

# 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

### STEAKHOUSE WEDGE \$11.25

chopped iceberg, marinated tomato, cucumber, egg, pickled onion, smoked blue cheese, buttermilk chive ranch 550 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 \$11.95

sweet potato noodle, shiitake, onion, snap pea, cilantro, mint, sunflower sauce 520 cal

### CHICKEN YAKISOBA NOODLES \$16.25

grilled chicken thigh, wok seared vegetables, sesame garlic sauce, roasted cashew 770 cal

### MEDITERRANEAN CHICKEN KABOB \$16.25

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 \$12.45

ancient grains, sweet potato, portobello mushroom, avocado, cucumber, broccoli pesto, charred onion, leafy greens, red pepper miso vinaigrette, hemp seed 560 cal

### CHICKEN ENCHILADAS \$15.75

guajillo chile, smoked gouda, poblano crema, organic black bean, roasted corn, avocado 810 cal

### "FORBIDDEN" RICE \$11.95

black pearl, red japonica, snap pea, bok choy, broccoli, carrot, onion, toasted sesame, red chili hoisin 670 cal

## ADD PROTEIN

**CHICKEN** \$5.95  
140 cal

**STEAK\*** served medium \$7.45  
180 cal

**SALMON\*** \$7.45  
190 cal

**SHRIMP** \$7.25  
90 cal

**TOFU** \$4.45  
150 cal

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.

IAMAFLOWERCHILD.COM

/eatflowerchild



## DAILY SOUP \$7.45

**GREEN CHILE QUESO \$8.95**  
sun dried tomato, castelvetrano olive, oregano, pita 520 cal

**CRUSHED AVOCADO TOAST \$8.25**  
soft egg\*, everything spice, white cheddar, E.V.O.O. 430 cal

**CLASSIC HUMMUS \$7.25**  
sun dried tomato, castelvetrano olive, oregano, pita 520 cal  
**SUB RAW VEGGIES \$3.25** 40 cal

**AVOCADO HUMMUS \$8.25**  
sweet corn, radish, clementine & pumpkin seed, pita 540 cal  
**SUB RAW VEGGIES \$3.25** 40 cal

## ENTRÉES

pick a protein + 2 sides

**CHICKEN** \$15.45

**STEAK\*** served medium \$16.95

**SALMON\*** \$17.25

**SHRIMP** \$16.75

**TOFU** \$13.45

**3 VEGETARIAN SIDES** \$14.95

### roasted BRUSSELS SPROUTS

caramelized cabbage, thai basil, umami sauce 340 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

### OLIVE OIL ROASTED VEGETABLES

cauliflower, broccoli, heirloom carrot, green bean, lemon, thyme 270 cal

### CAULIFLOWER "RISOTTO"

cauliflower rice, coconut, toasted bread crumb, lemon, parsley 110 cal

### smashed

### GOLD POTATO

roasted garlic & thyme 420 cal

### KUNG POW CAULIFLOWER

spicy sichuan sauce, cashew, cilantro 400 cal

### roasted BROCCOLI

lemon, garlic, parmesan, bread crumb 250 cal

### FRESH FRUIT

pineapple, mandarin orange, organic red grape 100 cal

## SINGLE SIDES \$5.75 each

## HEALTHY KIDS \$8.95 «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**

**SIMPLE STEAMED BROWN RICE**

## DESSERT

**CHOCOLATE CHIP CASHEW COOKIE** \$3.25 330 cal

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

**DOUBLE CHOCOLATE ALMOND BROWNIE** \$4.75 cocoa nib, toasted almond 370 cal

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



## 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)

## \$71 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 \$19 | CHICKEN \$24

STEAK\* \$30 | SHRIMP \$31

SALMON\* \$34

large salads

CHOPPED VEGETABLE \$21.50

TURKEY & AVOCADO COBB \$28

BRUSSELS SPROUTS & ORGANIC KALE \$21.50

AVOCADO CAESAR \$21.50

STEAKHOUSE WEDGE \$21.50

large sides \$15.50 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 \$8 \$10

red blend \$8 \$10