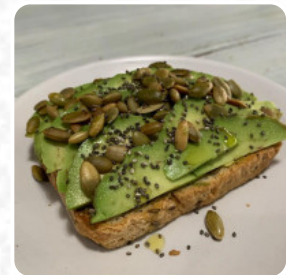




Local Flow Menu

<https://menuweb.menu>

575 NE 3rd St (at NE Ford St), Mc Minnville, Oregon, USA, 97218, United States
+19712612167,+19712132417 - <http://www.localflowhealthbar.com>



A **comprehensive [menu](https://menuweb.menu)** of **Local Flow** from Mc Minnville featuring all **16** dishes and drinks can be found here on the menu. Discover Local Flow Health Bar in McMinnville, OR, a beloved American eatery boasting an impressive average rating of 4.5 stars. Join us today from 8:00 AM to 3:00 PM for a delightful dining experience. Whether you're enjoying a cozy meal for two or celebrating with a larger group, don't hesitate to call ahead at (971) 261-2167 to reserve your table. We proudly offer a variety of vegetarian options along with a menu filled with healthy choices. If you're looking to explore new flavors, be sure to check out Nick's Italian Cafe and Terra Vina Wines Tasting Room. We invite you to share your favorite dish with us—your feedback is always welcome!.

Local Flow Menu



Smoothies

SMOOTHIE

Fish

SEA BASS

Soft Drinks

JUICE

Beverages

JUICES

Non Alcoholic Drinks

WATER

KOMBUCHA

Drinks

DRINKS

SMOOTHIES

Restaurant Category

VEGAN

VEGETARIAN

GLUTEN FREE

Ingredients Used

MILK

HONEY

QUINOA

VEGETABLES

BEANS

Local Flow

575 NE 3rd St (at NE Ford St),
Mc Minnville, Oregon, USA,
97218, United States

Opening Hours:
Monday 07:00-15:00
Tuesday 07:00-15:00
Wednesday 07:00-15:00
Thursday 07:00-15:00
Friday 07:00-15:00
Saturday 09:00-15:00
Sunday 09:00-15:00

Made with [Menu](#)

