUITES 7 (🌱🌱)
Cilantro Crema & Queso Seco

STEAMED BROCCOLI 6.5 (🌱🌱)
Lemon & Olive Oil

KALE CAESAR 6 (🌱)
Cherry Tomatoes & Pecorino

FRESH COLESLAW
& CHEESE BISCUIT 6 (🌱)

MAC & CHEESE 8 (🌱)

SANDWICH MEALS

With House Coleslaw, Pickle and Choice of 1 side

PULLED ROTISSERIE CHICKEN SANDWICH (🌱) 14.50
Avocado, Crisp Romaine, Crispy Onions & Horseradish-Beet-Apple Slaw

FRIED CHICKEN SAMMY 15.50
Buttermilk Ranch, Pickles, Sweet & Hot Sauce

DESSERT

BROWNIE (🌱🌱) 4
Dark Chocolate Fudge Brownie

FLOCK KEY LIME PIE (🌱🌱) 8
Coconut & Graham Crust with
Soft Whipped Cream



Dairy Free



Halal



Gluten Free



Vegetarian



Vegan



Contains Nuts

FLOCK
rotisserie + greens

< Delicious Food That's Pretty Good For You >

97 HARBORD STREET / TORONTO / (647) 748 7199
HARBORD@EATFLOCK.COM / EATFLOCK.COM



ORDER AHEAD

@eatflock.com

FLOCK

rotisserie + greens
on Harbord

TAKE OUT MENU



FULL 32oz 11.5

GREENS

HALF 16oz 8

POWER FLOCK

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



HARVEST FLOCK

Marinated Kale, Farro, Toasted Pecans, Currants, Spaghetti Squash, Crispy Jalapeño, Beet Hummus, Roasted Beet, Butternut Squash, Roasted Cauliflower, Brussels Sprout, with Pumpkin Sage Vinaigrette



BOHO FLOCK

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



ADDITIONS:

Pulled Chicken +4 | **Avocado** +2 |
Hard Boiled Egg +1.50 | **Feta** +2 |
Marinated Tofu +3 | **Falafal** +3 |
Extra Toppings or Sauce/Dressing +0.50

SMALLER THINGS

FLOCK STOCK (V, GF, DF)

Rich Chicken Broth, Root Vegetables, Greens & Pepitas, Pulled Rotisserie Chicken

SM 6 LG 11.50

COOP SOUP (V, GF)

Thai Curry Spiced Cauliflower, Coconut & Lentil Soup with Mint & Lime

SM 6 LG 11.50

DRY SPICED CHICKEN WINGS (GF)

Honey & Garlic Chips

12

GREEN FALAFEL (V, GF)

Roasted Beet Hummus, Chermoula Dressing & Toasted Sesame Seeds

8



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