

FLOWER CHILD

HEALTHY FOOD FOR A HAPPY WORLD


To Start 


CRUSHED AVOCADO TOAST \$7.50 
soft egg*, black sesame, white cheddar



SALADS

OUR ORGANIC PRODUCE IS GUIDED BY THE DIRTY DOZEN LIST

try our *lemon avocado dressing*
sugar-free & dairy-free  

CHOPPED VEGETABLE \$8.75  
organic greens, romaine, avocado,
heirloom carrot, snap pea, radish,
baby tomato, cucumber, toasted sesame seed,
ginger miso vinaigrette

TURKEY & AVOCADO COBB \$12.50 
romaine, arugula, red cabbage, avocado,
tomato, cucumber, crunchy corn, pickled onion,
smoked almond, gorgonzola vinaigrette

VIETNAMESE CRUNCH \$8.75  
savoy cabbage, romaine, quinoa, tomato,
peppadew, pineapple, avocado, cashew, thai basil,
cilantro, mint, spicy lemongrass vinaigrette

ORGANIC KALE \$8.50  
pink grapefruit, organic apple, red cabbage,
black currant, smoked almond, white cheddar,
apple cider vinaigrette

« ADD PROTEIN »

CHICKEN 
\$3.95

STEAK* 
served medium
\$5.25

SALMON* 
\$6.50

TOFU  
\$2.95

ENTRÉES

pick a protein + 2 sides

CHICKEN 
\$12.95

STEAK* 
served medium
\$14.25

SALMON*
\$15.50

TOFU  
\$11.95

3 VEGETARIAN SIDES
\$12.95


yuzu BRUSSELS SPROUTS
charred onion,
savoy cabbage,
golden miso  

roasted BROCCOLI
lemon, garlic,
parmesan bread crumb 

gluten-free MAC & CHEESE
aged white cheddar,
grana padano  

red chile glazed SWEET POTATO
with bok choy &
sesame seed  

smashed organic GOLD POTATO
roasted garlic &
thyme  

sweet corn & QUINOA
with greek yogurt  

SINGLE SIDES \$4.50 each

BOWLS

GLOW BOWL \$9.95  

spicy sweet potato noodle, bok choy, zucchini,
onion, jalapeño, shiitake mushroom,
coconut milk, sunflower butter

MOTHER EARTH \$9.95 

ancient grains, sweet potato, portobello mushroom,
avocado, cucumber, pistachio pesto, charred onion,
leafy greens, red pepper miso vinaigrette, hemp seed

"FORBIDDEN" RICE \$9.95  

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

 VEGETARIAN  VEGAN  GLUTEN-FREE

WRAPS

FLYING AVOCADO \$11.95
smoked turkey, gouda, romaine,
tomato, smashed avocado

THAI DYE \$9.95 
spicy organic tofu, thai basil,
avocado, carrot, daikon radish,
cilantro, snap pea

THE REBEL* \$12.95
grass-fed steak, charred onion,
port salut cheese,
arugula, horseradish yogurt

DRINKS



iced tea \$3.50

seasonal lemonade \$3.50

kombucha ON TAP \$6.50

hot tea \$3.50

HEALTHY KIDS
\$6.50 «12 & UNDER»

pick a protein + 2 sides

CHICKEN  | **STEAK**  | **TOFU**  

BROCCOLI WITH PARMESAN  

SMASHED ORGANIC POTATO  

SWEET CORN & QUINOA  

GLUTEN-FREE MAC & CHEESE  

CLEMENTINE & ORGANIC APPLE  