



healthy hearty happy

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[flourishhartford.com](http://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)  
\$11.25

*Fish Taco* – brown rice or quinoa, flounder filet, avocado, tomato, shredded cabbage, tortilla strips, white sauce  
\$12.25

*Teriyaki Tofu* – brown rice or quinoa, teriyaki marinated tofu, mushrooms, red peppers, onions, mango, crispy rice noodles, honey-miso dressing (gf, vegan)  
\$10.75

*Steak & Potato* – roasted potatoes, grilled marinated steak, sauteed mushrooms, steamed green beans, Balsamic drizzle (gf)  
\$13.25

### Salads

*Southwest Chicken* – seasoned chicken, green leaf lettuce, avocado, tomato, yellow corn, black beans, tortilla strips, classic ranch dressing (gf)  
\$10.75

*Apple-Pecan* – green leaf lettuce, baby spinach, arugula, 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

*Niçoise Salad* – Arugula, baby spinach, tomatoes, hard-boiled egg, steamed green beans, black olives, roasted potatoes, Albacore tuna, Balsamic vinaigrette (gf)  
\$11.75

### Gluten-Free Flatbread (gf) Substitute Cauliflower Flatbread (gf) for extra \$1.50

*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 - \$12.75 Salad - \$11.25 Flatbread - \$13.25**

**Buffet-style Build Your Own Lunch or Dinner (includes cookies and drinks) - choose a combination of up to 10 Bases, Proteins, Ingredients, and Dressings – \$18.00 per person (minimum 10 persons)**

*Base (choose up to 2)*

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

*Proteins (choose 1)*

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

*Ingredients (choose 4)*

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

*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	<i>*New*</i> Honey Miso

**Drinks**

Sparkling Lemonade – \$2.00	Bottled Water – \$1.50	Canned Seltzer - \$1.50
<i>*New*</i> Iced Tea (Unsweetened) – \$2.00	<i>*New*</i> Iced Tea (Sweetened) – \$2.00	

**Desserts**

Fresh Baked Cookies - \$2.00

**Extra Dressings & Sauces - \$.75 each**