

# FLOW

## BRUNCH

**CLASSIC BREAKFAST** Two Organic Eggs, Rosemary Roasted Potato Medley, Choice of Toast 19  
*Add Roundman's Bacon, Chicken Sage Sausage, or Canadian Bacon 6*  
*Add Braised Greens, Fresh Fruit, or Parmesan Herb Polenta 5*

**PUMPKIN BREAD FRENCH TOAST** Housemade Loaf, Cream Cheese Glaze, Pecan Dust, Whipped Butter, and Real Maple Syrup 20 *Add Bacon, Chicken Sage Sausage, or Canadian Bacon 6*

**AVOCADO TOAST** Fort Bragg Bakery Multi-Grain Bread, Smashed Avocado, Poached Egg, Seaweed Bacon, Sesame Seeds 18

**KIMCHI BREAKFAST BOWL** Kimchi Fried Rice, Wilted Cabbage, Broccoli, Shiitake Mushrooms, Edamame, Fried Egg 20 *Add Bacon 6*

**SHRIMP & GRITS** Wild Prawns, Roundman's Chorizo, Braised Kale, Cherry Tomatoes, Cheesy Polenta 28

**COCONUT GRANOLA** Organic Oats, Toasted Coconut, Almonds, Pepitas, Dried Cherries Served with Greek Yogurt and Fresh Fruit 18

### EGGS BENEDICT

*Served with Poached Eggs & Rosemary Roasted Potato Medley*

**CLASSIC** Canadian Bacon, English Muffin, Brown Butter Hollandaise 24

**HARVEST** Braised Kale, Mushrooms & Zucchini, on Fort Bragg Bakery Sourdough, Roasted Red Pepper Coulis, Brown Butter Hollandaise 22

**YUCATECO** Yucatan Roasted Pork, Smashed Avocado, Pickled Onions, Fort Bragg Bakery Sourdough, Green Chili Hollandaise 26

**CRAB CAKE** Dungeness Crab Cake, Smashed Avocado, Brown Butter Hollandaise 29

### SOUP & SALAD

#### CREAMY TOMATO SEAFOOD CHOWDER

Rock Shrimp, Clams Wild Rock Cod, and 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

**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 (optional). Green Goddess Dressing 20

### ENTRÉES

**DUNGENESS CRAB CAKES** Kimchi Fried Rice, Asian Slaw, Spicy Aioli 29

**HARVEST GRAIN BOWL** Farro, Braised Kale, Roasted Yams, Mushrooms and Edamame with 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

### 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 on Fort Bragg Bakery Bun 22 *Add 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 WRAP** Pumpkin Hummus, Roasted Red Peppers, Cucumbers, Red Onions, and 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.*