

# FLOCK

rotisserie + greens

## rotisserie meals

- LEG + 2 SIDES + SAUCE**  **17.79**
- DOUBLE LEG + 2 SIDES + SAUCE**  **19.89**
- BREAST + 2 SIDES + SAUCE**  **21.95**
- HALF CHICKEN + 2 SIDES + SAUCE**  **27.25**








### JUST THE CHICKEN

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

## take home specials

- HALF TAKE HOME SPECIAL**  **38.95**  
half chicken, one green, two sides & two sauces
- WHOLE TAKE HOME SPECIAL**  **58.95**  
whole chicken, one green, three sides & two sauces

## soups + sides



- FLOCK STOCK**    **11.50**  
rotisserie chicken stock, vegetables, pulled chicken topped with herbs & pumpkin seeds  
**ADD AS A SIDE FOR 2.00**
- TURKEY CHILLI**  **18.95**  
ground turkey, black beans, roasted vegetables, feta, green onions & pumpkin seeds  
**ADD AS A SIDE FOR 3.00**
- ROASTED & GLAZED VEGGIES**   **9.75**  
cauliflower, carrots & broccoli florets
- ROASTED SWEET POTATOES**   **7.75**  
with chili & lime salt with **jalapeno dill sauce**
- KALE CAESAR SLAW** **8.05**  
side version of our **CARDI**
- ORGANIC BROWN RICE**   **6.95**  
with sesame nori

## sandwiches

- PULLED CHICKEN SANDWICH**   
avocado, mixed greens, crispy onions & horseradish, beet slaw and choice of side  
**SOLO 12.75** **MEAL (+1 SIDE) 17.16**
- PULLED CURRY CHICKEN SANDWICH**   
pulled curry rotisserie chicken with celery, green onion, mixed greens and diced apple on a brioche bun  
**SOLO 13.75** **MEAL (+1 SIDE) 18.50**

## greens

**ADD:** pulled chicken +5.75 | curry chicken 6.50 |  
avocado +2.5 | egg +2 | feta +2.5 | Parmesan Cheese +2.5 |  
tofu & yam mix +3.25 | toppings +0.5 | dressings +1.0

- CALI**   **14.05**  
mixed greens, quinoa, cucumber, pickled onions, half hard boiled egg, carrots, beets, feta, sunflower seeds, soy beans with **jalapeno dill dressing**
- POWER**   **14.05**  
romaine & spinach, butternut squash, black beans, pickled onions, daikon, red cabbage, soy beans, goji berries, sunflower seeds with **carrot ginger miso dressing**
- BOHO**   **14.05**  
kale, quinoa, beets, currants, pumpkin seeds, carrots, pomegranate, beet hummus with **beet basil orange dressing**
- CARDI** **14.05**  
kale, cauliflower, red cabbage, crispy onions, parmesan cheese, half hard boiled egg with **house caesar dressing**
- FLOKÉ**   **15.65**  
organic brown rice, spinach, red cabbage, cucumber, soy bean, avocado, zucchini, green onion, sesame nori, roasted tofu & sweet potato with **miso ginger dressing**
- BAJA**   **15.65**  
organic brown rice, spinach, romaine, black beans, red cabbage, cucumber, pickled onion, butternut squash, spiced corn, avocado, feta, green onion & tortilla chips with **jalapeño coconut dressing**

## sweets

**FUDGE BROWNIE**   4.50

**MARSHMALLOW SQUARE**  4.50

## drinks

non alcoholic

**SAN PELLEGRINO** 2.50  
aranciata rossa, limonata

**GOOD DRINK ICED TEA** 4.25  
mango & vanilla, green tea

**SPARKLING WATER** 2.50  
330 ml

**DIET COKE** 2.50

**BOTTLE OF WATER** 2.25

 Dairy Free

 Vegetarian

 Halal

 Vegan

 Gluten Free



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