FLOWER CHILD

NUTRITIONAL & ALLERGEN INFORMATION

	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)
TO START											
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
green chile queso	760	440	49	23	1	95	2110	59	7	5	24
《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
chicken & 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 & organic kale	580	400	45	9	0	20	760	36	9	23	15
turkey & 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
roasted butternut & asian pear	600	330	37	4.5	0	5	1400	61	10	29	9
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 & organic kale **without dressing**	290	130	14	4	0	15	220	33	9	21	13
turkey & 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
roasted butternut & asian pear **without dressing**	410	180	20	3	0	5	1100	52	9	23	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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BOWLS											
"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 enchiladas	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
miso glazed salmon	560	150	17	2.5	0	50	1870	76	8	28	26
yellowfin tuna poke	740	240	26	3.5	0	45	1400	88	10	14	39
flo-cho chow	520	230	25	3	0	0	1030	65	10	21	15
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
simple steamed brown rice	160	10	1	0	0	0	150	33	1	0	3
simple steamed jasmine rice	180	10	1.5	0	0	0	210	38	0	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 chile 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
fresh fruit	100	0	0	0	0	0	0	27	3	21	1
butternut squash & potato gratin	340	170	19	11	0.5	55	1650	34	5	11	11
olive oil roasted vegetables	270	240	27	4.5	0	10	1430	26	9	13	4
roasted brussels sprouts	340	230	26	3	0	0	970	18	7	6	9
roasted 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											
chicken	140	35	4	1	0	85	270	0	0	0	26
salmon*	190	90	10	1.5	0	40	410	0	0	0	24
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
tofu	150	80	9	1.5	0	0	170	2	1	1	15

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NUTRITIONAL & ALLERGEN INFORMATION

WRAPS (includes side salad)

	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)
flying avocado	650	320	36	8	0	75	1760	50	7	7	36
hoisin tofu "bánh mì"	720	270	31	4.5	0	0	1950	86	10	36	28
the rebel "french dip"	730	360	40	11	0	95	2200	52	5	10	42
the 1924	920	520	58	16	0	115	2070	53	6	5	53
⟪sub⟫ gluten-free pita	140	0	5	1	0	0	400	34	1	4	2

DESSERTS

chocolate chip cashew 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
chocolate pudding	420	150	16	12	0	0	150	68	3	58	3
pumpkin muffin	290	90	10	1.5	0	30	260	48	2	30	2
double chocolate almond brownie	370	240	27	7	0	50	105	29	4	23	5

HEALTHY KIDS

PROTEIN

chicken	100	25	3	1	0	60	190	0	0	0	19
salmon	110	60	6	1	0	0	125	1	1	0	11
steak*	130	50	5	2.5	0	50	210	0	0	0	19
tofu	110	60	6	1	0	0	125	1	1	0	11

SIDES

broccoli with 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
simple steamed brown rice	80	5	0.5	0	0	0	75	16.5	0.5	0	1.5
simple steamed jasmine rice	90	5	1	0	0	0	105	19	0	0	1.5
roasted sweet potato fries	460	260	29	3.5	0	20	1500	43	5	14	5
gluten-free mac & cheese	570	320	36	23	1	100	610	46	2	2	16
fresh fruit	60	0	0	0	0	0	0	15	2	12	1

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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.
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NUTRITIONAL & ALLERGEN 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**							•		•	•		
green chile queso	•										•	•
⟪sub⟫ gluten-free pita								•		•		•
⟪add⟫ raw veggies										•		•

SOUPS	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME	VEGAN	VEGETARIAN	GLUTEN FREE
sprouted barley w/ grass fed beef & wild mushroom							•					
butternut squash & parsnip										•		•
chicken & 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)	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME	VEGAN	VEGETARIAN	GLUTEN FREE
chopped vegetable								•	•	•		•
avocado caesar	•						•		•		•	
brussels sprouts & organic kale	•				•			•			•	•
turkey & avocado cobb	•				•			•				•
ginger miso crunch					•			•	•	•		•
roasted butternut & asian pear	•				•		•				•	
chopped vegetable **without dressing**									•	•		•
avocado caesar **without dressing**	•						•		•		•	
brussels sprouts & organic kale **without dressing**	•				•			•			•	•
turkey & avocado cobb **without dressing**	•				•			•				•
ginger miso crunch **without dressing**					•				•	•		•
roasted butternut & asian pear **without dressing**	•				•		•				•	
⟪ *looking for a low-cal, sugar-free & dairy-free option? sub our lemon-avocado dressing* ⟫										•		•

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NUTRITIONAL & ALLERGEN INFORMATION

BOWLS

	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME	VEGAN	VEGETARIAN	GLUTEN FREE
"forbidden" rice								•	•	•		•
mother earth							•	•	•	•		
chicken enchiladas	•											•
chicken yakisoba noodles		•			•		•	•	•			
miso glazed salmon			•					•	•			•
yellowfin tuna poke			•				•	•	•			
flo-cho chow					•			•		•		•
peruvian braised beef	•											•

SIDES

	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME	VEGAN	VEGETARIAN	GLUTEN FREE
roasted broccoli	•						•		•		•	
simple steamed brown rice										•		•
simple steamed jasmine rice										•		•
sweet corn & quinoa	•										•	•
gluten-free mac & cheese	•										•	•
red chile glazed sweet potato								•	•	•		•
smashed gold potato	•										•	•
cauliflower risotto							•		•	•		
fresh fruit										•		•
butternut squash & potato gratin	•										•	•
olive oil roasted vegetables										•		•
roasted brussels sprouts								•		•		•
roasted sweet potato fries	•	•									•	•
kale salad	•						•		•		•	
kale salad **without dressing**	•						•		•		•	

PROTEINS

	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	WHEAT	SOYBEANS	SESAME	VEGAN	VEGETARIAN	GLUTEN FREE
chicken												•
salmon*			•									•
steak*												•
shrimp				•								•
tofu								•		•		•

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WRAPS (includes side salad)												
flying avocado	•						•		•			
hoisin tofu "bahn mi"							•	•	•	•		
the rebel "french dip"	•						•	•	•			
the 1924	•						•					
⟪sub⟫ gluten-free pita								•		•		•
DESSERTS												
chocolate chip cashew cookie	•	•			•						•	•
lemon olive oil cake		•									•	•
chocolate pudding					•					•		•
pumpkin muffin		•									•	•
double chocolate almond brownie		•			•						•	•
HEALTHY KIDS												
PROTEIN												
chicken												•
salmon			•									•
steak*												•
tofu								•		•		•
SIDES												
broccoli with parmesan	•										•	•
smashed potato	•										•	•
sweet corn & quinoa	•										•	•
simple steamed brown rice										•		•
simple steamed jasmine rice										•		•
roasted sweet potato fries	•	•									•	•
gluten-free mac & cheese	•										•	•
fresh fruit										•		•

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