/eatflowerchild
iamaflowerchild.com

FLOWER CHILD

HEALTHY FOOD FOR A HAPPY WORLD

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STARTERS

GREEN CHILE QUESO $9.25 ⊙⊗
chickpea chorizo, white cheddar, yellow corn chips 760 cal

CRUSHED AVOCADO TOAST $8.95 ⊙
soft egg*, everything spice, white cheddar, E.V.O.O. 430 cal

CLASSIC HUMMUS $7.95 ◐
sun dried tomato, castelvetrano olive, oregano, pita 520 cal
sub raw veggies $3.50 40 cal

AVOCADO HUMMUS $8.95 ◐
sweet corn, radish, clementine & pumpkin seed, pita 540 cal
sub raw veggies $3.50 40 cal

DAILY SOUP $7.95

WRAPS

THE 1924 $14.50
grilled chicken, artisan tortilla, parmesan, garlic toast, lemon, fontina, tomato, romaine, avocado caesar dressing 920 cal

FLYING AVOCADO $13.25
roasted turkey, gouda, romaine, tomato, avocado hummus 650 cal

BLACK BEAN FALAFEL $12.25 ◐
hummus, tomato, pickled red onion, arugula, romaine, mediterranean herbs, tzatziki 600 cal

THE REBEL "FRENCH DIP"* $14.45
grass-fed steak, charred onion, arugula, creamy horseradish, fontina cheese, bone broth 730 cal

HEALTHY KIDS $9.50

《12 & UNDER》

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

CHICKEN ⊗ | STEAK* ⊗ | TOFU ◐⊗

- broccoli with parmesan ⊙⊗
- gluten-free mac & cheese ⊙⊗
- smashed potato ⊙⊗
- fresh fruit ◐⊗
- sweet corn & quinoa ⊙⊗
- simple steamed brown rice ◐⊗

DRINKS

iced tea 0 cal , **hot tea** 0 cal
& lemonade $4

rotating kombucha on tap	$6.95
cold beer	$7
seasonal sangria	$8 $28

wine 150 / 200 cal	6oz	8oz
sparkling wine		$10
rosé	$9	$11
sauvignon blanc	$9	$11
chardonnay	$9	$11
pinot noir	$9	$11
red blend	$9	$11

DESSERT

CHOCOLATE CHIP CASHEW COOKIE $3.25 ⊙⊗ 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

ENTRÉES

PICK A PROTEIN

CHICKEN ⊗	STEAK* ⊗	SALMON* ⊗	SHRIMP ⊗	TOFU ◐⊗	3 VEGETARIAN SIDES
$16.95	$18.25 served medium	$18.75	$18.25	$15.45	$16.25

PICK 2 SIDES

roasted
HEIRLOOM CARROTS ⊙⊗
za'atar spice, whipped feta, herb chermoula 360 cal

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

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

SWEET CORN & QUINOA ⊙⊗
greek yogurt 380 cal

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

smashed
GOLD POTATO ⊙⊗
roasted garlic & thyme 420 cal

roasted
SWEET POTATO FRIES ⊙⊗
buttermilk yogurt ranch 460 cal

simple steamed
BROWN RICE ◐⊗
160 cal

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

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

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

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

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

SINGLE SIDES $5.95 EACH

SALADS

OUR ORGANIC PRODUCE IS GUIDED BY THE DIRTY DOZEN LIST

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

TACO SALAD $14.95 ⊙⊗
chickpea chorizo, tomato, roasted corn, black bean, aged cheddar, tortilla chips, cilantro, green onion, cabbage, romaine, avocado, tomatillo vinaigrette 730 cal

TURKEY & AVOCADO COBB $14.95 ⊗
romaine, arugula, red cabbage, avocado, tomato, cucumber, crunchy corn, pickled onion, smoked almond, gorgonzola vinaigrette 740 cal

AVOCADO CAESAR $12.45 ⊙
romaine, parmesan, bread crumb, chive, avocado caesar dressing 350 cal

BRUSSELS SPROUTS & ORGANIC KALE $12.25 ⊙⊗
red grape, organic apple, pink grapefruit, white cheddar, smoked almond, apple cider vinaigrette 580 cal

CHOPPED VEGETABLE $12.45 ◐⊗
organic greens, romaine, avocado, heirloom carrot, snap pea, radish, baby tomato, cucumber, toasted sesame seed, ginger miso vinaigrette 270 cal

GINGER MISO CRUNCH $12.25 ◐⊗
carrot zoodles, zucchini, red pepper, cabbage, mint, cashew, sesame seed, asian dressing 280 cal

BOWLS

GLOW BOWL $13.25 ◐⊗
sweet potato noodle, shiitake, onion, snap pea, cilantro, mint, sunflower sauce 520 cal

CHICKEN YAKISOBA NOODLES $17.25
grilled chicken thigh, wok seared vegetables, sesame garlic sauce, roasted cashew 770 cal

SPICY COCONUT GREEN CURRY $13.25 ◐⊗
jasmine rice, broccoli, red bell pepper, snap pea, yellow onion, heirloom carrot, pineapple, asian herb 830 cal

PERUVIAN BRAISED BEEF $17.75 ⊗
aji amarillo, jasmine rice, black bean sofrito, pickle, cilantro, salsa verde 570 cal

YELLOWFIN TUNA POKE* $19.45
sushi rice, spicy tuna, snap pea, scallion, cucumber salad, pickled ginger, avocado, furikake, yuzu ponzu 740 cal

MOTHER EARTH $13.75 ◐
ancient grains, sweet potato, portobello mushroom, avocado, cucumber, broccoli pesto, charred onion, leafy greens, red pepper miso vinaigrette, hemp seed 560 cal

CHICKEN ENCHILADAS $16.75 ⊗
guajillo chile, smoked gouda, poblano crema, organic black bean, roasted corn, avocado 810 cal

"FORBIDDEN" RICE $13.25 ◐⊗
black pearl, red japonica, snap pea, bok choy, broccoli, carrot, onion, toasted sesame, red chili hoisin 670 cal

《ADD A PROTEIN》

CHICKEN ⊗	STEAK* ⊗	SALMON* ⊗	SHRIMP ⊗	TOFU ◐⊗
$6.45 140 cal	served medium $8.25 180 cal	$8.45 190 cal	$7.75 90 cal	$5.45 150 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.