

Breakfast at Flow

Classic Breakfast 18

Choose Four: Two farm-fresh eggs, Potatoes , Polenta, Fruit,
Sautéed Greens, Toast or English muffin

Add Bacon, Sausage or Ham 4 (*, av)

Classic Eggs Benedict 24

Two poached eggs, Roundman's Canadian bacon, & Hollandaise
on an English muffin or Polenta (gf); Served with country potatoes

Available as Veggie Bene or Bacon/Avocado Bene

French Toast 18

Topped with Powdered Sugar & Fresh Strawberries

Add Fresh Whipped Cream 2

Polenta Bowl 18

Braised Greens sauteed with Mushrooms & Onions over
Creamy Polenta with Two Farm Fresh Eggs

Add Avocado 2

Smoked Salmon Bagel 20

Fresh baked Fort Bragg Bakery bagel with
Roundman's Smoked Salmon,

Cream Cheese, Pickled Red Onion, Tomato & Capers

Flow Granola 16

House made Granola with Rolled Oats, Almonds,
Cashews, Dried Cranberries & Coconut
served with Fresh Fruit Choice of Milk,
Almond Milk or Yogurt (gf, av)

Mess O' Potatoes 16

House made Breakfast Potatoes with Onions, Garlic,
Braised Greens & Melted Cheese topped with Pico de Gallo (gf, av)

Add Beans 2

Small Bites

Toast with House Made Jam 4

One Egg 4 Potatoes 4

Sautéed Greens 6

Seasonal Organic Fruit 8

Breakfast Sausage, Ham, or Bacon 8

(gf) = gluten-free, (*) = available gluten free, (v) = vegan, (av) = available vegan

A 20% gratuity will be added to parties of 6 or more.

Lunch at Flow

Wild Rock Cod Chowder

Fresh Rock Cod, Bacon, Carrots, Leeks, Celery,
Onions & Herbs (gf)
Cup 7 | Bowl 11

Soup of the Day

Cup 7 | Bowl 11

Street Tacos (3) 18

Choice of:

Rock Cod, Slow Roasted Pork, Veggies or
Chicken

With Rice, Refried Beans, Shredded Cabbage,
Pico de Gallo & Sour Cream(gf, av)

Add Guacamole 2

Korean Street Tacos (3) 18

Local grass-fed Beef in a low glycemic Bulgogi
Sauce, with

Asian Slaw, Gochujang Crema, Cilantro &
Housemade Kimchi

Fish & Chips/Prawns & Chips 22

Local Rock Cod or Jumbo Prawns (or a combo!)
in our gluten-free Cider Batter,
with Coleslaw and House-cut Fries (gf)

Mixed Green Salad

Baby Greens, shaved Watermelon Radish,
Carrot,

Apple & Toasted Sunflower Seeds
with Citrus Vinaigrette (gf, v)

Small 10 | Large 16

Caesar Salad

A classic Caesar with Romaine Lettuce,
Anchovies, Garlic & Parmesan Cheese
with House-made Croutons & Capers (*, av)

Small 10 | Large 16

Greek Salad

Romaine Lettuce, Cherry Tomatoes, Red
Onion,

Kalamata Olives, Cucumbers, Red Bell
Peppers

& Feta Cheese (gf, av)

Small 10 | Large 16

{ Add Grilled Chicken, Grilled Rock Cod, Prawns
or a Grass-fed Burger Patty to any Salad 8 }

Tonkotsu Ramen 18

Fukuoka Style Shoyu Broth with Organic Ramen Noodles, Pork Belly Chashu, Shoyu Egg,
Shittake Mushrooms, Spinach, Mung Sprouts, Scallions & Toasted Nori

Local Grass-Fed Burger or Beyond Burger 18

Covelo Ranch Ground Beef, Lettuce, Tomato & Red Onion on a Fort Bragg Bakery Brioche Bun
Served with your choice of House-Cut Fries or a Small Green Salad (*, av)

Add Cheese, Bacon or Avocado 2

BLT 18

Smoked Bacon, Lettuce, & Tomato

Served on Whole Wheat Bread with Housemade Aioli & Choice of House-Cut Fries, Soup or Salad

Add Avocado 2

Pesto Chicken Sandwich 19

Grilled Chicken Breast topped with Cheese, Pesto, Greens & Avocado

Served with House-Cut Fries, Soup or Salad

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