

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 (V) (GF) 190 cal

SPRING INGREDIENT \$13.50 (V)

charred snap pea, asparagus, farro, arugula, golden beet, sheep's feta, mint, pistachio, chia seed vinaigrette 460 cal

TURKEY & AVOCADO COBB \$14.45 (V)

romaine, arugula, red cabbage, avocado, tomato, cucumber, crunchy corn, pickled onion, smoked almond, gorgonzola vinaigrette 740 cal

AVOCADO CAESAR \$11.25 (V)

romaine, parmesan, bread crumb, chive, avocado caesar dressing 350 cal

BRUSSELS SPROUTS & ORGANIC KALE \$10.75 (V) (GF)

red grape, organic apple, pink grapefruit, white cheddar, smoked almond, apple cider vinaigrette 580 cal

CHOPPED VEGETABLE \$11.25 (V) (GF)

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 (V) (GF)

carrot zoodles, zucchini, red pepper, cabbage, mint, cashew, sesame seed, asian dressing 280 cal

BOWLS

GLOW BOWL \$11.95 (V) (GF)

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 (V)

summer squash, portobello mushroom, bell pepper, harissa, quinoa rice, yogurt sauce, greek salad 660 cal

PERUVIAN BRAISED BEEF \$16.95 (V)

aji amarillo, jasmine rice, black bean sofrito, pickle, cilantro, salsa verde 570 cal

YELLOWFIN TUNA POKE* \$18.50

sushi rice, spicy tuna, snap pea, scallion, cucumber salad, pickled ginger, avocado, furikake, yuzu ponzu 740 cal

MOTHER EARTH \$12.45 (V)

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 (V)

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

"FORBIDDEN" RICE \$11.95 (V) (GF)

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

ADD PROTEIN

CHICKEN (V)

\$5.95

140 cal

STEAK* (V) (GF)

served medium \$7.45

180 cal

SALMON* (V) (GF)

\$7.45

190 cal

SHRIMP (V) (GF)

\$7.25

90 cal

TOFU (V) (GF)

\$4.45

150 cal

(V) VEGETARIAN

(V) VEGAN

(GF) 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.



DAILY SOUP \$7.45

GREEN CHILE QUESO \$8.95 (V) (GF)

chickpea chorizo, white cheddar, yellow corn chips 760 cal

CRUSHED AVOCADO TOAST \$8.25 (V)

soft egg*, everything spice, white cheddar, E.V.O.O. 430 cal

CLASSIC HUMMUS \$7.25 (V)

sun dried tomato, castelvetrano olive, oregano, pita 520 cal

SUB RAW VEGGIES \$3.25 40 cal

AVOCADO HUMMUS \$8.25 (V)

sweet corn, radish, clementine & pumpkin seed, pita 540 cal

SUB RAW VEGGIES \$3.25 40 cal

ENTRÉES

pick a protein + 2 sides

CHICKEN (V)

\$15.45

STEAK* (V) (GF)

served medium \$16.95

SALMON* (V) (GF)

\$17.25

SHRIMP (V) (GF)

\$16.75

TOFU (V) (GF)

\$13.45

3 VEGETARIAN SIDES \$14.95

roasted HEIRLOOM CARROTS (V) (GF)

za'atar spice, whipped feta, herb chermoula 360 cal

KALE SALAD (V)

lemon, roasted garlic, zucchini, parmesan, bread crumb 270 cal

gluten-free

MAC & CHEESE (V) (GF)

aged white cheddar, parmesan 570 cal

roasted SWEET POTATO FRIES (V) (GF)

buttermilk yogurt ranch 460 cal

SWEET CORN & QUINOA (V) (GF)

greek yogurt 380 cal

red chile glazed SWEET POTATO (V) (GF)

bok choy & sesame seed 210 cal

simple steamed BROWN RICE (V) (GF)

160 cal

grilled ASPARAGUS MUJADARA (V) (GF)

green lentil, charred onion rice, lemon yogurt 510 cal

OLIVE OIL ROASTED VEGETABLES (V) (GF)

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

smashed GOLD POTATO (V) (GF)

roasted garlic & thyme 420 cal

CAULIFLOWER "RISOTTO" (V)

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

roasted BROCCOLI (V)

lemon, garlic, parmesan, bread crumb 250 cal

FRESH FRUIT (V) (GF)

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 (V) | STEAK* (V) (GF) | TOFU (V) (GF)

BROCCOLI WITH PARMESAN (V) (GF)

SMASHED POTATO (V) (GF)

SWEET CORN & QUINOA (V) (GF)

GLUTEN-FREE MAC & CHEESE (V) (GF)

FRESH FRUIT (V) (GF)

SIMPLE STEAMED BROWN RICE (V) (GF)

DESSERT

CHOCOLATE CHIP CASHEW COOKIE \$3.25 (V) (GF) 330 cal

CHOCOLATE PUDDING \$5.25 (V) (GF)

sprouted almond, toasted coconut 420 cal

DOUBLE CHOCOLATE ALMOND BROWNIE \$4.75 (V) (GF)

cocoa nib, toasted almond 370 cal

LEMON OLIVE OIL CAKE \$3.75 (V) (GF) 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 (V)

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 (V)

SUB: STEAK* (V) (GF), SHRIMP (V) (GF), OR SALMON* (V) (GF) +\$10

choice of 2 large sides

large chopped vegetable salad (V) (GF)

BUILD YOUR OWN

large proteins

TOFU (V) (GF) \$19 | CHICKEN (V) (GF) \$24

STEAK* (V) (GF) \$30 | SHRIMP (V) (GF) \$31

SALMON* (V) (GF) \$34

large salads

CHOPPED VEGETABLE (V) (GF) \$21.50

TURKEY & AVOCADO COBB (V) (GF) \$28

BRUSSELS SPROUTS & ORGANIC KALE (V) (GF) \$21.50

AVOCADO CAESAR (V) (GF) \$21.50

SPRING INGREDIENT (V) (GF) \$26.75

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

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