



**FLOWER CHILD**

HEALTHY FOOD FOR A HAPPY WORLD

HEALTHY

## NOURISH PLATES

*Served individually boxed*

### PROTEIN

*Choose one*

Chicken	<b>\$18pp</b>
Steak	<b>\$19pp</b>
Salmon	<b>\$21pp</b>
Shrimp	<b>\$20pp</b>
Tofu	<b>\$16pp</b>

### SIDES

*Choose two*

Mac + Cheese <b>VG, GF</b> <i>aged white cheddar, grana Padano</i>
Red Chile Glazed Sweet Potato <b>V, GF</b> <i>with bok choy and sesame seed</i>
Organic Brown Rice <b>V, GF</b>
Smashed Gold Potato <b>VG, GF</b> <i>with roasted garlic + thyme</i>
Roasted Broccoli <b>VG</b> <i>lemon, garlic, parmesan bread crumb</i>
Yuzu Brussels Sprouts <b>V, GF</b> <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	<b>\$5pp</b>
Rose Petal Lemonade	<b>\$5pp</b>

## DESSERTS

Cashew Chocolate Chip Cookies	<b>\$3pp</b>	<b>GF</b>
Lemon Olive Oil Cake	<b>\$6pp</b>	<b>GF</b>

## SALADS

Chicken	<b>\$6pp</b>	Shrimp	<b>\$8pp</b>
Steak	<b>\$7pp</b>	Tofu	<b>\$4pp</b>
Salmon	<b>\$9pp</b>		

### 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 \$16pp

Smoked turkey, gouda, romaine, tomato, smashed avocado

### THAI DYE \$14pp V

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

### ROAM FAVORITES

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



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## PACKAGES

*Served family style. Feeds 10-12.*

### **NOURISH A TRIBE \$167**

Choose chicken or tofu / 1 large salad / 3 sides

### **GET TOGETHER \$194**

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

### **SQUAD BOWLS \$174**

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

## BOWLS

### **MOTHER EARTH BOWL V**

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

### **GLOW BOWL V, GF**

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

### **FORBIDDEN RICE BOWL \$14 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 **\$20/gallon**

### **THE GRATEFUL SPREAD \$174**

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

### **SO FRESH & SO GREEN \$174**

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

## 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

### ROAM FAVORITES

DF - dairy free

GF - gluten free

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## 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

## 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 VG, GF**

*with roasted garlic + thyme*

### **Roasted Broccoli VG**

*lemon, garlic, parmesan bread crumb*

### **Yuzu Brussels Sprouts V, GF**

*charred onion, savoy cabbage, golden miso*