

# FLOCK

on Harbord



@eatflock | eatflock.com

## CHICKEN

with caribbean pepper sauce 🌱🍏 or chimichurri 🌱🍏

**CHICKEN LEG** 🌱🍏🌱 10

**CHICKEN BREAST** 🌱🍏🌱 10.50

**1/2 CHICKEN** 🌱🍏🌱 18.75

**MAKE IT A MEAL** +5.75

served with one side

## GREENS

**ADD:** pulled chicken +5 | avocado +2.5 | egg +2 | feta +2.5 | tofu & yam mix +3.25 | toppings/dressing +0.5

## NEW

**WEDGE** 🌱 13.75

iceberg, quinoa, cucumber, tomatoes, pickled onions, half hard boiled egg, carrots, beets, feta, sunflower seeds, crispy chickpeas, soy beans with **AVOCADO DILL DRESSING.**

**POWER** 🌱🍏 13.75

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

**BOHO** 🌱🍏 13.75

kale, quinoa, tomatoes, beets, currants, pumpkin seeds, carrots, pomegranate, peppers with **BEET BASIL ORANGE DRESSING.**

**CARDI** 13.75

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

**FLOKÉ** 🌱🍏 15

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

**BAJA** 🌱 15

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

## SIDES + SOUPS

**ROASTED SWEET POTATOES** 🌱 6.25

with chili & lime salt and avocado dill dressing

**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

**MAC + CHEESE** 🌱 10

orecchiette pasta, mornay & cheese.

**NOT INCLUDED AS MEAL SIDE**

**SPICY MAC** 🌱 12.5

orecchiette pasta, jalapeños, 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**

**TURKEY CHILLI** 🌱 9.90 | 18.15

ground turkey, black beans, poblano peppers, feta, green onions, cilantro & pumpkin seeds.

**NOT INCLUDED AS MEAL SIDE**

**COOP SOUP** 🌱🍏 7 | 12.50

thai curry spiced soup with veggies, coconut, organic brown rice, with cilantro and lime.

**NOT INCLUDED AS MEAL SIDE**

**CHEESE BISCUIT** 2

with green onions

**NOT INCLUDED AS MEAL SIDE**

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** **16.50**  
 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** **17.5**  
 buttermilk ranch, pickles, lettuce, honey & hot schmaltz served with coleslaw & one side
- CHICKEN & WAFFLES** **16**  
 fried chicken breast, waffles, honey, nashville hot seasoning & pickles
- 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**

## SWEETS

- BASQUE CHEESECAKE**  **9.75**  
 with sour cherry compote. Serving for 2 people
- BROWNIE**  **4.5**  
 fudge brownie square



**REMEMBER!  
 DOUBLE DOSE  
 VACCINE IS  
 REQUIRED FOR  
 DINE-IN**

