

FLOW

LUNCH

SOUP & SALAD

CREAMY TOMATO SEAFOOD CHOWDER Rock Shrimp, Clams, Wild Rock Cod,
Bacon, Organic Vegetables 8 / 14 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 18 v, gf

BEET SALAD Pickled Beets, Labneh, Pistachios, Arugula, Honey-Tangerine Vinaigrette 18 gf, av

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

APPETIZERS

PUMPKIN HUMMUS Vegetable Crudité, Pita Chips 14

STEAMED CLAMS with Garlic, Cherry Tomatoes, Oregano, White Wine and Calabrian Chili Butter 20 gf

BLISTERED SHISHITOS Pan Seared Shishito Peppers with Aioli and Maldon Salt 13 av

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

DUNGENESS CRAB DIP with Grilled Ciabatta 25

ENTRÉES

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

HARVEST GRAIN BOWL Farro, Braised Kale, Roasted Yams, Mushrooms, Edamame,
and Garlic-Herb-Tahini Sauce 25 gf, v

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

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

SANDWICHES

Comes 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 Romaine Lettuce on Fort Bragg Bakery Bun 22 *Add Slice of Roundman's Bacon 3*

SHRIMP SALAD Cream Cheese, White Cheddar, and Avocado
on Fort Bragg Bakery's Sourdough 24 *

CUBAN Roundman's Canadian Bacon, Roasted Pork, Gruyere, Spicy Aioli, Pepperoncini Relish
on a Fort Bragg Bakery Ciabatta Roll 24 *

PUMPKIN HUMMUS PITA WRAP Pumpkin Hummus, Roasted Red Peppers, Cucumbers, Red Onion,
& Romaine Lettuce in Grilled Pita 15 *Add Grilled Chicken 8 av, **

Fresh. Local. Organic. Wholesome.

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

See reverse side for beverages.