

# FLOCK

on Harbor

## ROTISSERIE MEALS

<b>LEG + 2 SIDES + SAUCE</b>	<b>15.95</b>
<b>DOUBLE LEG + 2 SIDES + SAUCE</b>	<b>18.90</b>
<b>BREAST + 2 SIDES + SAUCE</b>	<b>17.95</b>
<b>HALF CHICKEN + 2 SIDES + SAUCE</b>	<b>24.15</b>

### JUST THE CHICKEN

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

<b>PULLED CHICKEN SAMMY MEAL</b>	<b>16.35</b>
avocado, romaine, crispy onions & horseradish, beet, apple slaw served with pickle and choice of side	
<b>ON ITS OWN</b>	<b>12.15</b>

## GREENS

**ADD:** pulled chicken +5.40 | avocado +2.5 | egg +2 |  
feta +2.5 | tofu & yam mix +3.25 | toppings/dressing +0.5

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

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

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

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

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

<b>BAJA</b> 🌱🥗	<b>14.25</b>
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 <b>JALAPEÑO COCONUT DRESSING.</b>	

## NEW

<b>HALF TAKE HOME SPECIAL</b>	<b>36.90</b>
half chicken, one green, two sides & two sauces	
<b>WHOLE TAKE HOME SPECIAL</b>	<b>57.30</b>
whole chicken, one green, mac + cheese, two sides & two sauces	

## SOUPS + SIDES

<b>FLOCK STOCK</b> 🌱🥗🥗	<b>7.80   13.25</b>
rotisserie chicken stock, vegetables, pulled chicken topped with herbs & pumpkin seeds.	
<b>NOT INCLUDED AS MEAL SIDE</b>	

<b>COOP SOUP</b> 🌱🥗	<b>7.50   13.25</b>
thai curry spiced soup with veggies, coconut, chickpeas, organic brown rice, with cilantro and lime.	
<b>NOT INCLUDED AS MEAL SIDE</b>	

<b>TURKEY CHILLI</b> 🌱	<b>9.90   18.15</b>
ground turkey, black beans, poblano peppers, feta, green onions, cilantro & pumpkin seeds.	
<b>NOT INCLUDED AS MEAL SIDE</b>	

<b>JUMBO CHEESE BISCUIT</b> 🥗	<b>3.50</b>
with green onions	

<b>ROASTED &amp; GLAZED VEGGIES</b> 🌱🥗	<b>6.75</b>
cauliflower & broccoli florets	

<b>ROASTED SWEET POTATOES</b> 🌱🥗	<b>6.50</b>
with chili & lime salt with <b>DILL RANCH DIPPING SAUCE</b>	

<b>KALE CAESAR SLAW</b>	<b>6.50</b>
side version of our <b>CARDI</b>	

<b>HAND CUT FRIES</b> 🌱🥗🥗	<b>6.25</b>
with roasted garlic lemon aioli.	

<b>SIMPLE GREEN SALAD</b> 🌱🥗	<b>6</b>
mixed greens, carrots, cucumber & <b>CLASSIC VINAIGRETTE.</b>	

<b>ORGANIC BROWN RICE</b> 🌱🥗	<b>5.50</b>
with sesame nori	

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

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

## SWEETS

**BASQUE CHEESECAKE**  **9.75**  
with sour cherry compote. Serving for 2 people

**FUDGE BROWNIE**  **4.50**

## 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** **7.5**  
473 ml (4.7%)

**CREEMORE BOUNDLESS IPA** **7.5**  
473 ml (5.1%)

**CREEMORE PREMIUM LAGER** **7.5**  
473 ml (5%)

**HEINEKEN LAGER** **6.5**  
330 ml (5.0%)

**BELGIAN MOON** **7.5**  
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%)

**ONTARIO CIDER** **7.5**  
ask your server



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## LOVE ME TENDERS

buttermilk marinated fried and spiced fresh chicken tenders made with **HOT FLOCK** signature dry spice and three levels of heat: **STRAIGHT UP, ON ICE AND SPIKED**

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

**3 PIECES** **9.35**  
served with your choice of spice and dipping sauce

**3 PIECES COMBO** **13.30**  
served with your choice of spice, dipping sauce, pickle, one side, creamy slaw & drink

## LOUD CHICK SAMMY

**STRAIGHT UP** **12.85**  
golden sauce, pickles & creamy slaw

**ON ICE** **12.85**  
cool avo-dill ranch, creamy slaw, pickles & hot honey

**SPIKED** **12.85**  
hot maple nashville, pickles & creamy slaw

**MAKE IT A COMBO** **16.75**  
served with choice of side & creamy slaw

