



BRUNCH

## EGGS BENEDICT

*Served with Poached Eggs & Rosemary Roasted Potato Medley*

**Classic** Canadian Bacon, English Muffin, Hollandaise 24

**Yucateco** Yucatan Roasted Pork, Avocado, Pickled Onions, English Muffin, Hollandaise 26

**Crab Cake** Dungeness Crab Cakes, Smashed Avocado, Hollandaise 31

## ENTREES

**Classic Breakfast** Two Organic Eggs, Rosemary Roasted Potato Medley, Choice of Toast 19

Add Roundman's Bacon, Chicken Sage Sausage, or Canadian Bacon 6 Add Braised Greens, Fresh Fruit 5

**Blueberry French Toast** Fort Bragg Bakery Ciabatta with Blueberry Compote and served with Whipped Butter and Toasted Almonds 20 Add Bacon, Chicken Sage Sausage or Canadian Bacon 6

**Biscuits & Gravy** Buttermilk Biscuits with Sausage Country Gravy 1 Biscuit 10 / 2 Biscuits 18  
Combo with 1 Biscuit & Gravy, Two Eggs, Rosemary Roasted Potatoes 25

**Biscuit Sandwich** Buttermilk Biscuit, White Cheddar, Egg & Choice of Bacon or Spinach;  
With Rosemary Roasted Potato Medley 22

**Omelet of the Day** Served with Rosemary Roasted Potato Medley & Toast 24

**Dungeness Crab Cakes** with Avocado-Mango Salad & Spicy Aioli 31

**Pineapple Fried Rice** Curry Rice, Fresh Pineapple, Carrots, Green Onions, Edamame, Basil  
& Cashews 20 Add Grilled Chicken 8 Wild Prawns 10 gf, av

**Fish & Chips** Gluten-Free Cider Batter, Tartar Sauce, Fries, Cucumber Dill Slaw 27 gf

**Prawns & Chips** Gluten-Free Cider Batter, Tartar Sauce, Fries, Cucumber-Dill Slaw 30 gf

**Combo & Chips** Three Pieces of Fish and Three Prawns 33 gf

## SOUP & SALAD

### **Creamy Tomato Seafood Chowder**

Rock Shrimp, Clams, Wild Rock Cod, and Organic Vegetables 8 / 14 gf

**Soup of the Day** ask server for today's offering 6 / 12

**Local Lettuces** with Watermelon Radish, Cucumber, Edamame, Yuzu-Champagne Vinaigrette 17 v,  
gf **Burrata Salad** Arugula, Plums, Shaved Fennel, Toasted Almonds, Burrata Cheese,  
Balsamic Vinnaigrette 19 gf

Add Grilled Prawns 10 | Add Rock Cod or Chicken 8

**Steak Wedge** Little Gem Lettuce, Grilled Flat Iron Steak, Cherry Tomatoes, Red Onion,  
Point Reyes Blue Cheese, & Bacon with Green Goddess Dressing 29 gf

## SANDWICHES

*Served with Choice of Fries, Cucumber Dill Slaw, or Side Salad, available on Gluten-Free Bun*

**Flow Burger** Grass Fed Beef, Bourbon Glazed Onions, White Cheddar, Aioli, and Lettuce on  
Fort Bragg Bakery Bun 22 Add bacon 3

**Dungeness Crab Melt** Dungeness Crabmeat, Cream Cheese, White Cheddar, and Avocado on Fort  
Bragg Bakery Sourdough 31

**Turkey Avocado Melt** Roundman's Turkey, Avocado, Gruyere, Dijonaise on a Ciabatta Roll 25

**Roasted Vegetable Panini** Bell Peppers, Summer Squash and Onions with Burrata and Pesto  
on a Ciabatta Roll 24

## STREET TACOS

*served ala carte, 3 per order add avocado 2*

**Cochinitas** Yucatan Roasted Pork, Pico de Gallo, Pico de Gallo, Cabbage 24

**Local Rock Cod** Rice Flour-dusted Cod, Mango Salsa, Spicy Aioli, Cabbage 26

**Korean Beef** Grilled Steak, Bulgogi Sauce, Asian Slaw, Spicy Aioli 28

## SIDES 6

Side Salad French Fries Rosemary Roasted Potatoes Bacon Chicken Sausage Canadian Bacon

**Fresh.Local.Organic.Wholesome.** (gf)-gluten free (v)-vegan (av)-available vegan

Corkage Fee 15 20% gratuity for tables 6 or more 15% gratuity added to all to go orders