/eatflowerchild
iamaflowerchild.com

# FLOWER CHILD

HEALTHY FOOD FOR A HAPPY WORLD

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## STARTERS

**GREEN CHILE QUESO** $8.95 ⊙⊗
chickpea chorizo, white cheddar, yellow corn chips 760 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

**DAILY SOUP** $7.45

## WRAPS

**THE 1924** $13.75
grilled chicken, artisan tortilla, parmesan, garlic toast, lemon, fontina, tomato, romaine, avocado caesar dressing 920 cal

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

**HOISIN TOFU "BÁNH MÌ"** $11.95 ◐
mushroom truffle pâté, pickled carrot, cucumber, vietnamese herb, romaine, jalapeño pineapple vinaigrette 720 cal

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

## 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 rice ◐⊗

**roasted sweet potato fries ⊙⊗ +$2**

## 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 |

## 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

## ENTRÉES

### PICK A PROTEIN

| CHICKEN ⊗ | STEAK* ⊗ | SALMON* ⊗ | SHRIMP ⊗ | TOFU ◐⊗ | 3 VEGETARIAN SIDES |
|---|---|---|---|---|---|
| $15.75 | $17.25 served medium | $17.45 | $16.95 | $13.75 | $15.25 |

### PICK 2 SIDES

**BUTTERNUT SQUASH & POTATO GRATIN** ⊙⊗
salsa verde, tomato marmalade, queso, cilantro 340 cal

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

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

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

**SWEET CORN & QUINOA** ⊙⊗
greek yogurt 380 cal

**OLIVE OIL ROASTED VEGETABLES** ◐⊗
cauliflower, broccoli, heirloom carrot, green bean, lemon, thyme 270 cal

**roasted BRUSSELS SPROUTS** ◐⊗
caramelized cabbage, thai basil, umami sauce 340 cal

**red chile glazed SWEET POTATO** ◐⊗
bok choy & sesame seed 210 cal

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

**simple steamed RICE** ◐⊗
brown or jasmine rice 160 cal

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

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

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

### SINGLE SIDES $5.75 EACH

## SALADS

OUR ORGANIC PRODUCE IS GUIDED BY THE DIRTY DOZEN LIST

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

**ROASTED BUTTERNUT & ASIAN PEAR** $13.95 ⊙
radicchio, frisée, golden berry, toasted walnut, marinated grains, dried cranberry, goat cheese, sherry vinaigrette 600 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

**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

**MISO GLAZED SALMON** $17.95 ⊗
trumpet mushroom, steamed vegetables, toasted sesame, cucumber sunomono, brown rice 560 cal

**PERUVIAN BRAISED BEEF** $17.25 ⊗
aji amarillo, jasmine rice, black bean sofrito, pickle, cilantro, salsa verde 570 cal

**FLO-CHO CHOW** $12.25 ◐⊗
wok noodle, zucchini, carrot, mushroom, scallion, bell pepper, cashew, tamarind sauce 520 cal

**CHICKEN ENCHILADAS** $15.95 ⊗
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

**YELLOWFIN TUNA POKE*** $18.75
sushi rice, spicy tuna, snap pea, scallion, cucumber salad, pickled ginger, avocado, furikake, yuzu ponzu 740 cal

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

### 《ADD A PROTEIN》

| CHICKEN ⊗ | STEAK* ⊗ | SALMON* ⊗ | SHRIMP ⊗ | TOFU ◐⊗ |
|---|---|---|---|---|
| $6.25 140 cal | served medium $7.75 180 cal | $7.75 190 cal | $7.45 90 cal | $4.75 150 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.*

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