

Dinner at Flow

Starters

Soup of the Day
Cup 6 | Bowl 10

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

Mushroom Voulevant ★
Organic mushrooms, sweet soy
lacquer, puff pastry box, marsala
cream 13 (*)

Braised Brussel Sprouts
With a Garlic Vinaigrette &
Parmesan (gf, av) 12

Bacon Wrapped Dates
Almond Stuffed Dates Wrapped in
Smoky Bacon with
Balsamic Reduction & Cashew
Cream (gf) 14

Fried Calamari
Lightly Dusted with Rice Flour
Served with Lemon & Garlic Aioli
(gf) 15

Crab Cakes
Local Dungeness Crab Cakes
With snap pea and apple slaw,
curry aioli 24

Salads

Organic Mixed Green Salad
Local Baby Lettuces, Toasted
Sunflower Seeds, Watermelon
Radishes, Carrot & Apple Cider
Vinaigrette (gf, v)
Small 9 | Large 15

Caesar Salad
A Classic Caesar with Romaine
Lettuce, House-made Croutons,
Capers, Parmesan Cheese &
Anchovies (*) Small 9 | Large 15

Greek Salad
Romaine Lettuce, Cherry Tomatoes,
Red Onion,
Kalamata Olives, Cucumbers, Red
Bell Peppers
& Feta Cheese (gf, av)
Small 9 | Large 15

Beet Salad
House-pickled beets, arugula,
curried quinoa, fresh goat cheese,
candied pepitas,
strawberry-balsamic vin 16

Add Grilled Chicken, Grilled Rock Cod, Prawns
or a Grass-fed Burger Patty to any Salad 6
Add Roasted Beets

Fresh. Local. Organic. Wholesome.

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

We are happy to do our best to make any of our dishes gluten free, vegetarian or vegan
Split plate charge 5 Corkage 15 A 20% gratuity will be added to parties of 6 or more

Hand Tossed Pizza

House-made, From Scratch

Available Gluten Free for an additional 3

Italian

Marinara, Mozzarella, Sliced Tomatoes, Italian Sausage, Parmesan & Arugula 20

The Carnivore

Marinara, Mozzarella, Smoked Bacon, Pepperoni & Grilled Chicken 20

Margherita

Marinara, Fresh Mozzarella & Basil 18

Brie Chicken Apple

Creamy Brie Sauce, Sharp White Cheddar, Apples & Roasted Chicken, Topped with Pesto 20

Pizza of the Day

Ask your server for details on today's offering *Market Price*

Entrees

Zucchini Noodles

Roasted Butternut Squash, Cherry Tomatoes, Greens & Creamy Pesto (gf) 20

Add Grilled Prawns, Chicken or Rock Cod 6

Local Grass-Fed Burger or Beyond Burger

Covelo Ranch Ground Beef, Lettuce, Tomato & Red Onion on an Organic Fort Bragg Bakery

Bun, with Choice of House-cut Fries or Small Salad (*) 18

Add Cheese, Bacon or Avocado 2

Street Tacos (3)

Choice of: Rock Cod, Slow Roasted Pork, Veggies or Chicken With Rice, Refried Beans, Shredded Cabbage, Pico de Gallo & Sour Cream(gf, av) 18

Add Guacamole 2

Korean Street Tacos (3)

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Local grass-fed Beef in a low glycemic Bulgogi Sauce, with
Asian Slaw, Gochujang Crema, Cilantro & Housemade Kimchi 18

Fish or Prawns & Chips

**Pacific Rock Cod or Jumbo Prawns in our Gluten-Free
House Cider Batter with Coleslaw & House-cut Fries (gf) 19**

Cioppino

**San Francisco Style Fisherman Stew with a Variety of Fresh Seafood
Served with Garlic Crostini (*) 28**

Risotto of the Day

Ask your server for today's offering - *market price*

Vegetable Stir Fry

**Seasonal Organic Vegetables Sautéed in a Garlic & Tamari Sauce
Served over Noodles (*) 20**

Add Grilled Prawns, Chicken or Rock Cod 6

Tonkotsu Ramen 18

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

Brick Chicken

**Local organic bone-in chicken breast and drumstick a la plancha with wild
rice gnocchi, organic baby vegetables, fermented cherry mustard, white
wine jus 29**

Grilled Tri Tip

**Grilled Grass-Fed Steak with white miso marinade, organic root vegetable
and bleu cheese pave, beef and cherry demi 38**

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