

## SOUP & SALAD

**ROCK COD CHOWDER** *Fresh, Wild Rock Cod, Bacon, and Organic Vegetables* 7 / 13 gf

**SOUP of the DAY** 6 / 12

**CHOPPED SALAD** *Romaine, Cherry Tomatoes, Radishes, Sugar Snap Peas, Red Onion,  
Pt. Reyes Blue Cheese & Bacon with Green Goddess Dressing* 20 av

**BEET SALAD** *Pickled Beets, Pepitas, Curried Quinoa, Laurel Chenel Goat Cheese,  
Strawberry-Balsamic Vinaigrette* 16 gf, av

**WHITE BEAN SALAD** *White Beans, Edamame, Cherry Tomatoes, Asparagus,  
Micro-greens, Champagne Vinaigrette* 16 Add Grilled Prawns or Chicken to any salad 6 gf, v

## STREET TACOS

*(3 per order, served ala carte)*

**YUCATAN ROASED PORK** *Pickled Onions, Avocado, Sour Cream* 20

**LOCAL ROCK COD** *Mango Salsa, Red Cabbage, Spicy Aioli* 20

**CHILE VERDE TOFU** *Sour Cream, Pepitas, Pickled Onions, Cotija* 19 av

**KOREAN BEEF** *Bulgogi Sauce, Kimchi Slaw, Spicy Mayo* 22

## SANDWICHES

*(Comes with Choice of Fries, Cucumber Dill Slaw, or Side Salad)*

**FLOW BURGER** *Covelo Ranch Beef, White Cheddar, Shaved Red Onion, Lettuce, & Special Sauce  
on a Fort Bragg Bakery Bun* 18 add Bacon 3

**CHICKEN BAHN MI** *Grilled Chicken, Pickled Carrots, Jalapenos, Cilantro, Mint, Creamy Hoisin,  
on Fort Bragg Bakery Ciabatta Roll* 18

**CUBAN** *Roundman's Canadian Bacon, Roasted Pork, Gruyere, Spicy Aioli, Pepperoncini Relish  
on a Fort Bragg Bakery Ciabatta Roll* 19

**FALAFEL BURRITO** *Chickpea Fritters, Roasted Red Pepper Hummus, Cherry Tomatoes, Cucumbers,  
Pickled Onions in an Avocado Flour Tortilla; with a side of Tzatziki Sauce* 16 av

**FISH & CHIPS** *Gluten-free Cider Batter, Tartar Sauce, Fries, Cucumber Dill Slaw* 24 gf

**PRAWNS & CHIPS** *Gluten-free Cider Batter, Tartar Sauce, Fries, Cucumber-Dill Slaw* 28 gf

(gf) = Gluten Free, (\*) = Available Gluten Free, (av) = Available Vegan, (v) = Vegan. A %20 gratuity will be added to Parties of 5 or more. 18% Gratuity will be added on all to-go orders.