















## 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 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**  **6.25**  
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**
- ORGANIC BROWN RICE**   **6**  
with togarashi nori
- FLOCK STOCK**    **7.25 | 13**  
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**   **7.25 | 13**  
thai curry spiced soup with veggies, coconut, organic brown rice, with cilantro and lime.  
**NOT INCLUDED AS MEAL SIDE**
- MAC + CHEESE**  **9**  
orecchiette pasta, mornay & cheese.  
**NOT INCLUDED AS MEAL SIDE**
- CHEESE BISCUIT**  **2**  
with green onions  
**NOT INCLUDED AS MEAL 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**  **12.75**  
iceberg, quinoa, cucumber, tomatoes, pickled onions, half hard boiled egg, carrots, beets, feta, sunflower seeds, crispy chickpeas, soy beans with **AVOCADO DILL DRESSING.**
- POWER**   **12.75**  
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**   **12.75**  
kale, quinoa, tomatoes, beets, currants, pumpkin seeds, carrots, pomegranate, peppers with **BEET BASIL ORANGE DRESSING.**

- CARDI** **12.75**  
kale, cauliflower, red cabbage, brussels sprouts, roasted red peppers, crispy onions, crispy jalapeños, lemon, parmesan cheese with **CAESAR DRESSING.**

- FLOKÉ**   **14**  
brown rice, spinach, red cabbage, cucumber, soy bean, avocado, cilantro, green onion, togarashi nori, roasted tofu & sweet potato with **MISO GINGER 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 **JALAPENO COCONUT DRESSING.**

## SWEETS

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

 Dairy Free

 Halal

 Gluten Free

 Vegetarian

 Vegan

 Contains nuts