



healthy hearty happy

860.796.1493

flourishhartford.com | IG: [@flourish_hartford](https://www.instagram.com/flourish_hartford)

Warm Bowls

Jerk Chicken – brown rice or quinoa, jerk chicken, mango, avocado, red pepper, plantain chips, lemon vinaigrette (gf)

\$12.25

**New* Salmon & Sweets* – blackened salmon, roasted sweet potatoes, cannellini beans, steamed broccoli (gf)

\$14.25

Teriyaki Tofu – brown rice or quinoa, teriyaki marinated tofu, mushrooms, red peppers, onions, mango, honey-miso dressing (gf, vegan)

\$11.75

Steak & Potato – roasted potatoes, grilled marinated steak, sauteed mushrooms, steamed green beans, Balsamic drizzle (gf)

\$13.75

Salads

Southwest Chicken – seasoned chicken, green leaf lettuce, avocado, tomato, yellow corn,

black beans, tortilla strips, classic ranch dressing (gf)

\$10.75

Apple-Pecan – spring mix, cucumber, chopped apple, caramel-cinnamon pecans, dried cranberries, lemon vinaigrette (gf, vegan)

\$9.75

Spinach Cobb – grilled chicken, baby spinach, tomato, avocado, hard-boiled egg, bacon, red onion, feta, classic ranch dressing (gf)

\$10.75

**New* Blackened Salmon* – blackened salmon, tomatoes, avocado, cucumber, red onion, spring mix, Balsamic vinaigrette (gf)

\$12.75

Cauliflower Flatbread (gf)

Steak & Arugula – grilled marinated steak, arugula, roasted garlic, Parmesan, Balsamic drizzle (gf)

\$13.75

Roasted Vegetable – basil pesto, red peppers, onions, mushrooms, black olives, Balsamic drizzle (gf, vegan)

\$12.25

Chicken Pesto – grilled chicken, avocado, tomato, basil pesto, Parmesan, bacon (gf)

\$13.25

Tuna Melt – Albacore tuna, tomato, cucumber, red onion, Parmesan, white sauce (gf)

\$12.75

gf – gluten-free

Build Your Own Bowl - \$13.25 Salad - \$12.75 Flatbread - \$13.75

Buffet-style Build Your Own Lunch or Dinner (includes cookies and drinks) - choose a combination of up to 10 Bases, Proteins, Ingredients, and Dressings – \$18.50 per person (minimum 10 persons)

Base (choose up to 2)

Brown Rice	<i>*New*</i> Spring Mix	Green Leaf Lettuce
Quinoa	<i>*New*</i> Roasted Sweet Potatoes (gf)	Roasted Potatoes
Baby Spinach	Cauliflower Flatbread (gf)	Arugula

Proteins (choose 1)

Grilled Chicken	Albacore Tuna	<i>*New*</i> Blackened Salmon
Seasoned Chicken	Organic Tofu	Grilled Steak
Jerk Chicken	Bacon	

Ingredients (choose 4)

Avocado	Caramel-Cinnamon Pecans	Red Onion
Cucumber	Plantain Chips	Black Olives
Tomato	Mango	Crispy Rice Noodles
Feta Cheese	Shaved Parmesan	Steamed Green Beans
Yellow Corn	Croutons	Black Beans
Tortilla Strips	Cashews	Roasted Garlic
Cannellini Beans	Dried Cranberries	Chopped Apple
Roasted Red Peppers	Sauteed Mushrooms	<i>*New*</i> Steamed Broccoli

Dressings & Sauces (choose 1)

Creamy Caesar	Balsamic Vinaigrette	White Sauce
Sesame Ginger	Classic Ranch	Tzatziki Dressing
Lemon Vinaigrette	Raspberry Vinaigrette	Maple Vinaigrette
Hearty Italian	Basil Pesto	Honey Miso

Drinks

Canned Seltzer - \$2.00	Bottled Water – \$2.00	<i>*New*</i> San Pellegrino Sparkling Drink (flavored) – \$2.50
Iced Tea (Unsweetened) – \$2.50	Iced Tea (Sweetened) – \$2.50	

Desserts

Fresh Baked Cookies - \$2.25

Extra Dressings & Sauces - \$.75 each