



FLOWER CHILD
HEALTHY FOOD FOR A HAPPY WORLD

Fresh + Healthy

Nourish Plates

Served individually boxed

Proteins
Choose one

Chicken | \$19pp

Steak | \$20pp

Salmon | \$22pp

Shrimp | \$21pp

Tofu | \$16.50pp

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 Brussels Sprouts V, GF

Sweet Quinoa Corn V, GF

Bowls

Mother Earth Bowl | \$14.60pp V
Ancient grains, sweet potato, portebello mushroom, avocado, cucumber, broccoli, pesto, charred onion, leafy greens, red pepper miso vinaigrette, hemp seed

Forbidden Rice Bowl | \$14.60pp V, GF
Black pearl, red japonica, snap pea, bok choy, broccoli, carrot, onion, toasted sesame, red chili hoisin

Glow Bowl | \$14.60pp V, GF
Spicy sweet potato noodle, bok choy, zucchini, onion, jalapeño, shiitake mushroom, coconut milk, sunflower butter

*Please email your order to
galleriacoffeebar@meetatroom.com*

Salads

Served individually boxed

Chopped Vegetable | \$14pp V, GF

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

Turkey + Avocado Cobb | \$18pp GF

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

Brussels Sprouts + Organic

Kale | \$13.50pp VG, GF

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

Add a protein

Chicken | \$6.50pp

Steak | \$7.50pp

Salmon | \$9pp

Shrimp | \$8.50pp

Tofu | \$4.50pp

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

The Rebel | \$17.50pp V

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

