



LUNCH

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 Mixed Greens, Cucumber, Watermelon Radish, Edamame and
Champagne-Yuzu Vinaigrette 16 v, gF

APPLE SALAD Local Apples, Candied Walnuts, Dried Cranberries, Pt. Reyes Blue Cheese,
& Red Onions with Arugula and Apple-Dijon Vinaigrette 18
Add Grilled Chicken or Local Rock Cod 8 And Wild Prawns 10 gF

STEAK WEDGE SALAD Little Gems Lettuce, Cherry Tomatoes, Red Onions, Pt. Reyes Blue Cheese,
Bacon and Green Goddess Dressing 29 gF

APPETIZERS

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

SEARED SHISHTOS with Maldon Salt and Aioli 13 gF

BLUE CHEESE BACON FRIES Fresh Cut Fries, Roundman's Bacon, Blue Cheese Sauce, Chives 15 gF

DUNGENSESS CRAB DIP with Grilled Ciabatta 25

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 Add avocado 2

DUNGENSESS CRAB MELT Dungeness Crabmeat, Cream Cheese, White Cheddar, and Avocado on Fort
Bragg Bakery Sourdough 31

CUBANO Roasted Pork, Canadian Bacon, Gruyere, Dill Pickle Relish and Spicy Aioli on Ciabatta 25

ROASTED EGGPLANT MELT Roasted Garlic-Eggplant Spread, Spinach, Caramelized Onions
and Smoked Mozzarella on a Ciabatta Roll 23 Add Prosciutto 5

ENTREES

DUNGENSESS CRAB CAKES with Avocado-Mango Salad & Spicy Aioli 31

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 and Three Prawns 33 gF

STREET TACOS

served ala carte, 3 per order add avocado 2

COCHINITAS Yucatan Roasted Pork, Pico de Gallo, Cabbage 24

LOCAL ROCKCOD Rice Flour-dusted Cod, Mango Salsa, Spicy Aioli, Cabbage 26

KOREAN BEEF Steak, Bulgogi Sauce, Asian Slaw, Spicy Aioli 28

SIDES 6

Side Salad French Fries Cucumber-Dill Slaw

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

No Split Plates Corkage Fee 15 20% gratuity for tables 6 or more 15% gratuity added to all to go