

FLOWER CHILD

NUTRITIONAL INFORMATION

TO START

	CALORIES (kcal)	CALORIES FROM FAT (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
crushed avocado toast	430	240	26	6	0	190	1120	35	7	3	16
avocado hummus includes pita	540	270	31	4.5	0	0	1130	58	10	4	14
classic hummus includes pita	520	210	24	3.5	0	0	1340	67	10	2	17
kinda spicy green chili queso	760	440	49	23	1	95	2110	59	7	5	24
mediterranean bruschetta	430	200	22	7	0	30	790	44	5	10	14
«sub» gluten-free pita	140	0	5	1	0	0	400	34	1	4	2
«add» raw veggies	40	5	0	0	0	0	55	9	3	5	2

SOUPS

sprouted barley w/ grass fed beef & wild mushroom	130	30	3.5	1	0	20	830	14	3	4	11
butternut squash & parsnip	280	180	20	17	0	0	700	20	4	13	5
all-natural chicken & organic brown rice	160	30	3.5	1	0	45	1050	15	0	5	16
all-natural chicken & white bean w/ roasted poblano	160	25	3	0.5	0	25	940	20	7	6	12
green curry cauliflower w/ coconut & thai basil	220	130	14	11	0	0	1220	18	2	13	4
heirloom bean w/ organic tomato & jalapeño	260	40	4.5	0.5	0	0	1240	40	20	5	14
red quinoa & white bean minestrone	200	45	5	0.5	0	0	810	29	11	6	9
moroccan sweet potato w/ chickpea & cilantro	210	60	7	1	0	0	1140	31	8	13	7
thai chicken curry w/ mushroom, coconut & lime	240	100	11	8	0	80	1300	9	0	7	27
summer squash & organic tomato w/ sweet corn & thyme	90	20	2	0	0	0	950	15	4	8	4
chicken tortilla w/ organic blue corn	130	30	3.5	0.5	0	25	960	15	3	7	9
yellow curried potato w/ dukka	300	180	20	16	0	0	940	24	4	6	6
indian lentil w/ dukka	280	80	8	5	0	0	490	38	11	5	14
miso mushroom w/ tofu	110	30	3.5	0.5	0	0	1750	12	3	6	9
butternut squash w/ lemongrass & thai basil	170	100	11	9	0	0	870	15	3	10	4
tuscan chicken tomato fennel & kale	160	40	4.5	1	0	45	970	14	4	5	15
green chile & sweet corn stew w/ heirloom bean & cilantro	160	25	3	0	0	0	480	29	8	6	8
roasted chicken muligatawny	320	160	18	10	0	75	1020	22	0	5	22
fall spiced chicken & vegetable w/farro & black kale	120	25	3	0	0	15	1210	15	0	3	10

SALADS (served with dressing)

chopped vegetable	270	170	19	2	0	0	360	23	8	11	5
avocado caesar	350	280	31	6	0	10	610	14	7	2	7
brussels sprouts and organic kale	580	400	45	9	0	20	760	36	9	23	15
turkey and avocado cobb	740	530	59	15	0.5	90	1780	24	7	13	34
ginger miso crunch	280	150	17	4.5	0	0	1290	29	7	14	9
spring ingredient	460	230	26	2.5	0	0	1090	47	10	16	10
chopped vegetable without dressing	120	50	5	1	0	0	60	16	8	6	4
avocado caesar without dressing	150	100	11	2.5	0	5	120	11	6	2	5
brussels sprouts and organic kale without dressing	290	130	14	4	0	15	220	33	9	21	13
turkey and avocado cobb without dressing	420	240	26	10	0	80	1260	21	7	9	32
ginger miso crunch without dressing	150	70	8	1.5	0	0	150	18	6	7	6
spring ingredient without dressing	240	35	4	0.5	0	0	800	41	9	11	9
« looking for a low-cal, sugar-free & dairy-free option? » sub our lemon-avocado dressing	190	180	21	2.5	0	0	720	2	1	1	0

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NUTRITIONAL INFORMATION

BOWLS

	CALORIES (kcal)	CALORIES FROM FAT (kcal)	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
"forbidden rice"	670	290	33	3	0	0	960	85	8	20	12
mother earth	560	250	28	3.5	0	0	1520	68	14	16	12
chicken enchilada	810	450	50	20	0.5	205	2310	47	9	9	47
chicken yakisoba noodles	770	260	29	5	0	155	1850	77	8	18	52
mediterranean chicken kabob	660	310	35	5	0	150	2020	47	5	7	40
yellowfin tuna poke	740	240	26	3.5	0	45	1400	88	10	14	39
glow bowl	520	290	33	5	0	0	1160	51	10	15	10
peruvian braised beef	570	170	19	5	0	65	1170	70	6	9	32

SIDES

roasted broccoli	250	140	16	2.5	0	5	860	17	11	4	11
organic brown rice	160	10	1	0	0	0	150	33	1	0	3
sweet corn & quinoa	380	170	19	9	0	35	810	40	7	13	11
gluten-free mac & cheese	570	320	36	23	1	100	610	46	2	2	16
red chili glazed sweet potato	210	90	10	1	0	0	800	28	6	17	4
smashed gold potato	420	270	30	20	1	80	510	31	4	3	5
cauliflower risotto	110	20	2.5	0.5	0	0	1320	16	0	3	7
pineapple, clementine, grapes	100	0	0	0	0	0	0	27	3	21	1
roasted heirloom carrots	400	310	35	4.5	0	0	710	19	4	7	8
olive oil roasted vegetables	360	240	27	4.5	0	10	1430	26	9	13	4
grilled asparagus mujadara	510	160	18	2.5	0	0	760	67	10	6	19
sweet potato fries	460	260	29	3.5	0	20	1500	43	5	14	5
kale salad	270	200	23	6	0	15	460	11	3	3	9
kale salad without dressing	120	60	7	3.5	0	15	200	10	3	2	9

PROTEINS

all-natural chicken	140	35	4	1	0	85	270	0	0	0	26
sustainable salmon*	190	90	10	1.5	0	40	410	0	0	0	24
grass-fed steak*	180	70	7	3.5	0	70	290	0	0	0	27
shrimp	90	10	1.5	0	0	175	880	4	0	3	16
organic non-gmo tofu	150	80	9	1.5	0	0	170	2	1	1	15

*These foods may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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WRAPS (includes side salad)											
flying avocado	650	320	36	8	0	75	1760	50	7	7	36
black bean falafel	600	210	24	3	0	0	2020	92	13	8	21
the rebel french dip	730	360	40	11	0	95	2200	52	5	10	42
carolina bbq chicken	740	360	40	9	0	120	1820	58	6	18	36
«sub» gluten-free pita	140	0	5	1	0	0	400	34	1	4	2

DESSERT

chocolate chip cookie	330	160	18	11	0	45	160	38	2	25	4
lemon olive oil cake	380	170	20	4.5	0	35	160	49	1	32	2
vegan dark chocolate pudding	420	150	16	12	0	0	150	68	3	58	3
gluten-free carrot cake muffin	310	110	12	1.5	0	30	250	48	2	31	3
double chocolate almond brownie	370	240	27	7	0	50	105	29	4	23	5
pumpkin muffin	290	90	10	1.5	0	30	260	48	2	30	2

HEALTHY KIDS

PROTEIN

all natural chicken	100	25	3	1	0	60	190	0	0	0	19
grass-fed steak	130	50	5	2.5	0	50	210	0	0	0	19
organic non-gmo tofu	110	60	6	1	0	0	125	1	1	0	11
sustainable salmon	110	60	6	1	0	0	125	1	1	0	11

SIDES

broccoli w/ parmesan	90	30	3	2	0	5	330	4	3	1	5
smashed potato	380	170	19	9	0	35	810	40	7	13	11
sweet corn & quinoa	320	200	22	2.5	0	0	980	23	9	8	9
gluten-free mac & cheese	570	320	36	23	1	100	610	46	2	2	16
pineapple, clementine, grapes	60	0	0	0	0	0	0	15	2	12	1

*These foods may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

We cannot guarantee all ingredients used are peanut-free or processed in peanut-free facilities.

Please always inform us of any dietary restrictions or allergies when placing your order. Although every effort is made to avoid cross-contamination, we cannot guarantee all of our items are allergen free.




While we offer gluten-free items, our kitchen is not gluten free.

Our menus change seasonally, all items may not be available at all locations at all times. In an effort to bring our guests the best seasonal dishes, we are always developing new offerings.

FLOWER CHILD

ALLERGEN & DIETARY INFORMATION

TO START

	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME	VEGAN 	VEGETARIAN 	GLUTEN FREE 
crushed avocado toast	•	•					•		•		•	
avocado hummus includes pita							•		•	•		
classic hummus includes pita							•		•	•		
kinda spicy green chili queso	•										•	•
mediterranean bruschetta	•						•				•	
«sub» gluten-free pita								•		•		•
«add» raw veggies										•		•

SOUPS




sprouted barley w/ grass fed beef & wild mushroom							•					
butternut squash & parsnip										•		•
all-natural chicken & organic brown rice												•
all-natural chicken & white bean w/ roasted poblano												•
green curry cauliflower w/ coconut & thai basil										•		•
heirloom bean w/ organic tomato & jalapeño										•		•
red quinoa & white bean minestrone								•		•		•
moroccan sweet potato w/ chickpea & cilantro									•	•		•
thai chicken curry w/ mushroom, coconut & lime			•	•								•
summer squash & organic tomato w/ sweet corn & thyme								•		•		•
chicken tortilla w/ organic blue corn												•
yellow curried potato w/ dukka									•	•		•
indian lentil w/ dukka									•	•		•
miso mushroom w/ tofu								•	•	•		•
butternut squash w/ lemongrass & thai basil										•		•
tuscan chicken tomato fennel & kale												•
green chile & sweet corn stew w/ heirloom bean & cilantro										•		•
roasted chicken muligatawny												•
fall spiced chicken & vegetable w/farro & black kale							•	•				•

SALADS (served with dressing)

chopped vegetable								•	•	•		•
avocado caesar	•						•		•		•	
brussels sprouts and organic kale	•				•			•			•	•
turkey and avocado cobb	•				•			•				•
ginger miso crunch					•			•	•			•
spring ingredient							•				•	
chopped vegetable without dressing									•	•		•
avocado caesar without dressing	•						•		•		•	
brussels sprouts and organic kale without dressing	•				•			•			•	•
turkey and avocado cobb without dressing	•				•			•				•
ginger miso crunch without dressing					•			•	•			•
spring ingredient without dressing							•				•	
« looking for a low-cal, sugar-free & dairy-free option? » sub our lemon-avocado dressing										•		•

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BOWLS												
"forbidden rice"								•	•	•		•
mother earth							•	•	•	•		
chicken enchilada	•											•
chicken yakisoba noodles		•			•		•	•	•			
mediterranean chicken kabob	•											•
yellowfin tuna poke			•				•	•	•			
glow bowl								•		•		•
peruvian braised beef	•											•




SIDES												
roasted broccoli	•						•		•		•	
organic brown rice										•		•
sweet corn & quinoa	•										•	•
gluten-free mac & cheese	•										•	•
red chili glazed sweet potato								•	•	•		•
smashed gold potato	•										•	•
cauliflower risotto							•		•	•		
pineapple, clementine, grapes										•		•
roasted heirloom carrots	•								•		•	•
olive oil roasted vegetables										•		•
grilled asparagus mujadara	•							•	•		•	•
sweet potato fries	•	•									•	•
kale salad	•						•		•		•	
kale salad without dressing	•						•		•		•	

PROTEINS												
all-natural chicken												•
sustainable salmon*			•									•
grass-fed steak*												•
shrimp				•								•
organic non-gmo tofu								•		•		•

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	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME	VEGAN 	VEGETARIAN 	GLUTEN FREE 
WRAPS (includes side salad)												
flying avocado	•						•		•			
black bean falafel							•	•	•	•		
the rebel french dip	•						•	•	•			
carolina bbq chicken	•						•		•			
«sub» gluten-free pita								•		•		•

DESSERT

chocolate chip cookie	•	•			•						•	•
lemon olive oil cake		•									•	•
vegan dark chocolate pudding					•					•		•
gluten-free carrot cake muffin	•	•			•							•
double chocolate almond brownie		•			•							•
pumpkin muffin		•										•

HEALTHY KIDS

PROTEIN

all natural chicken												•
grass-fed steak												•
organic non-gmo tofu							•			•		•
sustainable salmon			•									•

SIDES

broccoli w/ parmesan	•										•	•
smashed potato	•										•	•
sweet corn & quinoa	•										•	•
gluten-free mac & cheese	•										•	•
pineapple, clementine, grapes										•		•

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