

Flower Child Arcadia

5013 N 44th St Suite B2025B 85018-1653 · +16024296222 · Updated: Jan 14, 2026

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MAIN 5

Daily Soup \$7.25

Green Chile Queso AVAILABLE OPTIONS

chickpea chorizo, white cheddar, yellow corn chips \$8.95
Sub Raw Veggies: \$3.25

Crushed Avocado Toast \$8.00

soft egg*, black sesame, white cheddar

Simple Hummus AVAILABLE OPTIONS

peppadew, olive, lemon & oregano \$7.00
Sub Raw Veggies: \$3.25

Avocado Hummus AVAILABLE OPTIONS

sweet corn, radish, clementine & pumpkin seed \$8.00
Sub Raw Veggies: \$3.25

SALADS 6

Italian Chopped \$10.95

romaine, arugula, sun dried tomato, provolone, pepperoncini, red onion, crunchy chickpea, calabrian chili vinaigrette

Turkey & Avocado Cobb \$14.25

romaine, arugula, red cabbage, avocado, tomato, cucumber, crunchy corn, pickled onion, smoked almond, gorgonzola vinaigrette

Avocado Caesar \$10.95

romaine, parmesan, bread crumb, chive, avocado caesar dressing

Brussels Sprouts & Organic Kale \$10.45

red grape, organic apple, pink grapefruit, white cheddar, smoked almond, apple cider vinaigrette

Chopped Vegetable \$10.95

organic greens, romaine, avocado, heirloom carrot, snap pea, radish, baby tomato, cucumber, toasted sesame seed, ginger miso vinaigrette

Ginger Miso Crunch \$10.45

carrot zoodles, zucchini, red pepper, cabbage, mint, cashew, sesame seed, asian dressing

BOWLS 6

Mushroom Bolognese	\$11.75
squash noodles, crumbled chickpea & tofu "sausage", almond ricotta, italian basil	
Chicken Yakisoba Noodles	\$15.45
grilled chicken thigh, wok seared vegetables, sesame garlic sauce, roasted cashew	
Mediterranean Chicken Kabob	\$15.45
summer squash, portobello mushroom, bell pepper, harissa, quinoa rice, yogurt sauce, greek salad	
Mother Earth	\$11.75
ancient grains, sweet potato, portobello mushroom, avocado, cucumber, broccoli pesto, charred onion, leafy greens, red pepper miso vinaigrette, hemp seed	
Chicken Enchiladas	\$14.45
guajillo chile, smoked gouda, poblano crema, organic black bean, roasted corn, avocado	
"Forbidden" Rice	\$11.45
black pearl, red japonica, snap pea, bok choy, broccoli, carrot, onion, toasted sesame, red chili hoisin	

ADD PROTEIN 5

Chicken	\$4.95
Steak*	\$5.95
served medium	
Salmon*	\$6.95
Shrimp	\$6.50
Tofu	\$3.75

ENTRÉES - PROTEIN 6

Chicken	\$14.45
Shrimp	\$15.95
Steak*	\$15.45
served medium	
Tofu	\$12.75
Salmon*	\$16.45
3 Vegetarian Sides	\$13.95

ENTRÉES - SIDES 12

Roasted Brussels Sprouts	
thai basil, yuzu miso	

Kale Salad

lemon, roasted garlic, zucchini, parmesan, bread crumb

Gluten-Free Mac & Cheese

aged white cheddar, parmesan

Roasted Broccoli

lemon, garlic, parmesan, bread crumb

Red Chile Glazed Sweet Potato

bok choy & sesame seed

Simple Steamed Brown Rice

Maple Glazed Squash

toasted walnut, medjool date, chive

Roasted Sweet Potato Fries

buttermilk yogurt ranch

Cauliflower "Risotto"

cauliflower rice, coconut, toasted bread crumb, lemon, parsley

Fresh Fruit

pineapple, mandarin orange, organic red grape

Sweet Corn & Quinoa

greek yogurt

Smashed Gold Potato

roasted garlic & thyme

WRAPS 4

Carolina BBQ Chicken \$12.95

kombucha bbq, pepperjack, coleslaw, b & b pickle

Flying Avocado \$12.45

smoked turkey, gouda, romaine, tomato, avocado hummus

Thai Dye \$10.95

spicy tofu, thai basil, avocado, carrot, daikon radish, cilantro, snap pea

The Rebel* \$13.45

grilled steak, charred onion, port salut cheese, arugula, horseradish yogurt

HEALTHY KIDS 3

Chicken

Steak

Tofu

DESSERTS 3

Chocolate Chip Cashew Cookie	\$2.50
Chocolate Pudding	\$5.25
sprouted almond, toasted coconut	
Lemon Olive Oil Cake	\$3.75

\$65 BUNDLE 3

Large Grilled Chicken
Sub: Steak* (gluten-free), Shrimp (gluten-free), or Salmon* (gluten-free) +\$10
Choice of 2 Large Sides
Large Chopped Vegetable Salad

LARGE PROTEINS 5

Tofu	\$16.00
Steak*	\$25.00
Chicken	\$20.00
Shrimp	\$28.00
Salmon*	\$30.00

LARGE SALADS 5

Italian Chopped	\$21.00
Chopped Vegetable	\$21.00
Turkey & Avocado Cobb	\$28.00
Brussels Sprouts & Organic Kale	\$20.50
Avocado Caesar	\$21.00

LARGE SIDES 1

Large Sides	\$15.50
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DRINKS 3

Iced Tea	\$3.75
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Seasonal Lemonade

\$3.75

Hot Tea

\$3.75

A Selection of Loose Leaf Hot Teas

FEATURED DRINKS3

Rotating Kombucha

\$6.50

On Tap

Cold Beer

\$6.00

Seasonal Sangria

AVAILABLE OPTIONS

\$8.00

\$28.00

WINE6

Sparkling Wine

Rosé

Sauvignon Blanc

Chardonnay

Pinot Noir

Red Blend

PACKAGES5

Nourish a Tribe

\$159.00

choose chicken or tofu / 1 large salad / 3 sides

Get Together

\$182.00

choose steak*, shrimp, or salmon* / 1 large salad / 3 sides

Bountiful Bowls

\$166.00

choose 2 large bowls / avocado or simple hummus with veggies & pita

The Grateful Spread

\$166.00

choose 1 large salad / 6 wraps / avocado or simple hummus with veggies & pita

The Gatherer

\$166.00

choose 1 large salad / 5 sides / avocado or simple hummus with veggies & pita

CHOOSE YOUR SALAD5

Italian Chopped

\$54.00

romaine, arugula, sun dried tomato, provolone, pepperoncini, red onion, crunchy chickpea, calabrian chili vinaigrette

Brussels Sprouts & Organic Kale	\$54.00
red grape, organic apple, pink grapefruit, white cheddar, smoked almond, apple cider vinaigrette	
Chopped Vegetable	\$54.00
organic greens, romaine, avocado, heirloom carrot, snap pea, radish, baby tomato, cucumber, toasted sesame seed, ginger miso vinaigrette	
Skinny Cobb	\$54.00
romaine, arugula, red cabbage, avocado, tomato, cucumber, crunchy corn, pickled onion, smoked almond, gorgonzola vinaigrette	
Avocado Caesar	\$54.00
romaine, parmesan, bread crumb, chive, avocado caesar dressing	

CHOOSE YOUR BOWL 3

Mushroom Bolognese	\$70.00
squash noodles, crumbled chickpea & tofu "sausage", almond ricotta, italian basil	
Mother Earth	\$70.00
ancient grains, sweet potato, portobello mushroom, avocado, cucumber, broccoli pesto, charred onion, leafy greens, red pepper miso vinaigrette, hemp seed	
"Forbidden" Rice	\$70.00
black pearl, red japonica, snap pea, bok choy, broccoli, carrot, onion, toasted sesame, red chili hoisin	

CHOOSE YOUR WRAP 4

Flying Avocado	
smoked turkey, gouda, romaine, tomato, avocado hummus	
Thai Dye	
spicy tofu, thai basil, avocado, carrot, daikon radish, cilantro, snap pea	
The Rebel*	
grilled steak, charred onion, port salut cheese, arugula, horseradish yogurt	
Carolina BBQ Chicken	
kombucha bbq, pepperjack, coleslaw, b & b pickle	

CHOOSE YOUR SIDE 9

Smashed Gold Potato	
roasted garlic & thyme	
Gluten-Free Mac & Cheese	
aged white cheddar, parmesan	
Roasted Broccoli	
lemon, garlic, parmesan, bread crumb	
Fresh Fruit	

Sweet Corn & Quinoa

greek yogurt

Red Chile Glazed Sweet Potato

bok choy & sesame seed

Simple Steamed Brown Rice

Cauliflower "Risotto"

cauliflower rice, coconut, toasted bread crumb, lemon, parsley

Kale Salad

lemon, roasted garlic, zucchini, parmesan, bread crumb

DESSERT 1

Gluten-Free Chocolate Chip Cashew Cookies \$24.00

BEVERAGES 1

Flower Child Seasonal Lemonade or Iced Tea \$32.00

WANT TO ADD ON? 5

Hummus with Raw Veggies & Pita \$68.00

Side \$39.00

Salad \$49.00

Bowl \$64.00

Wrap AVAILABLE OPTIONS

6 Wraps / 12 Pieces: \$87.00

12 Wraps / 24 Pieces: \$174.00

PROTEIN 5

Chicken \$70.00

Salmon* \$92.00

Shrimp \$87.00

Steak* \$81.00

Tofu \$59.00