

greens



cali

GF VG CN

13.85

mixed greens, quinoa, cucumber, pickled onions, half hard boiled egg, carrots, beets, feta, sunflower seeds, crispy chickpeas, soy beans + **jalapeno dill dressing**



power

GF V

13.85

romaine & spinach, butternut squash, black beans, pickled onions, daikon, red cabbage, soy beans, goji berries, crispy chickpeas, sunflowers seeds + **carrot ginger miso dressing**



boho

GF V

13.85

kale, quinoa, beets, currants, pumpkin seeds, carrots, pomegranate, beet hummus + **beet basil orange dressing**



cardi

CN

13.85

kale, cauliflower, red cabbage, crispy chickpeas, crispy onions, parmesan cheese + **caesar dressing**

bowls



baja

VG CN

15.45

brown rice, spinach, romaine, black beans, red cabbage, cucumber, pickled onion, butternut squash, corn, avocado, feta, green onion, tortilla chips + **jalapeño coconut dressing**



floké

GF V

15.45

brown rice, spinach, red cabbage, cucumber, soy bean, avocado, zucchini, green onion, sesame nori, roasted tofu, sweet potato + **soy miso dressing**

ADD TO YOUR GREENS

PULLED CHICKEN	+5.75	FETA	+2.5
PULLED CURRY CHICKEN	+6.5	PARMESAN CHEESE	+2.5
AVOCADO	+2.5	TOPPINGS	+0.5
EGG	+2	DRESSINGS	+1.0
TOFU + YAM MIX	+3.25		

sandwiches

pulled chicken sandwich

avocado, mixed greens, crispy onions & horseradish, beet slaw

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



soup + sides

flock stock

DF GF

chicken stock, vegetables, pulled chicken, topped with greens & pumpkin seeds. Add as a side for 2.00

8.90

kale caesar slaw

side version of our cardi green

7.29

brown rice

V GF

with togarashi nori

6.95

DIETARY RESTRICTIONS

DAIRY FREE

VEGETARIAN

HALAL

GLUTEN FREE

VEGAN

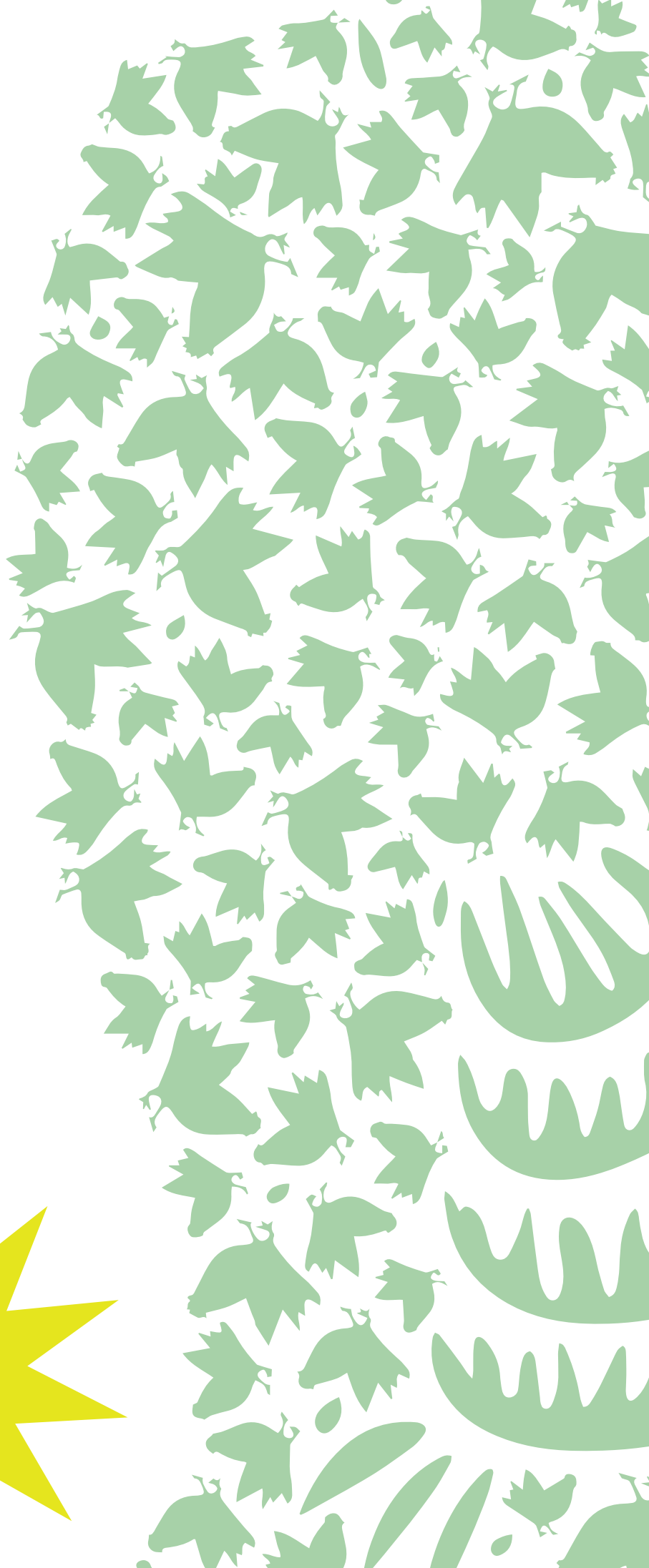
CONTAINS NUTS

add in
avocado
\$2.50



FLOCK

rotisserie + greens



delicious food that's pretty good for you.