

INDIVIDUAL MEALS



\$16.50

BAJA BOX 

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

INCLUDES CUTLERY



\$16.50

FLOKÉ BOX 

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

INCLUDES CUTLERY



\$20.75

CHICKEN BREAST BOX 

FLOCK chicken breast with simple salad, chimichurri or caribbean pepper sauce and roasted sweet potatoes with avocado dill dipping sauce.

INCLUDES CUTLERY



\$19.65

CHICKEN LEG BOX 

FLOCK chicken leg with simple salad, chimichurri or caribbean pepper sauce and roasted sweet potatoes with avocado dill dipping sauce.

INCLUDES CUTLERY



\$18.00

PULLED SAMMY BOX 

FLOCK pulled chicken, avocado, crispy onions, lettuce and apple, beet, horseradish slaw sammy with simple salad and roasted sweet potatoes.

INCLUDES CUTLERY



\$14.25

GREENS

any of our greens: Boho, Power, Cardi.

INCLUDES CUTLERY

HARBORD SPECIALS



\$19.25

FRIED SAMMY BOX

fried chicken, lettuce, pickles, honey, tarragon buttermilk ranch, hot schmaltz and honey sammy with simple salad and hand cut fries with aioli.

INCLUDES CUTLERY



\$19.85

FRIED TENDERS BOX

2 fried chicken tenders, dipping sauce with simple salad and mac + cheese

INCLUDES CUTLERY

SALAD DESCRIPTIONS

BOHO

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

POWER

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.**

CARDI

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

ADD-ONS + EXTRAS

ADD ONS

PULLED CHICKEN \$5

AVOCADO \$2.25

TOFU & YAM \$3.50

EGG \$2

FETA \$2.5

EXTRAS

POP \$2.65

PERRIER \$2.50

NAYA WATER \$1.77

GOOD DRINK ICED TEA \$3.25

SAN PELLEGRINO \$2.50

BROWNIE \$4.50

CHEESECAKE \$9.75