

Brunch at Flow

10am-3pm

EGGS BENEDICTS

Served with Poached Eggs & Country Potatoes

CLASSIC Canadian Bacon, English Muffin, Béarnaise 22

CRAB CAKE Crab Cakes, Avocado, English Muffin, Béarnaise 29

GARDEN Arugula, Cherry Tomatoes, English Muffin, Béarnaise 20

CLASSIC BREAKFAST Two Organic Eggs, Country Potatoes & Choice of Toast or English Muffin 18

Add Bacon / Roundman's Chicken Sausage / Canadian Bacon 5 // Greens / Fresh Fruit / Parmesan Herb Polenta 4

BREAKFAST SANDWICH Fort Bragg Bakery Ciabatta Roll, Chive Omelet, White Cheddar 14

Add Bacon 5 / Avocado 3

CARDAMOM & ORANGE FRENCH TOAST with Honey Butter, Toasted Almonds, & Real Maple Syrup 18

Add Bacon / Chicken Sausage / Canadian Bacon 5

GRANOLA YOGURT PARFAIT House-made Coconut Granola, Greek Yogurt, Fresh Fruit, & Local Honey 16

BAGEL & CREAM CHEESE Fort Bragg Bakery Bagel, Herb Cream Cheese, Cucumber,

Pickled Onions, Capers 14

MENDO CREPES Chive Crepes, Local Rockfish or Seasonal Vegetables & Meyer Lemon Cream;

Served with a Small Arugula Salad 20

POLENTA BOWL Two Eggs, Braised Greens, Parmesan Herb Polenta 18 gf

Add Bacon or Chicken Apple Sausage 5 Blackened Prawns 6

VEGAN BOWL Spicy Tofu Scramble, Braised Greens, Country Potatoes, Avocado, Edamame 16 gf, v

OMELET OF THE DAY Ask your server for today's selection

SIDES

Fruit 4 / Bacon 5 / Chicken Apple Sausage 5 / Canadian Bacon 5 / Avocado 3 / Greens 3 / One Egg 3

Country Potatoes 5 / Toast 4 / Parmesan Herb Polenta Cake 4

(gf) = Gluten Free, (*) = Available Gluten Free, (av) = Available Vegan, (v) = Vegan
A %20 gratuity will be added to Parties of 5 or more and all to-go orders.