

FLOCK

on Harbord



@eatflock | eatflock.com

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

FRIED CHICKEN PLATTER 22

5 pieces fried chicken, pickles and hot sauce

GREENS

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

POWER 🌱🍃 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 🌱🍃 9 | 12.75

kale, quinoa, tomatoes, beets, currants, pumpkin seeds, carrots, pomegranate, peppers with **BOHO DRESSING**.

CARDI 9 | 12.75

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

HARVEST 9 | 12.75

kale, farro, cauliflower, spaghetti & butternut squash, sweet potato hummus, beets, brussel sprouts, crispy jalapeños, pecans, currants with **HARVEST DRESSING**.

MAKE IT A WRAP 9

whole wheat or white tortilla.

BOXES

FLOKÉ 🌱🍃 14

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

BAJA 🌱 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**.

DELICIOUS FOOD THAT'S PRETTY GOOD FOR YOU

SANDWICHES

PULLED CHICKEN SAMMY 🍗 15.50

avocado, romaine, crispy onions & horseradish, beet, apple slaw served with coleslaw & one side

FRIED CHICKEN SAMMY 16

buttermilk ranch, pickles, lettuce, honey & hot schmaltz served with coleslaw & one side

SIDES + SOUPS

ROASTED SWEET POTATOES 🍠🌱 6

with chili & lime salt.

SIMPLE GREEN SALAD 🌱🍃 6

mixed greens, carrots, cucumber & **CLASSIC VINAIGRETTE**.

KALE CAESAR SLAW 6

side version of our **CARDI**

HAND CUT FRIES 🍟🌱🍃 6

with roasted garlic lemon aioli.

ORGANIC BROWN RICE 🌱🍃 6

with togarashi nori

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 CHILI 🌱 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

SWEETS

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

DRINKS

non alcoholic

LARGE BOTTLE OF WATER	5
flat or sparkling	
FRESH PRESSED JUICE	3.50
watermelon, orange, grapefruit 5oz	
LEMONADE ICED TEA ARNOLD PALMER	3.50
house made 10oz	
SAN PELLEGRINO	2.50
aranciata, limonata	
GOOD DRINK ICED TEA	3.25
mango & vanilla, green tea, lemon & honey	
PERRIER	2.50
250 ml	
CANNED POP	2.65
coca-cola, diet coca-cola, sprite, ginger ale	
DRIP COFFEE	3
TEA	4

BEER

MUSKOKA CRAFT LAGER	5
355 ml (4.8%)	
MUSKOKA MAD TOM IPA	5
355 ml (6.4%)	
BEAU'S LUG TREAD	5
355 ml (5.2%)	
MILL ST. MERIDIAN	5
355 ml (5.0%)	
MILL ST. COBBLESTONE	7
440 ml (4.2%)	
MILL ST. VANILLA PORTER	7
440 ml (5.0%)	
ACE HILL PILSENER	7
473 ml (4.9%)	

RED WINE

5oz gls **7** / 8oz gls **11** / bottle (750ml) **34**

L. MIQUEL VENDAGES NOCTURNES France
syrah / grenache / merlot
SEVEN PEAKS California
cabernet sauvignon
ECHEVERRÍA GRAN RESERVA Chile
pinot noir
NOBLE TREE California (by the bottle 44)
cabernet sauvignon
CAMEL ROAD California (by the bottle 44)
pinot noir
LANGMEIL South Australia (by the bottle 44)
shiraz

WHITE WINES

5oz gls **7** / 8oz gls **11** / bottle (750ml) **34**

SEVEN PEAKS California
chardonnay
LILLY PILLY Australia
sauvignon blanc
CABERT BERTIOLI Italy
pinot grigio
YALUMBA South Australia
viognier

ROSÉ + SPARKLING

5oz gls **7** / 8oz gls **11** / bottle (750ml) **34**

POT DE VIN France
rosé
GIRO RIBOT Spain
cava brut 5oz gls / bottle (750ml)
MIONETTO IL Italy
prosecco 5oz gls / bottle (750ml)