

# FLOWER CHILD


HEALTHY FOOD FOR A HAPPY WORLD


## SALADS

OUR ORGANIC PRODUCE IS GUIDED BY THE DIRTY DOZEN LIST


try our sugar & dairy-free  
lemon avocado dressing 190 cal


**KOREAN BBQ BEEF "BULGOGI" \$15.95**   
romaine, cabbage, pineapple kimchee, avocado,  
cilantro, mint, sesame seed, gochujang dressing 580 cal

**TURKEY & AVOCADO COBB \$14.45**   
romaine, arugula, red cabbage, avocado, tomato,  
cucumber, crunchy corn, pickled onion, smoked  
almond, gorgonzola vinaigrette 740 cal


**AVOCADO CAESAR \$11.25**   
romaine, parmesan, bread crumb,  
chive, avocado caesar dressing 350 cal

**BRUSSELS SPROUTS  
& ORGANIC KALE \$10.75**   
red grape, organic apple, pink grapefruit,  
white cheddar, smoked almond,  
apple cider vinaigrette 580 cal

**CHOPPED VEGETABLE \$11.25**   
organic greens, romaine, avocado, heirloom carrot,  
snap pea, radish, baby tomato, cucumber, toasted  
sesame seed, ginger miso vinaigrette 270 cal

**GINGER MISO CRUNCH \$10.75**   
carrot zoodles, zucchini, red pepper, cabbage, mint,  
cashew, sesame seed, asian dressing 280 cal


## BOWLS

**GLOW BOWL \$12.25**   
sweet potato noodle, shiitake, onion, snap pea,  
cilantro, mint, sunflower sauce 520 cal


**CHICKEN YAKISOBA NOODLES \$16.45**  
grilled chicken thigh, wok seared vegetables, sesame  
garlic sauce, roasted cashew 770 cal

**MEDITERRANEAN  
CHICKEN KABOB \$16.45**   
summer squash, portobello mushroom, bell pepper,  
harissa, quinoa rice, yogurt sauce, greek salad 660 cal






**PERUVIAN BRAISED BEEF \$16.95**   
aji amarillo, jasmine rice, black bean sofrito, pickle,  
cilantro, salsa verde 570 cal

**MOTHER EARTH \$12.75**   
ancient grains, sweet potato, portobello mushroom,  
avocado, cucumber, broccoli pesto, charred onion, leafy  
greens, red pepper miso vinaigrette,  
hemp seed 560 cal

**CHICKEN ENCHILADAS \$15.95**   
guajillo chile, smoked gouda, poblano crema,  
organic black bean, roasted corn, avocado 810 cal


**"FORBIDDEN" RICE \$12.25**   
black pearl, red japonica, snap pea, bok choy, broccoli,  
carrot, onion, toasted sesame, red chili hoisin 670 cal

## ADD PROTEIN

<b>CHICKEN</b>  \$5.95 140 cal	<b>STEAK*</b>  served medium \$7.25 180 cal	<b>SALMON*</b>  \$7.45 190 cal	<b>SHRIMP</b>  \$6.95 90 cal	<b>TOFU</b>  \$4.50 150 cal
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 **VEGETARIAN**

 **VEGAN**

 **GLUTEN-FREE**

\*These items may be served raw or undercooked.  
Consuming raw or undercooked meats, poultry,  
seafood, shellfish, or eggs may increase your risk  
of foodborne illness, especially if you have certain  
medical conditions. While we offer gluten-free items,  
our kitchen is not gluten-free.

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  /eatflowerchild









## DAILY SOUP \$7.45


**GREEN CHILE QUESO \$8.95**   
chickpea chorizo, white cheddar,  
yellow corn chips 760 cal  
**SUB RAW VEGGIES \$3.25** 40 cal  
**CRUSHED AVOCADO TOAST \$8.50**   
soft egg\*, black sesame, white cheddar 400 cal  
**CLASSIC HUMMUS \$7.50**   
sun dried tomato, castelvetrano olive,  
oregano, pita 520 cal  
**SUB RAW VEGGIES \$3.25** 40 cal  
**AVOCADO HUMMUS \$8.50**   
sweet corn, radish, clementine &  
pumpkin seed, pita 540 cal  
**SUB RAW VEGGIES \$3.25** 40 cal

## ENTRÉES


pick a protein + 2 sides

<b>CHICKEN</b>  \$15.45	<b>STEAK*</b>  served medium \$16.75	<b>SALMON*</b>  \$17.25
<b>SHRIMP</b>  \$16.75	<b>TOFU</b>  \$13.45	<b>3 VEGETARIAN SIDES \$14.75</b>


**SICHUAN GREEN BEANS & SUGAR SNAPS**   
chili crunch tofu crumble,  
cashew, cilantro 230 cal


**KALE SALAD**   
lemon, roasted garlic,  
zucchini, parmesan, bread  
crumb 270 cal

**gluten-free  
MAC & CHEESE**   
aged white cheddar,  
parmesan 570 cal

**roasted SWEET  
POTATO FRIES**   
buttermilk yogurt ranch  
460 cal

**SWEET CORN &  
QUINOA**   
greek yogurt 380 cal  
**red chile glazed  
SWEET POTATO**   
bok choy &  
sesame seed 210 cal

**simple steamed  
BROWN RICE**   
160 cal

**CHILLED SESAME  
NOODLES**   
shaved organic apple, celery,  
arugula, togarashi, cashew  
310 cal

**KUNG POW  
CAULIFLOWER**   
spicy sichuan sauce, cashew,  
cilantro 400 cal

**smashed  
GOLD POTATO**   
roasted garlic & thyme  
420 cal

**CAULIFLOWER  
"RISOTTO"**   
cauliflower rice, coconut,  
toasted bread crumb,  
lemon, parsley 110 cal

**roasted BROCCOLI**   
lemon, garlic, parmesan,  
bread crumb 250 cal

**FRESH FRUIT**   
pineapple, mandarin orange,  
organic red grape 100 cal

## SINGLE SIDES \$5.95 each

## HEALTHY KIDS

\$9.25 «12 & UNDER»

pick a protein + 2 sides  
(220-630 cal)

**CHICKEN**  | **STEAK\***  | **TOFU**   
**BROCCOLI WITH PARMESAN**   
**SMASHED POTATO**   
**SWEET CORN & QUINOA**   
**GLUTEN-FREE MAC & CHEESE**   
**FRESH FRUIT** 



## WRAPS

**CAROLINA BBQ CHICKEN \$12.95**  
kombucha bbq, pepperjack,  
coleslaw, b & b pickle 740 cal

**FLYING AVOCADO \$12.45**  
roasted turkey, gouda, romaine,  
tomato, avocado hummus 650 cal

**BLACK BEAN FALAFEL \$11.45**   
hummus, tomato, pickled red onion, arugula,  
romaine, mediterranean herbs, tzatziki 600 cal

**THE REBEL "FRENCH DIP"\* \$13.75**  
grass-fed steak, charred onion, arugula, creamy  
horseradish, fontina cheese, bone broth 730 cal

## FAMILY PACKS

TAKEOUT ONLY

(520-1030 cal/per person)


## \$72 BUNDLE

«SERVES 4-6»



large grilled chicken 


SUB: STEAK\* , SHRIMP ,  
OR SALMON\*  +\$10

choice of 2 large sides

large chopped  
vegetable salad 

## BUILD YOUR OWN large proteins

TOFU  \$20 | CHICKEN  \$24

STEAK\*  \$29 | SHRIMP  \$30

SALMON\*  \$35

large salads

CHOPPED VEGETABLE  \$21.50

TURKEY & AVOCADO COBB  \$28

BRUSSELS SPROUTS  
& ORGANIC KALE  \$21.50

AVOCADO CAESAR  \$21.50

large sides \$16.50 ea.

## DRINKS

ICED TEA 0 cal, HOT TEA 0 cal  
& LEMONADE \$4

rotating kombucha ON TAP \$6.95

cold beer \$6

seasonal sangria \$8 \$28

WINE 150 / 200 cal 6oz 8oz

sparkling wine \$9

rosé \$8 \$10

sauvignon blanc \$8 \$10

chardonnay \$8 \$10


pinot noir \$7 \$9

red blend \$8 \$10

## DESSERT

**CHOCOLATE CHIP CASHEW COOKIE**  
\$2.95  330 cal

**CHOCOLATE PUDDING \$5.25**   
sprouted almond, toasted coconut 420 cal

**DOUBLE CHOCOLATE  
ALMOND BROWNIE \$5.45** 

cocoa nib, toasted almond 370 cal

**LEMON OLIVE OIL CAKE \$3.75**  380 cal