

## 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

## 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**.

## SANDWICHES

**PULLED CHICKEN SAMMY** 15.50  
avocado, romaine, crispy onions & horseradish, beet,  
apple slaw 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**

**ORGANIC BROWN RICE** 6  
with togarashi nori

**MAC + CHEESE** 9  
orecchiette pasta, mornay & cheese.  
**NOT INCLUDED AS MEAL SIDE**

**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**

## 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