



FLOWER CHILD
HEALTHY FOOD FOR A HAPPY WORLD

HEALTHY

NOURISH PLATES

Served individually boxed

PROTEIN

Choose one

Chicken.	\$12.50pp
Steak	\$14.50pp
Salmon	\$17pp
Shrimp	\$16pp
Tofu	\$10 pp

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 Grilled Asparagus V, GF <i>charred onion, savoy 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	\$5pp
Rose Petal Lemonade	\$5pp

DESSERTS

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

SALADS

Steak	\$9pp	Tofu	\$5pp
Salmon	\$9pp		

CHOPPED VEGETABLE \$12pp V, GF

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

TURKEY + AVOCADO COBB \$17pp GF

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

ORGANIC KALE \$12pp V, GF

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

WRAPS

FLYING AVOCADO \$17pp

Smoked turkey, gouda, romaine, tomato, smashed avocado

THAI DYE \$17pp V

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

ROAM FAVORITES

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



FLOWER CHILD
HEALTHY FOOD FOR A HAPPY WORLD

HEALTHY

PACKAGES

Served family style. Feeds 10-12.

NOURISH A TRIBE \$180

Choose chicken or tofu / 1 large salad / 3 sides

GET TOGETHER \$207

Choose steak, shrimp or salmon / 1 large salad / 3 sides

SQUAD BOWLS \$187

Choose 2 large bowls / avocado or simple hummus with veggies + pita

BOWLS

MOTHER EARTH BOWL \$12.25pp V

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

GLOW BOWL \$12.25pp V, GF

Spicy sweet potato noodle, bok choy, zucchini, onion, jalapeno, shiitake mushroom, coconut milk, sunflower butter

FORBIDDEN RICE BOWL

\$12.25pp V, GF

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

BEVERAGES

Flower Child Seasonal Lemonade or Iced Tea **\$27/gallon**

THE GRATEFUL SPREAD \$187

Choose 1 large salad / 6 wraps / avocado or simple hummus with veggies + pita

SO FRESH & SO GREEN \$187

Choose 1 large salad / 5 sides / avocado or simple hummus with veggies + pita

WRAPS

FLYING AVOCADO \$101.50 for 6 or \$203 for 12

Smoked turkey, gouda, romaine, tomato, smashed avocado

THAI DYE \$101.50 for 6 or \$203 for 12 V

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

THE REBEL \$101.50 for 6 or \$203 for 12

Grilled steak, charred onion, port salut cheese, arugula, horseradish yogurt

ROAM FAVORITES

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

SALADS

CHOPPED VEGETABLE \$51 V, GF

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

SKINNY COBB \$51 GF

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

ORGANIC KALE \$51 V, GF

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

SIDES

Mac + Cheese \$7pp **VG, GF**

aged white cheddar, grana Padano

Red Chile Glazed Sweet Potato \$7pp **V, GF**

with bok choy and sesame seed

Organic Brown Rice \$7pp **V, GF**

Smashed Gold Potato. \$7pp **VG, GF**

with roasted garlic + thyme

Roasted Broccoli \$7pp **VG**

lemon, garlic, parmesan bread crumb

Yuzu Grilled Asparagus \$7pp **V, GF**

charred onion, savoy cabbage, golden miso