

FLOW TO-GO

WED-SUNDAY 2-7

707.937.3569

Cocktails, Beer and Wine Available!

Flow Starters

Braised Brussel Sprouts 11

With Garlic Vinaigrette & Parmesan (gf, av)

Bacon-Wrapped Dates 11

Stuffed with Almonds, served with a

Balsamic Reduction & Cashew Cream (gf)

Mixed Green Salad 10

Baby Greens, Seasonal Organic Vegetables, Apple
& Toasted Sunflower Seeds with Cider Vinaigrette (gf, v)

Caesar Salad 10

A classic Caesar with Romaine Lettuce, Anchovies, Garlic & Parmesan Cheese topped with House-made Croutons & Capers
(*)

Classic Cali-Americana

Local Grass-Fed Burger 12

Covelo Ranch Ground Beef, Lettuce, Tomato & Red Onion on a

Fort Bragg Bakery Brioche Bun, with or without Cheese

Served with your choice of House-Cut Fries or Green Salad

Add Bacon or Avocado 2

BLT 12

Smoked Bacon, Lettuce & Tomato on Whole Wheat Bread with

Aioli & your choice of House-Cut Fries or Green Salad

Add Avocado 2

Pesto Chicken Sandwich 12

Cheese, Pesto, Greens & Avocado

Served with your choice of House-Cut Fries or Green Salad

Pulled Pork Sandwich 12

Slow-Roasted Pork on a

Fort Bragg Bakery Brioche Bun with House Slaw,

Pickled Onions & House-cut Fries

Fish & Chips/Prawns & Chips 15

Local Rock Cod or Jumbo Prawns (or a combo!) in our gluten-free

Cider Batter, with Coleslaw & House-cut Fries (gf)

Chicken Tenders 12

Lightly Battered Free Range Chicken with House-Cut Fries

Fresh Catch Dinner 18

Fresh Rock Cod Fillet Grilled, Blackened or Sautéed in a

Lemon Garlic White Wine Sauce

Served with Garlic Mashed Potatoes & Seasonal Vegetables

South of the Border

Nachos 12

House-Made Tortilla Chips with Refried Beans,

Cheddar Cheese, Pico de Gallo, Sour Cream

Add Pork, Chicken or Beef (gf) 4

Quesadillas 10

Cheddar Cheese, Pico de Gallo & Sour Cream

Add Guacamole 2 Add Pork, Chicken or Beef (gf) 4

Tacos 12

Blackened or Fried Rock Cod, Pork, Chicken or Veggies

Pico de Gallo & Sour Cream, Pinto Beans & Mexican Rice (gf, avg)

Tostada 12

Filled with Mexican Rice, Beans, Cheese, Pico de Gallo, Sour
Cream

& your Choice of Rock Cod, Chicken, Beef, Pork, or Veggies

A Taste of Italy

Pizzas are House-made, From Scratch

Available Gluten-Free for an additional 3

Margherita Pizza 15

House-Made Dough with Marinara, Mozzarella & Fresh Basil

Brie Chicken Apple Pizza 18

House-Made Dough with Roasted Chicken, Apples, Sharp White

Cheddar, Creamy Brie Sauce, Topped with Pesto

A Taste of Asia

Curry 18

Seasonal, Changes Daily

with your choice of Tofu, Chicken, Beef or Prawns (add 4 for prawns)

Served over Jasmine Rice

Soba Noodle Chow Mein 16

Chicken, Bacon, Kale, Mushrooms, Garlic & Soba Noodles

Café Classics

Thai Burrito 16

Choice of Chicken, Beef, Tofu or Shrimp Sautéed with Organic

Brown Rice & Seasonal Veggies in Housemade Peanut Sauce

Served with Café Sweet Thai Chili Sauce

Thai Firepot 16

Choice of Chicken, Beef, Tofu or Shrimp with Organic Seasonal

Veggies in a Coconut Red Curry Broth over Rice or Bean Noodles

Healing Bowl 16

Choice of Chicken, Beef, Tofu or Shrimp in Miso Broth with Kale,

Mushrooms & Soba Noodles