



healthy hearty happy

860.796.1493

72 New Park Avenue, Hartford, CT

flourishhartford.com | IG: @flourish_hartford

Warm Bowls (Double Protein + \$3.00)

Jerk Chicken – brown rice or quinoa, jerk chicken, mango, avocado, red pepper, plantain chips, jerk BBQ sauce (gf)
\$12.75

Salmon & Sweets – blackened salmon, roasted sweet potatoes, cannellini beans, steamed broccoli (gf)
\$14.75

Teriyaki Tofu – brown rice or quinoa, teriyaki marinated tofu, mushrooms, red peppers, onions, mango, sesame-ginger dressing (vegan)
\$12.25

Steak & Potato – roasted potatoes, grilled marinated steak, sauteed mushrooms, steamed green beans, Balsamic drizzle
\$14.25

*Poke** – brown rice or quinoa, sashimi grade tuna, avocado, mango, cucumber, ponzu sauce, tuxedo sesame seeds (gf)
\$15.25 *consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

Salads (Double Protein + \$3.00)

Southwest Chicken – seasoned chicken, green leaf lettuce, avocado, tomato, yellow corn, black beans, tortilla strips, classic ranch (gf)
\$11.25

Apple-Pecan – spring mix, cucumber, chopped apple, caramel-cinnamon pecans, dried cranberries, lemon vinaigrette (gf, vegan)
\$9.75 (Add chicken +2 / Add steak +3 / Add shrimp +3 / Add salmon +4)

Spinach Cobb – grilled chicken, baby spinach, tomato, avocado, hard-boiled egg, bacon, red onion, feta, classic ranch (gf)
\$11.25

Blackened Salmon – blackened salmon, tomatoes, avocado, cucumber, red onion, spring mix, Balsamic vinaigrette (gf)
\$13.25

Roasted Brussels Sprout Caesar – green leaf lettuce, roasted Brussels sprouts, Parmesan, pistachios, Caesar dressing (gf)
\$9.75 (Add chicken +2 / Add steak +3 / Add shrimp +3 / Add salmon +4)

Cauliflower Flatbread (Double Protein + \$3.00)

Steak & Arugula – grilled marinated steak, arugula, roasted garlic, Parmesan, Balsamic drizzle
\$14.25

Chicken Pesto – grilled chicken, avocado, tomato, basil pesto, Parmesan, bacon (gf)
\$13.25

Roasted Vegetable – basil pesto, red peppers, onions, mushrooms, black olives, Balsamic drizzle (gf, vegan)
\$12.25

Shrimp Scampi – shrimp, roasted garlic, fresh-squeezed lemon, Parmesan, Brussels sprouts (gf)
\$14.25

Jerk Chicken – jerk chicken, fresh mozzarella, ripe plantains, green onions, jerk BBQ sauce (gf)
\$14.25

gf – gluten-free

Build Your Own Bowl - \$14.75 (Double Protein + \$3.00) Salad - \$13.25 (Double Protein + \$3.00) Flatbread - \$14.75 (Double Protein + \$3.00)

Buffet-style Build Your Own Lunch or Dinner (includes cookies and drinks) - choose a combination of up to 10 Bases, Proteins, Ingredients, and Dressings – \$19.00 per person (minimum 10 persons)

Base (choose up to 2)

Brown Rice	Spring Mix	Green Leaf Lettuce
Quinoa	Roasted Sweet Potatoes	Roasted Potatoes
Baby Spinach	Cauliflower Flatbread (gf)	Arugula

Proteins (choose 1)

Grilled Chicken	*New* Shrimp	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	*New* Pistachios
Feta Cheese	Shaved Parmesan	Steamed Green Beans
Yellow Corn	Croutons	Black Beans
Tortilla Strips	*New* Roasted Brussel Sprouts	Roasted Garlic
Cannellini Beans	Dried Cranberries	Chopped Apple
Roasted Red Peppers	Sauteed Mushrooms	*New* Steamed Broccoli

Dressings & Sauces (choose 1)

Creamy Caesar	Balsamic Vinaigrette	*New* Sweet & Tangy French
Sesame Ginger	Classic Ranch	Tzatziki
Lemon Vinaigrette	Raspberry Vinaigrette	Maple Vinaigrette
Hearty Italian	Basil Pesto	Ponzu

Drinks

Canned Seltzer - \$2.00	Bottled Water – \$2.00	San Pellegrino Sparkling Drink (flavored) – \$2.50
Iced Tea (Unsweetened) – \$3.00	Iced Tea (Sweetened) – \$3.00	

Desserts

Fresh Baked Cookies - \$2.50

Extra Dressings & Sauces - \$.75 each