

LUNCH



FLOWER CHILD
HEALTHY FOOD FOR A HAPPY WORLD





LOCAL + SEASONAL

SANDWICHES

Served with kettle chips, fruit + dessert.
Minimum of 5 sandwiches per selection.

TURKEY \$21 DF

Roasted red pepper + arugula served on farmhouse white bread

ROAST BEEF \$21

Havarti + horseradish served on a ciabatta roll

HAM \$21

Swiss + Dijon mustard served on a ciabatta roll

CHICKEN SALAD \$18

Served on a croissant

HUMMUS + VEGGIES \$18 V

Seasonal veggies served on 7-grain wheat bread

BLT \$22

With chipotle mayo

TURKEY AND AVOCADO \$22

Served with quick pickled cucumber and basil aioli

DESSERT

Chef's choice of brownie, lemon square or raspberry crumble bar.

Gluten free bread or brownie available for an additional \$1

SALADS

Served with a roll + dessert. Minimum of 5 salads per selection.

CHICKEN SALAD \$23 DF, GF

A scoop served over mixed greens

BLACKENED SALMON \$23 GF

Mixed greens, diced tomato, cucumber, goat cheese + chopped almonds.

TURKEY COBB \$23 GF

Spring mix, tomato, blue cheese, crumbled bacon, diced cucumber + boiled egg. Served with buttermilk herb dressing.

ROASTED CHICKEN \$23 GF

Spring mix, fresh berries, toasted almonds + crumbled goat cheese. Served with orange maple vinaigrette.

ROASTED CHICKPEAS + RICED

CAULIFLOWER \$23 V

Arugula, avocado, sliced apple and mint.

DESSERT

Chef's choice of brownie, lemon square or raspberry crumble bar

Gluten free bread or brownie available for an additional \$1

SNACKS

Minimum of 10 per selection.

GRANOLA PARFAIT \$6.50 GF, VG

Fresh fruit + Greek yogurt

HUMMUS + VEGGIES \$5.50 GF, DF, V

CURRY COCONUT \$5 GF, DF, V POPCORN

GIANT COOKIE \$5.50 VG

Funfetti or chocolate chip with sea salt

GRANOLA BAR \$4 GF, VG

A homemade chewy granola bar with dried cherries + chocolate chips

ENERGY BITES \$5 GF, DF, VG

Almond butter, oats + flax seed. Includes 6 bites per order.

ROAM FAVORITES

*Delivery minimum \$200
Subject to delivery fee*





ORIGINAL HAND-TOSSED PIZZA

All pizzas are 12" personal pies (6 slices)

THE CLASSICS

PEPPERONI \$15

Homemade pizza sauce topped with BMP house cheese + pepperonis

CHEESE \$14 VG

VEGGIE \$15 VG

Homemade pizza sauce topped with BMP house cheese, mushrooms, bell peppers, red onions, Roma tomatoes + black olives

CLASSIC \$15

Homemade pizza sauce topped with BMP house cheese, pepperoni, Italian sausage, red onions, mushrooms + bell peppers

MARGHERITA \$14 VG

Roma tomatoes, fresh milk mozzarella cheese + fresh basil

THE MEATEOR \$18

Homemade pizza sauce topped with BMP house cheese, pepperoni, Italian sausage, ground beef, ham + cayenne-candied bacon

SPECIALTY

GREEK \$15 VG

Homemade pizza sauce topped with BMP house cheese, fresh spinach, red onions, artichoke hearts, Kalamata olives + feta cheese

WHITE \$16 VG

Fresh spinach, roasted garlic, red onions, artichoke hearts, creamy ricotta cheese + BMP house cheese

LUNA \$16

Homemade pizza sauce topped with chorizo sausage, caramelized onions, jalapenos, spicy ranch, black olives, cilantro + BMP house cheese

BBQ CHICKEN \$16

BMP house cheese topped with seasoned chicken, green onions, cayenne-candied bacon + smoky BBQ sauce

BACON CHEESEBURGER \$18

Homemade pizza sauce topped with seasoned ground beef, red onions, mushrooms, cayenne-candied bacon, cheddar + BMP house cheese

SALADS

BLUE MOON

Fresh spring mix with grilled chicken, tomatoes, red onions, carrots + artichoke hearts served with balsamic vinaigrette dressing

Side \$10

Entrée \$16

GRILLED CHICKEN CAESAR

A mixture of romaine hearts, grilled chicken, croutons + Caesar dressing topped with grated parmesan cheese

Side \$10

Entrée \$16

GRILLED CHICKEN GREEK

Romaine lettuce with grilled chicken tomatoes, red onions, cucumbers, Kalamata olives, artichoke hearts, banana peppers + feta cheese, served with Greek vinaigrette dressing

Side \$12

Entrée \$18

COBB

Romaine lettuce, grilled chicken, avocado, cayenne-candied bacon, red onions, blue cheese, Roma tomatoes, black olives, served with BBQ ranch dressing

Entrée \$16

Don't see something you like?
Please ask how we can customize
your perfect pizza.

*Gluten free + dairy free
options available*

ROAM FAVORITES

Subject to a delivery fee



christophe's

Catering

INTERNATIONAL

SANDWICHES \$14

Served with your choice of one side + one dessert. Minimum order of 8 per selection.

SANDWICHES

Choose one

The BLT
The Club
Smoked Turkey Breast + Brie
Tuna + Egg Salad
Curry Chicken Salad
Buffalo Chicken Wrap
Grilled Chicken Caesar Wrap
Ham + Brie Croissant
Hummus Wrap (vegetarian)

SIDES

Choose one

Pasta salad, potato salad, Caesar salad, house salad (served with lemon thyme dressing)

DESSERTS

Choose one

Chocolate chip cookie, oatmeal raisin cookie, white chocolate macadamia cookie, peanut butter cookie, apple

ROAM FAVORITES

Delivery minimum \$275
Subject to a delivery fee

SALADS \$12

Served with your choice of a cookie or fruit cup. Minimum order of 8 per selection

Add chicken \$4
Add salmon \$6

COBB

Romaine, turkey breast, bacon bits, avocado, boiled egg, blue cheese, ranch dressing

GRILLED CHICKEN CAESAR

Romaine, grilled chicken breast, shaved parmesan, croutons, Caesar dressing

NICOISE

Romaine, tomato, green beans, boiled egg, black olive, tuna, white anchovy, red bell pepper, lemon thyme dressing

GREEK VG

Romaine, feta, cucumber, red bell pepper, tomato, black olive, figs, lemon thyme dressing

ASIAN CHICKEN + CITRUS

Quinoa, grilled chicken, grapefruit, orange, fresh mint, olive oil + lemon dressing

TURKEY SOUTHWESTERN

Romaine, corn, tomato, black beans, cheddar, smoked chipotle dressing

MANCHEGO VG

Romaine, Manchego, pear, almonds, roasted tomato, sherry dressing

BOWLS

Minimum order of 6 per selection

RAINBOW \$11 VG

Quinoa, eggplant, broccoli, carrots, cauliflower, snow peas, red bell pepper, garlic, pumpkin seeds, tahini, tamari, lime juice, agave nectar, cilantro, olive oil, salt + pepper

POKE BOWL \$16

Your choice of seared tuna *or* seared salmon, brown rice, cucumber, edamame, carrots, tamari, scallions, sesame oil, garlic, ginger, pepper, sesame seeds

VEGAN BURRITO \$12 V

Brown rice, chopped romaine, pinto beans, mango salsa + guacamole

SPICY BUFFALO CAULIFLOWER \$12 VG

Brown rice, shredded cabbage, avocado, radish, buffalo cauliflower florets, cilantro, tahini lemon dressing

SNACKS

Choose (4) snacks to fill your bento box.

Minimum order of 6 per selection

BENTO BOX \$8

Fresh fruit with mint, hummus, crudité's, energy bites, nuts, charcuterie, yogurt with granola + fruit, cheese, macarons, mini fruit tarts, orzo pasta salad, citrus mint quinoa salad, boiled eggs, deviled eggs





MEXICAN

BOXED LUNCHES

Served with chips, salsa + dessert

GARDEN WRAP \$12 VG

Flour tortilla filled with salad mix, diced tomato, shredded jack cheese, black beans, guacamole, black olives, green onions + ranch dressing.

BLACKENED CHICKEN WRAP \$12

Spicy grilled chicken wrapped in a flour tortilla with cheese, lettuce, tomato + chipotle ranch dressing

GRILLED CHICKEN \$15 TORTILLA SALAD

Grilled chicken, spring mix, black beans, tomatoes, avocado, tortilla strips, agave-lime vinaigrette

CINCO TACO SALAD \$15

Grilled chicken, lettuce, tomatoes, roasted corn, black beans, sour cream, guacamole, chipotle ranch, corn tortillas

Substitute steak add'l \$3

SALMON SALAD \$20

Chile glazed salmon, spring mix, black beans, chihuahua cheese, roasted corn, bacon, cilantro, green onions, avocado, pasilla salsa, agave-green chile vinaigrette

TORTILLA SOUP \$6

Served with tortilla strips + avocado slices

DRESSINGS

Chipotle Ranch, Agave Lime Vinaigrette, Roasted Corn Vinaigrette, Mango Vinaigrette

CHIPS + DIP

QUESO \$2.50

Served with chips

GUACAMOLE \$5

Served with chips

DESSERTS

SOPAPILLAS \$2

Served with chocolate sauce + honey

ROAM FAVORITES

Subject to delivery fee



FLOWER CHILD

HEALTHY FOOD FOR A HAPPY WORLD

HEALTHY

NOURISH PLATES

PROTEIN

Choose one

Chicken	\$18
Steak	\$19
Salmon	\$21
Shrimp	\$20
Tofu	\$16

SIDES

Choose two

Mac + Cheese	VG, GF
<i>aged white cheddar, grana Padano</i>	
Red Chile Glazed Sweet Potato	V, GF
<i>with bok choy and sesame seed</i>	
Organic Brown Rice	V, GF
Smashed Gold Potato	VG, GF
<i>with roasted garlic + thyme</i>	
Roasted Broccoli	VG
<i>lemon, garlic, parmesan bread crumb</i>	
Yuzu Brussels Sprouts	V, GF
<i>charred onion, savory cabbage, golden miso</i>	

BOWLS

MOTHER EARTH BOWL \$14 V

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

FORBIDDEN RICE BOWL \$14 V, GF

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

BEVERAGES

Ice Black Passionfruit Tea	\$5
Rose Petal Lemonade	\$5

DESSERTS

Cashew Chocolate Chip Cookies	\$3	GF
Lemon Olive Oil Cake	\$6	GF

SALADS

Chicken	\$6	Shrimp	\$8
Steak	\$7	Tofu	\$4
Salmon	\$9		

CHOPPED VEGETABLE \$12 V, GF

Organic greens, romaine, avocado, heirloom carrot, snap pea, radish, baby tomato, cucumber, toasted sesame seed, ginger miso vinaigrette

TURKEY + AVOCADO COBB \$17 GF

Romaine, arugula, red cabbage, avocado, tomato, cucumber, crunchy corn, pickled onion, smoked almond, gorgonzola vinaigrette

ORGANIC KALE \$12 V, GF

Pink grapefruit, organic apple, red cabbage, black currant, smoked almond, white cheddar, apple cider vinaigrette

WRAPS

FLYING AVOCADO \$16

Smoked turkey, gouda, romaine, tomato, smashed avocado

THAI DYE \$14 V

Spicy tofu, thai basil, avocado, carrot, daikon radish, cilantro, snap pea

ROAM FAVORITES

DF - dairy free
GF - gluten free
VG - vegetarian
V - vegan





FRESH BOX SANDWICHES

BOX 1 \$12

Sandwich with either chips, pasta salad, fruit or dessert

BOX 2 \$14

Sandwich with chips, pasta salad or seasonal fruit + dessert

BOX 3 \$16

Sandwich with chips, pasta salad or seasonal fruit + dessert

COMBO BOX \$15

Half sandwich, half salad + dessert

SANDWICHES
Turkey Breast, Chicken Bacon Club, Ham + Swiss, Newk's Club, Pimento Cheese **VG**, Chicken Salad, Turkey Avocado

FRESH BOX SALADS

All salads are served with breadsticks + dessert

NEWK'S FAVORITE \$16

Grilled chicken breast, mixed greens, gorgonzola cheese, grapes, artichoke hearts, pecans, dried cranberries + house-made croutons

CAESAR SALAD \$12 **VG**

Crisp Romaine, Parmesan + croutons

GREEK SALAD \$12 **VG**

Crisp Romaine, feta cheese, artichoke hearts, Kalamata olives, cucumbers, pepperoncini peppers, red onion + grape tomatoes

ULTIMATE SALAD \$16

Grilled chicken breast, bacon, smoked ham, oven-roasted turkey, mixed greens, grape tomatoes, cucumbers, cheddar cheese + croutons

COBB SALAD \$16

Grilled chicken breast, bacon, mixed greens, diced eggs, gorgonzola cheese, grape tomatoes, green onions, pecans + croutons

GARDEN SALAD \$12 **VG**

Mixed greens, grape tomatoes, cucumbers, carrots, cheddar cheese + croutons

Newk's Eatery offers gluten-free + vegetarian options. Please ask how we can accommodate your allergy or dietary needs.

ROAM FAVORITES

*Delivery minimum \$100
Subject to delivery fee*



BUILD-YOUR-OWN GUSTO BOWL

Individual bowls served with mixed greens + brown rice, **one** protein of your choice, **one** gusto of your choice + homemade sweet potato chips (individually bagged).

PROTEINS

Choose one

GRILLED CHICKEN \$14

SPICY GRILLED CHICKEN \$14

GRILLED UMAMI TOFU \$14

SLICED AVOCADO \$12

GUSTOS

Choose one

TAHINI CUCUMBER FETA GF, VG, V

Lemony tahini sauce + cucumber, tomato + chickpea salad tossed in a white balsamic vinaigrette. Optional garnish: feta with fresh dill.

CHILE SESAME BBQ DF, VG, V

Spicy Korean chile BBQ sauce + cucumber, carrot, radish + jalapeño salad tossed in a sesame soy dressing. Optional garnish: fresh cilantro.

GINGER LIME PEANUT VG, V, DF

Ginger peanut sauce + red bell pepper, cabbage, cucumber, carrot, + roasted peanut salad tossed in a lime vinaigrette. Optional garnish: fresh scallions.

CHIPOTLE MANGO AVOCADO GF, VG

Smoky chipotle cream sauce + avocado, mango, black bean + corn salad in a cilantro lime dressing. Optional garnish: fresh jack cheese.

TZATZIKI LEMON ARTICHOKE VG

Creamy Tzatziki sauce + Israeli couscous, baby kale, artichoke, + grape tomato salad tossed in a lemon vinaigrette. Optional garnish: sweet pickled onions.

SWEET SOY SRIRACHA DF, VG

Sweet Japanese soy sauce + snow pea, grape tomato, purple cabbage + carrot salad tossed in a Sriracha ginger dressing. Optional garnish: fresh scallions.

WHAT'S A GUSTO?

You're not the first to ask.

Thoughtfully crafted toppings and ingredients including: a house-made sauce, fresh vegetables, fruits and a fresh garnish

DF - dairy free
GF - gluten free
VG - vegetarian
V - vegan

ROAM FAVORITES

\$200 delivery minimum
Subject to a delivery fee

SANDWICHES

Served with chips, a cookie + your choice of a healthy side

GRILLED CHICKEN SANDWICH \$14
Served with feta cheese + grilled onions on a kaiser bun

BEEF TENDER SANDWICH \$14
Grilled onions, melted Swiss cheese + horseradish on a kaiser bun

CHICKEN ROLL-UP \$14
Served with tomato + feta cheese in a griddled flour tortilla, served with fresh salsa

SALADS

Served with a cookie

GREEK SALAD \$11
Mixed lettuce, tomatoes, cucumbers, feta, roasted red peppers, red onions, kalamata olives + pepperoncinis. Served with Greek dressing on the side.

Add chicken \$2

GYROS

Served with chips, a cookie + your choice of a healthy side

CHICKEN + BASIL PESTO GYRO \$14
Homemade basil pesto, tomatoes + feta

GRILLED VEGGIE GYRO \$14
Pesto aioli, tomatoes, grilled zucchini, squash, onion, roasted red peppers + feta

HEALTHY SIDES

Basmati rice, roasted new potatoes, grilled veggies, tomato-cucumber salad, pasta salad, fresh fruit or mac 'n cheese (+\$2/pp)

DESSERTS

BAKLAVA \$2.50 per piece
from Hellas Bakery

CHOCOLATE CHIP COOKIE \$1.50 each

FEASTS

Served with greek salad, pita chips, Taziki dip + your choice of a healthy side

GRILLED CHICKEN \$14
Sliced grilled chicken marinated in our homemade dressing

BEEF TENDER \$17.50
Sliced grilled beef filets with herb au jus

SHRIMP \$17.50
Grilled with lemon juice, butter + blackened seasoning

SALMON \$19
Seasoned chargrilled blackened salmon

Taziki's entire menu is gluten free except for pasta, desserts + bread options. Please ask how we can accommodate your allergy or dietary needs.

ROAM FAVORITES

*Delivery minimum \$100
Subject to delivery fee*