



Fresh + 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

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

Salads

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

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

Organic Kale V,GF
Pink grapefruit, organic apple, red cabbage, black currant, smoked almond, white cheddar, apple cider vinaigrette

Wraps

Flying Avocado
Smoked turkey, gouda, romaine, tomato + smashed avocado

Thai Dye V
Spicy tofu, thai basil, avocado, carrot, daikon radish, cilantro + snap pea

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

Sides

Mac + Cheese VG,GF
aged white cheddar, grana Padano

Red Chile Glazed
Sweet Potato V,GF
with bok choy and sesame seed

Organic Brown Rice V,GF

Smashed Gold Potato V,GF
with roasted garlic + thyme

Roasted Broccoli V,GF
lemon, garlic, parmesan bread crumbs

Roasted Asparagus V,GF

Desserts

Cashew Chocolate Chip Cookies | \$3pp GF

Lemon Olive Oil Cake | \$6pp GF

Bowls

Mother Earth
Bowl | \$14pp V
Ancient grains, sweet potato, portebello mushroom, avocado, cucumber, broccoli, pesto, charred onion, leafy greens, red pepper miso vinaigrette, hemp seed

Glow Bowl | \$14pp V, GF
Spicy sweet potato noodle, bok choy, zucchini, onion, jalapeno, shitake mushroom, coconut milk, sunflower butter

Forbidden Rice
Bowl | \$14pp V, GF
Black pearl, red japonica, snap pea, bok choy, broccoli, carrot, onion, toasted sesame, red chili hoisin

Please ask how we can accommodate your allergy or dietary needs.

ROAM FAVORITES

Subject to a delivery fee





FLOWER CHILD
HEALTHY FOOD FOR A HAPPY WORLD

Fresh + Healthy

Nourish Plates

Served individually boxed

Proteins

Choose one

Chicken | \$18pp

Steak | \$19pp

Salmon | \$22pp

Shrimp | \$20pp

Tofu | \$16pp

Sides

Choose two

Mac + Cheese VG, GF

Red Chile Glazed Sweet Potato V, GF

Organic Brown Rice V, GF

Smashed Gold Potato V, GF

Roasted Broccoli V, GF

Roasted Asparagus V, GF

Bowls

Mother Earth Bowl | \$14 V

Ancient grains, sweet potato, portebello 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

Wraps

Flying Avocado | \$16pp

Smoked turkey, gouda, romaine, tomato + smashed avocado

Thai Dye | \$14pp V

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

Salads

Served individually boxed

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

Add a protein

Chicken | \$6pp

Steak | \$7pp

Salmon | \$9pp

Shrimp | \$8pp

Tofu | \$4pp