

FLOW

DINNER

SOUP & SALAD

Creamy Tomato Seafood Chowder Rock Shrimp, Clams, Wild Rock Cod, Clams
and Organic Vegetables 8 / 14 gf

Soup of the Day 6 / 12

Local Lettuces with Watermelon Radish, Cucumber, Edamame &
Yuzu-Champagne Vinaigrette 16 v, gf

Apple Salad Local Apples, Candied Walnuts, Dried Cranberries, Pt. Reyes Blue Cheese,
& Red Onions Arugula and Apple Dijon Dressing 18 gf

Add to Any Salad ; Grilled Chicken 8 Local Rock Cod 8 Wild Prawns 10

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

APPETIZERS

Steamed Clams with Garlic, Cherry Tomatoes, Oregano, White Wine, and
Calabrian Chili Butter, With Toasted Ciabatta 20

Blistered Shishitos Pan Seared Shishito Peppers with Aioli and Maldon Salt 13 gf

Blue Cheese Bacon Fries Fresh Cut Fries, Roundman's Bacon, Blue Cheese Sauce, Chives 15 gf

Dungeness Crab Dip with Toasted Ciabatta 25

Roasted Eggplant Dip Grilled Naan, Feta, Olives, Cherry Tomatoes 18 av

ENTREES

Herb-Roasted Chicken Breast with Sherry Apple Pan Sauce, Mascarpone Whipped Potatoes,
Grilled Broccolini 30 gf

Short Rib Pappardelle Red-Wine Braised Beef Short Rib Ragout with Carrots,
Fresh Oregano and Pappardelle Pasta 32

Today's Fresh Catch *Ask your server*

Dungeness Crabcakes with Avocado-Mango Salad and Spicy Aioli 31

Garlic Zucchini Noodles with Roasted Butternut Squash, White Beans, Kale, Bourbon Onions
and Pecan-Sage Butter 22 Add Grilled Chicken 8 Wild Prawns 10 gf, av

Pineapple Fried Rice Curry Rice, Carrots, Fresh Herbs, Edamame, Pineapple and
Cashews 20 Add Grilled Chicken 8 Add 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 & Three Prawns 33 gf

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

Street Tacos (3 per order, served ala carte *Add Avocado 2*)

Yucatan Roasted Pork, Pickled Onions, Red Cabbage, Pico de Gallo 24

Local Rock Cod, Mango Salsa, Red Cabbage, Spicy Aioli 26

Korean Beef, Asian Slaw, Spicy Aioli 28

French Fries 6

Braised Kale 6

Side Salad 6

Mascarpone

Whipped Potatoes

6

Toasted Ciabatta

6

Seasonal

Vegetables 6

Fresh. Local. Organic. Wholesome.

(gf)= gluten free, (*)= available gluten free, (v)= vegan, (av)= available vegan. Please inform your server of any allergies.

Corkage 15. A 20% Gratuity will be added to parties of 6 or more. 15% Gratuity added to all To-Go orders.