

## CHICKEN + SANDWICH

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

**PULLED CHICKEN SAMMY**  **11**

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

**PULLED CHICKEN SAMMY MEAL** **15.50**

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

**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**

## GREENS + BOXES

**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, brussels sprouts, crispy jalapeños, pecans, currants with **HARVEST DRESSING**.

**MAKE IT A WRAP** **9**

whole wheat or white tortilla.

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

## 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