

FLOCK

on Harbor

ROTISSERIE MEALS

LEG + 2 SIDES + SAUCE	15.25
DOUBLE LEG + 2 SIDES + SAUCE	17.50
BREAST + 2 SIDES + SAUCE	17.25
HALF CHICKEN + 2 SIDES + SAUCE	22.75

JUST THE CHICKEN

leg **9.50** / double leg **11.75** / breast **11.50** /
half chicken **17** / whole chicken **29**

PULLED CHICKEN SAMMY MEAL	15.95
avocado, romaine, crispy onions & horseradish, beet, apple slaw served with pickle and choice of side	
ON ITS OWN	11.75

GREENS

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

CALI 🌱🥗	12.95
mixed greens, quinoa, cucumber, tomatoes, pickled onions, half hard boiled egg, carrots, beets, feta, sunflower seeds, crispy chickpeas, soy beans with AVOCADO DILL DRESSING.	

POWER 🌱🥗	12.95
romaine & spinach, butternut squash, black beans, daikon, pickled onions, brussels sprouts, soy beans, goji berries, crispy chickpeas, sunflower seeds with CARROT GINGER MISO DRESSING.	

BOHO 🌱🥗	12.95
kale, quinoa, tomatoes, beets, currants, pumpkin seeds, carrots, pomegranate, red peppers with BEET BASIL ORANGE DRESSING.	

CARDI	12.95
kale, cauliflower, red cabbage, brussels sprouts, roasted red peppers, crispy onions, crispy jalapeños, lemon, parmesan cheese with HOUSE CAESAR DRESSING.	

FLOKÉ 🌱🥗	14.25
organic brown rice, spinach, red cabbage, cucumber, soy bean, avocado, cilantro, green onion, sesame nori, roasted tofu & sweet potato with MISO GINGER DRESSING.	

BAJA 🌱	14.25
organic brown rice, spinach, romaine, black beans, red cabbage, cucumber, tomatoes, pickled onion, butternut squash, spiced corn, avocado, feta, green onion, cilantro & tortilla chips with JALAPEÑO COCONUT DRESSING.	

NEW

HALF TAKE HOME SPECIAL	35.50
half chicken, one green, two sides & two sauces	
WHOLE TAKE HOME SPECIAL	54.50
whole chicken, one green, mac + cheese, two sides & two sauces	

SOUPS + SIDES

FLOCK STOCK 🌱🥗🥗	7.50 13.25
rotisserie chicken stock, vegetables, pulled chicken topped with herbs & pumpkin seeds. NOT INCLUDED AS MEAL SIDE	

COOP SOUP 🌱🥗	7.50 13.25
thai curry spiced soup with veggies, coconut, chickpeas, organic brown rice, with cilantro and lime. 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	

JUMBO CHEESE BISCUIT 🥗	3.50
with green onions	

ROASTED & GLAZED VEGGIES 🌱🥗	6.75
cauliflower & broccoli florets	

ROASTED SWEET POTATOES 🌱🥗	6.50
with chili & lime salt with DILL RANCH DIPPING SAUCE	

KALE CAESAR SLAW	6.50
side version of our CARDI	

HAND CUT FRIES 🌱🥗🥗	6.25
with roasted garlic lemon aioli.	

SIMPLE GREEN SALAD 🌱🥗	6
mixed greens, carrots, cucumber & CLASSIC VINAIGRETTE.	

ORGANIC BROWN RICE 🌱🥗	5.50
with sesame nori	

BAKED CRUNCH TOP MAC + CHEESE 🥗	9.25
double elbow pasta, cheddar mornay & panko crust. NOT INCLUDED AS MEAL SIDE	

SPICY MAC 🥗	10.75
double elbow pasta, fresh jalapeños, cheddar mornay & panko crust. NOT INCLUDED AS MEAL SIDE	

SWEETS

BASQUE CHEESECAKE 	9.75
with sour cherry compote. Serving for 2 people	
FUDGE BROWNIE 	4.50
FRESH BAKED JUMBO COOKIE 	3.75
chocolate chunk or caramel crunch	
3 FRESH BAKED JUMBO COOKIES 	9.25

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	
BOTTLE OF WATER	1.77

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%)	
BELGIAN MOON	6.5
473 ml (5.4%)	
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



LOVE ME TENDERS

buttermilk marinated fried and spiced fresh chicken tenders made with **HOT FLOCK** signature dry spice and three levels of heat: **1ST BASE, 3RD BASE AND HOME RUN**

SAUCES: cool avo-dill ranch, maple nashville hot sauce or FLOCK special sauce.

3 PIECES **8.95**
served with your choice of spice and dipping sauce

3 PIECES COMBO **12.55**
served with your choice of spice, dipping sauce, pickle, one side, creamy slaw & drink

2 PIECE BREAST **9.95**
served with your choice of spice and dipping sauce

2 PIECE BREAST COMBO **13.55**
served with your choice of spice, dipping sauce, pickle, one side & creamy slaw

SERVED ON MARTIN'S POTATO ROLL

STRAIGHT UP **5.95**
golden sauce, pickles & creamy slaw

ON ICE **5.95**
cool avo-dill ranch, creamy slaw, pickles & hot honey

SPIKED **5.95**
hot maple nashville, pickles & creamy slaw

2 TENDER BUNS **15.85**
served with choice of side & creamy slaw

LOUD CHICK SAMMY

STRAIGHT UP **12.55**
golden sauce, pickles & creamy slaw

ON ICE **12.55**
cool avo-dill ranch, creamy slaw, pickles & hot honey

SPIKED **12.55**
hot maple nashville, pickles & creamy slaw

MAKE IT A COMBO **16.25**
served with choice of side & creamy slaw