

CHICKEN

with caribbean pepper sauce   or chimichurri  

CHICKEN LEG  **10**

CHICKEN BREAST  **10.50**

1/2 CHICKEN  **17.75**

MAKE IT A MEAL **+5.75**

served with coleslaw & one side

SIDES + SOUPS

FLOCK STOCK    **7 | 12.50**

chicken stock, vegetables, pulled chicken topped with greens & pumpkin seeds.

NOT INCLUDED AS MEAL SIDE

COOP SOUP   **7 | 12.50**

thai curry spiced cauliflower, coconut & lentil soup topped with mint & lime.

NOT INCLUDED AS MEAL SIDE

TURKEY CHILLI **9 | 16.50**

black beans, poblano peppers, feta, green onions, cilantro and pepitas

NOT INCLUDED AS MEAL SIDE

MAC + CHEESE  **9**

orecchiette pasta, mornay & cheese.

NOT INCLUDED AS MEAL SIDE

ROASTED SWEET POTATOES   **6**

with chili & lime salt.

SIMPLE GREEN SALAD   **6**

mixed greens, carrots, cucumber & Classic vinaigrette.

KALE CAESAR SLAW **6**

kale, cauliflower, red cabbage, brussels sprouts, roasted red peppers, crispy onions, crispy jalapeños, parmesan cheese with **Cardi dressing**.

SANDWICH

PULLED CHICKEN SAMMY  **11**

avocado, romaine, crispy onions & horseradish, beet, apple slaw

MAKE IT A MEAL **+4.50**

served with coleslaw & one side

GREENS

ADD: pulled chicken +5 | avocado +2.25 | falafel +3.5 | egg +2 | feta +2.5 | halloumi +4 | toppings/dressing +0.5

POWER FLOCK   **9 | 12.75**

romaine & spinach, butternut squash, black beans, daikon, pickled onions, brussels sprouts, soy beans, cilantro, goji berries, crispy chickpeas, sunflower seeds with **Power dressing**.

BOHO FLOCK   **9 | 12.75**

kale, quinoa, tomatoes, beets, currants, pumpkin seeds, carrots, pomegranate, peppers with **Boho dressing**.

CARDI FLOCK **9 | 12.75**

kale, cauliflower, red cabbage, brussels sprouts, roasted red peppers, crispy onions, crispy jalapeños, lemon, parmesan cheese with **Cardi dressing**.

MAKE IT A WRAP **9**

whole wheat or white tortilla.

BOXES

FLOKÉ BOX   **14**

brown rice, spinach, red cabbage, cucumber, soy bean, avocado, cilantro, green onion, sesame nori, roasted tofu & sweet potato with **Floké dressing**.

BAJA BOX  **14**

brown rice, spinach, romaine, black bean, red cabbage, cucumber, cherry tomato, pickled onion, butternut squash, corn, avocado, feta, green onion, cilantro & tortilla chips with **Baja dressing**.

SWEETS

BROWNIE  **4.50**

POWER BAR   **4.50**

BASQUE CHEESECAKE  **9.75**

with sour cherry compote. Serving for 2 people

KEY LIME PIE  **9.75**

with fresh cream and coconut. Serving for 2 people

PUMPKIN CHEESECAKE PIE  **9.75**

with fresh cream. Serving for 2 people