

FLOW

DINNER

SOUP & SALAD

SEAFOOD CHOWDER Bay Shrimp, Clams Wild Rock Cod, Organic Vegetables 7 / 13 gf

SOUP of the DAY 6 / 12

Add Grilled Prawns to any salad 10 | Add Rock Cod or Chicken to any salad 8

GREEN SALAD Toasted Walnuts, Shaved Fennel, Pears, Champagne Vinaigrette 16 v

BEET SALAD Pickled Beets, Labneh, Pistachios, Arugula, Honey-Tangerine Vinaigrette 16 gf, av

CHOPPED SALAD Romaine, Cherry Tomatoes, Radishes, Cucumbers, Red Onion,
Point Reyes Blue Cheese, Bacon. Green Goddess Dressing 20 av

APPETIZERS

STEAMED CLAMS Garlic, Cherry Tomatoes, Oregano, White Wine, Calabrian Chili Butter 18

PUMPKIN HUMMUS Vegetable Crudite, Pita Chips 14

SMASHBURGER SLIDERS 2 oz. Grass Fed Beef Patties, Bourbon Onion Jam, White Cheddar, Aioli 16

BLUE CHEESE BACON FRIES Fresh Cut Fries, Roundman's Bacon, Blue Cheese Sauce, Chives 13

DUNGENESS CRAB DIP with Grilled Ciabatta 25

ENTREES

WILD MUSHROOM CHICKEN Rocky Chicken Breast, Locally Foraged Wild Mushroom-Sherry Sauce,
Mascarpone Whipped Potatoes, Grilled Broccolini 26

SEAFOOD UDON SOUP Wild Prawns, Clams and Fresh Fish with Udon Noodles in a Spicy Miso Broth 28

GRILLED HANGER STEAK Roasted Potatoes, Bourbon Onion Jam,
Grilled Broccolini, Point Reyes Blue Cheese Sauce 36

DUNGENESS CRABCAKES with Kimchi Fried Rice. Asian Slaw, Spicy Aioli 29

SEAFOOD CREPES Chive Crepes stuffed with Local Rock Cod, Bay Shrimp, Spinach, and Leeks
in Meyer Lemon Cream Sauce. Served with Side Salad 25

HARVEST GRAIN BOWL Farro, Braised Kale, Roasted Butternut Squash, Edamame, Pickled Beets, Pepitas 24

FISH & CHIPS Gluten-free Cider Batter, Tartar Sauce, Fries, Cucumber Dill Slaw 25 gf

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

COMBO & CHIPS Three pieces of Fish and three Prawns 33 gf

STREET TACOS

3 per order, served ala carte Add avocado 3

Yucatan Roasted Pork, Pickled Onions, Red Cabbage, Pico de Gallo 20

Local Rock Cod, Mango Salsa, Red Cabbage, Spicy Aioli 21

Korean Beef, Asian Slaw, Spicy Aioli 24

SIDES

French Fries 5

Roasted Potatoes 6

Grilled Ciabatta 5

Braised Kale 6

Mascarpone Whipped Potatoes 6

Seasonal Vegetable Medley 6

Fresh. Local. Organic. Wholesome.

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

Split Plate Charge 5 Corkage 15 A 20% Gratuity will be added to parties of 5 or more, 18% Gratuity added to all To Go orders

(continued other side)