

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

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**

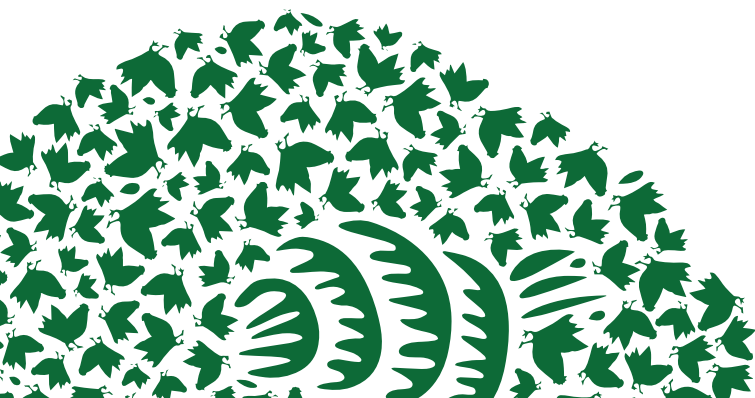
POWER   **14.05**
romaine & spinach, butternut squash, black beans, pickled
onions, daikon, red cabbage, soy beans, goji berries,
sunflower seeds with **carrot ginger miso dressing**

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 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**
U.S. grown brown short grain 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

 Contains nuts



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