MENU ITEM	GLUTEN	EGGS	DAIRY	NUTS	SESAME	SOY	SEEDS	MUSTARD	ONION	GARLIC	NIGHTSHADE
SALADS/GREENS											
BOHO SALAD							PUMPKIN SEEDS	DRESSING	DRESSING		
POWER SALAD						SOY BEANS	SUNFLOWER		DRESSING/ONIONS		GOJI BERRIES
CALI SALAD		EGGS				SOY BEANS			ONIONS	DRESSING	DRESSING
CARDI SALAD	CRISPY ONION	EGGS						DRESSING	CRISPY ONION	DRESSING	
BAJA SALAD			FETA						ONIONS	DRESSING	DRESSING
FLOKE BOWL					SESAME NORI/DRESING	SOY BEANS/TOFU/DRESSING			ONIONS	DRESSING	
SOUPS + SIDES											
FLOCK STOCK						SOY BEANS	PUMPKIN SEEDS	CHICKEN	CHICKEN	CHICKEN	CHICKEN
SWEET POTATOES											
CAESAR SLAW	CRISPY ONION							DRESSING	CRISPY ONION	DRESSING	
ROAST VEGGIES											
BROWN RICE					SESAME NORI/DRESING						
FRIES											
YAM AND TOFU					DRESSING	TOFU					
SANDWICHES											
CURRY SANDWICH	BUN	CHICKEN SALAD						FLOCK SPICE	FLOCK SPICE		CURRY SPICE
PULLED SANDWICH	BUN/CRISPY ONION	BEET SLAW						CHICKEN/BEET SLAW	FLOCK SPICE	CHICKEN	FLOCK SPICE
ROTISSERIE CHICKEN + SAUCES											
CHICKEN		CHICKEN						FLOCK SPICE	FLOCK SPICE		FLOCK SPICE
CHIMMI											
CURRY CHICKEN								FLOCK SPICE	FLOCK SPICE		CURRY SPICE
PEPPER SAUCE										GARLIC	PEPPERS
FRIED CHICKEN											
FRIED SANDWICH	BUN/FLOUR	SLAW	BUTTERMILK					FLOCK SPICE	FLOCK SPICE	FLOCK SPICE	FLOCK SPICE
TENDERS	BUN/FLOUR		BUTTERMILK					FLOCK SPICE	FLOCK SPICE	FLOCK SPICE	FLOCK SPICE
SWEETS											
BROWNIE		BROWNIE	BROWNIE			BROWNIE					
MARSHMALLOW			MARSHMALLOW								