



Flower Child - Austin

Menu Prices — August 25, 2026

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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
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
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

ITEM	PRICE
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
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

ITEM	PRICE
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