

FLOCK

rotisserie + greens

ROTISSERIE MEALS

LEG + 2 SIDES + SAUCE 	15.95
DOUBLE LEG + 2 SIDES + SAUCE 	18.90
BREAST + 2 SIDES + SAUCE 	17.95
HALF CHICKEN + 2 SIDES + SAUCE 	24.15

JUST THE CHICKEN

leg **10.20** / double leg **13.15** / breast **12.20** /
half chicken **18.40** / whole chicken **31.80**

PULLED CHICKEN SAMMY MEAL  **16.35**
avocado, romaine, crispy onions & horseradish, beet,
apple slaw served with pickle and choice of side

ON ITS OWN  **12.15**

GREENS

ADD: pulled chicken +5.40 | 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, 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 **CAESAR DRESSING.**

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

BAJA  **14.25**
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.**

NEW

HALF TAKE HOME SPECIAL **36.90**
half chicken, one green, two sides & two sauces

WHOLE TAKE HOME SPECIAL **57.30**
whole chicken, one green, mac + cheese, two sides &
two sauces

SOUPS + SIDES

FLOCK STOCK    **7.80 | 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**

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

DELICIOUS FOOD THAT'S PRETTY GOOD FOR YOU