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Flower Child - Austin

Menu Prices — October 24, 2026

Flower Child - Austin menu with prices in United States, updated January 2020: 73 items across 10 categories, prices from $1.95 to $15.50.

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Flower Child - Austin Menu with Prices (United States)

Flower Child - Austin menu with prices in United States, updated January 2020: 73 items across 10 categories, prices from $1.95 to $15.50. Prices are collected by PriceListo and may vary by location. See the latest prices online at www.pricelisto.com/menu-prices/flower-child-austin

Menu categories: Popular Items · To Start · Salads · Entrées · Whole Grain Wraps · Bowls · Sides · Healthy Kids · Drinks & Desserts · Drinks

Popular Items

ITEM	PRICE
Mother Earth ancient grains, sweet potato, portobello mushroom, avocado, cucumber, pistachio pesto, charred onion, leafy greens, red...	**$9.95**
Signature Rose Petal Lemonade	**$3.50**
Organic Kale pink grapefruit, organic apple, black currant, smoked almond, white cheddar, apple cider vinaigrette	**$8.50**
Glow Bowl spicy sweet potato noodle, bok choy, zucchini, onion, jalapeño, shiitake mushroom, coconut milk, sunflower butter	**$9.95**
Avocado Hummus sweet corn, radish, clementine & pumpkin seed	**$7.00**
Thai Dye spicy tofu, thai basil, avocado, carrot, daikon radish, cilantro, snap pea	**$9.95**
Tomato Toast goat cheese, pistachio pesto, sea salt	**$7.50**

To Start

ITEM	PRICE
Protein Soup Changes daily, please call the store for details	**$6.25**
Crushed Avocado Toast soft egg*, black sesame, white cheddar	**$7.50**
Vegetarian Soup Changes daily, please call the store for details	**$6.25**
Tomato Toast (To Start) goat cheese, pistachio pesto, sea salt	**$7.50**
Avocado Hummus (To Start) sweet corn, radish, clementine & pumpkin seed	**$7.00**
Simple Hummus peppadew, olive, lemon & oregano	**$6.00**

Salads

ITEM	PRICE
Chopped Vegetable organic greens, romaine, avocado, heirloom carrot, snap pea, radish, baby tomato, cucumber, toasted sesame seed, ginger...	**$8.75**
Organic Kale (Salads) pink grapefruit, organic apple, black currant, smoked almond, white cheddar, apple cider vinaigrette	**$8.50**
Brussels & Squash arugula, roasted brussels, butternut squash, organic apple, ancient grains, cranberry, goat cheese, sprouted almond, chi...	**$8.50**

ITEM	PRICE
Vietnamese Crunch savoy cabbage, romaine, quinoa, tomato, peppadew, pineapple, avocado, cashew, thai basil, cilantro, mint, spicy lemongra...	**$8.75**
Mediterranean Quinoa tabbouleh, cauliflower, cucumber, tomato, sweet pepper, pistachio, feta, harissa yogurt vinaigrette	**$8.50**
Turkey Avocado Cobb romaine, arugula, red cabbage, tomato, cucumber, crunchy corn, pickled onion, smoked almond, gorgonzola vinaigrette	**$12.50**

Entrées

ITEM	PRICE
Salmon Plate includes 2 sides	**$15.50**
Tofu Plate includes 2 sides	**$11.95**
Steak Plate includes 2 sides	**$14.25**
Shrimp Plate includes 2 sides	**$14.95**
Vegetarian Plate (No Protein) includes 3 sides	**$12.95**
Chicken Plate includes 2 sides	**$12.95**

Whole Grain Wraps

ITEM	PRICE
Bird is the Word grilled chicken, broccoli, charred onion & pepper, melted pepper jack cheese	**$11.95**
The Rebel grass-fed steak, charred onion, port salut cheese, arugula, horseradish yogurt	**$12.95**
Flying Avocado smoked turkey, gouda, romaine, tomato, crushed avocado	**$11.95**
Thai Dye (Whole Grain Wraps) spicy tofu, thai basil, avocado, carrot, daikon radish, cilantro, snap pea	**$9.95**

Bowls

ITEM	PRICE
"Forbidden" Rice black pearl, red japonica, snap pea, bok choy, broccoli, carrot, onion, toasted sesame, red chili hoisin	**$9.95**
Glow Bowl (Bowls) spicy sweet potato noodle, bok choy, zucchini, onion, jalapeño, shiitake mushroom, coconut milk, sunflower butter	**$9.95**
Mother Earth (Bowls) ancient grains, sweet potato, portobello mushroom, avocado, cucumber, pistachio pesto, charred onion, leafy greens, red...	**$9.95**
Teriyaki Shrimp & Avocado Bowl organic brown rice, bok choy, carrot, cauliflower, snap pea, shiitake mushroom	**$15.50**
Massaman Curry Beef Pot Roast heirloom carrot, red bell pepper, snap pea, milled cauliflower, jalapeño, cashew & date	**$14.00**

ITEM	PRICE
Turkey Bolognese and Zucchini Lasagna Wild Mushroom, Wilted Kale, Ricotta, Smoked Gouda, Pistachio Pesto	**$13.00**

Sides

ITEM	PRICE
Sweet Corn & Quinoa with greek yogurt	**$4.50**
Salmon	**$6.50**
Roasted Broccoli with lemon, garlic, parmesan bread crumb	**$4.50**
Shrimp	**$5.95**
Smashed Potato roasted garlic & thyme	**$4.50**
Chicken	**$3.95**
Steak	**$5.25**
Tofu	**$2.95**
Clementine & Apples	**$4.50**
Gluten-Free Mac & Cheese aged white cheddar, grana padano	**$4.50**
Indian Spiced Cauliflower with turmeric, quinoa, date, almond	**$4.50**
Organic Brown Rice	**$4.50**
Red Chili Glazed Sweet Potato with bok choy & sesame seed	**$4.50**
Roasted Butternut Squash black kale, toasted mulberry, maple chestnut vinaigrette	**$4.50**
Yuzu Brussels Sprouts charred onion, savoy cabbage, golden miso	**$4.50**
Simple Hummus (Sides) peppadew, olive, lemon & oregano	**$4.50**
Smashed Organic Gold Potato roasted garlic & thyme	**$4.50**
Sugar Snaps & Spicy Japanese Eggplant with thai basil, jalapeño, cashew	**$4.50**

Healthy Kids

ITEM	PRICE
Kids Steak Plate includes two sides	**$6.50**
Kids Vegetarian Plate (No Protein) includes 3 sides	**$6.50**
Kids Chicken Plate includes 2 sides	**$6.50**

ITEM	PRICE
Kids Tofu Plate includes two sides	**$6.50**

Drinks & Desserts

ITEM	PRICE
Daily Fresh Juice Changes daily, please call the store for details	**$7.50**
Gluten-Free Chocolate Chip Cookie	**$1.95**
Cold Brew	**$3.50**
Topo Chico Sparkling Mineral Water	**$2.50**
LIFEWTR Premium Purified Water, pH Balanced with Electrolytes For Taste	**$3.50**
Red Mango Tisane (Decaffeinated)	**$3.50**
Loose Leaf Hot Tea	**$3.75**
Mango Sencha Green Iced Tea	**$3.50**
Signature Rose Petal Lemonade (Drinks & Desserts)	**$3.50**
Passionfruit Black Iced Tea	**$3.50**
Kombucha	**$6.50**
Seasonal Lemonade	**$3.50**
Gluten- Free Bittersweet Brownie	**$3.50**
Vegan Gluten-Free Chocolate Pudding	**$5.00**
Gluten-Free Lemon Olive Oil Cake	**$3.50**

Drinks

ITEM	PRICE
Signature Rose Petal Lemonade (Drinks)	**$3.50**