

# FLOCK

on Harbord



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## 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 +2.5 | 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, togarashi nori, roasted tofu & sweet potato with **FLOKÉ DRESSING**.

**BAJA** 🍷 14

brown rice, spinach, romaine, black beans, red cabbage, cucumber, tomatoes, pickled onion, butternut squash, corn, avocado, feta, green onion, cilantro & tortilla chips with **BAJA DRESSING**.

## 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**

**MAC + CHEESE** 🍷 9

orecchiette pasta, mornay & cheese.

**NOT INCLUDED AS MEAL SIDE**

**SPICY MAC** 🍷 12.5

orecchiette pasta, jalapeños, 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, lime zest and coconut. Serving for 2 people

**PUMPKIN CHEESECAKE PIE** 🍷 9.75

with fresh cream. Serving for 2 people

**BROWNIE** 🍷 4.5

fudge brownie square

DELICIOUS FOOD THAT'S PRETTY GOOD FOR YOU

## SANDWICHES, TENDERS + SLIDERS

- PULLED CHICKEN SAMMY**  **11**  
avocado, romaine, crispy onions & horseradish, beet, apple slaw
- PULLED CHICKEN SAMMY MEAL** **15.50**  
avocado, romaine, crispy onions & horseradish, beet, apple slaw served with coleslaw & one side
- FRIED CHICKEN SAMMY** **11.5**  
buttermilk ranch, pickles, lettuce, honey & hot schmaltz
- FRIED CHICKEN SAMMY MEAL** **16**  
buttermilk ranch, pickles, lettuce, honey & hot schmaltz served with coleslaw & one side
- FRESH FRIED TENDERS** **11**  
3 fresh fried white meat chicken tenders with choice of blue cheese, plum, dill pickle mayo, buffalo or bmac dip
- FRESH FRIED TENDERS MEAL** **16**  
3 fresh fried white meat chicken tenders served with coleslaw & one side with choice of blue cheese, plum, dill pickle mayo, buffalo or bmac dip,
- FRESH TENDER SLIDER** **5**  
choice of:  
**CLASSIC:** dill pickle mayo & iceberg lettuce  
**FAMOUS:** tarragon ranch, iceberg lettuce, pickles, honey & nashville hot seasoning **+1**  
**BMAC:** mac sauce, onion, iceberg lettuce, pickle & cheese **+1**  
**BUFFALO:** blue cheese dressing, iceberg lettuce, celery & buffalo hot sauce **+1**
- FRESH TENDER SLIDER MEAL** **16**  
2 sliders, coleslaw & one side, with choice of:  
**CLASSIC:** dill pickle mayo & iceberg lettuce  
**FAMOUS:** tarragon ranch, iceberg lettuce, pickles, honey & nashville hot seasoning **+1**  
**BMAC:** mac sauce, onion, iceberg lettuce, pickle & cheese **+1**  
**BUFFALO:** blue cheese dressing, iceberg lettuce, celery & buffalo hot sauce **+1**

## DRINKS

non alcoholic

- SAN PELLEGRINO** **2.50**  
aranciata rossa, 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

## BEER + WINE

- CREEMORE LOT9 PILSNER** **6**  
473 ml (4.7%)
- CREEMORE BOUNDLESS IPA** **6**  
473 ml (5.1%)
- CREEMORE PREMIUM LAGER** **6**  
473 ml (5%)
- HEINEKEN LAGER** **5.5**  
330 ml (5.0%)
- SOL** **5**  
330 ml (4.5%)
- COORS LIGHT** **6**  
473 ml (4%)
- BELGIAN MOON** **6.5**  
473 ml (5.4%)
- MILLER HIGH LIFE** **4**  
355 ml (4.6%)
- VIZZY MANGO SELTZER** **6.5**  
473 ml (5%)
- VIZZY BLUEBERRY SELTZER** **6.5**  
473 ml (5%)
- WILDASS RED WINE** **12**  
250 ml (12.9%)
- WILDASS WHITE WINE** **12**  
250 ml (12.8%)
- WILDASS ROSE WINE** **12**  
250 ml (12.3%)
- CHARLES BAKER WHITE WINE** **12**  
250 ml (10.2%)

 Dairy Free

 Halal

 Gluten Free

 Vegetarian

 Vegan

 Contains nuts