



Non Member Price / Member Price

## BREAKFAST

### BOWLS

ACAI (VE) (N) (485 kcal) Acai, banana, strawberries, toasted coconut, granola, roasted pecans <b>+ peanut butter - 1.5</b>	11/9.35
YOGHURT & GRANOLA (V) (N) (559 kcal)	6/5.10
Greek yoghurt, homemade granola, strawberries & honey	
CREAMY PORRIDGE or OVERNIGHT OATS (V) (502 kcal)	6/5.10
Made with oat milk, dates & burnt honey	

### TOAST

FRENCH TOAST FINGERS (V) (From 950 kcal)	10/8.50
Strawberries, cheesecake cream & roasted pear with toasted hazelnuts or Panko fried chicken, chillies & maple sauce	
STRACCIATELLA & TOMATOES (V) (547 kcal)	9.5/8.08
Slow-roasted tomatoes, stracciatella, olive oil, balsamic glaze, sourdough	
EGGS YOUR WAY (V) (From 670 kcal)	7/5.95
Scrambled, fried or poached, sourdough	
SMASHED AVO (V) (905 kcal)	11.5/9.78
Avocado, sumac onions, crumbled feta, poached egg, sourdough <b>+ crispy bacon (263 kcal) - 3/2.55</b> <b>+ panko breaded halloumi (460 kcal) - 6.5/5.53</b>	
TOASTED BANANA BREAD SANDWICH (V)	7.5/6.38
Strawberry cheesecake cream & maple syrup	

### PLATES

THE BIG BREKKIE (1,163 kcal)	12/10.20
Sausage, streaky bacon, tomato, egg, mushrooms, beans, avocado, sourdough toast	
MUSHROOMS ON TOAST (V) (616 kcal)	10/8.50
Mushrooms, cream, sourdough toast, poached egg	
BREKKIE BUN (V available) (From 800 kcal)	5.5/4.68
Choice of bacon (736 kcal) or sausage (666 kcal), free range egg (585 kcal)	
BAKED EGGS (V) (759 kcal)	8.5/7.23
Tomato sauce, baked eggs, grilled sourdough, labneh	
FRIED CORN FRITTER (V) (1092 kcal)	11/9.35
Poached egg, tomato & avocado salsa, feta & spinach	
CHICKEN TACOS (619 kcal)	11/9.35
Panko fried chicken, red cabbage slaw, chipotle and cumin adobo mayo, taqueria salsa	
PRAWN LINGUINE (597 kcal)	12/10.20
Tomato sauce, fresh tomatoes, chilli	
HALLOUMI & CHORIZO (906 kcal)	12.5/10.63
Smashed avocado, poached eggs & roasted garlic mayonnaise	
MILLET KHICHDI (VG) (530 kcal)	8.5/7.23
Diced millet, lentils	

## LUNCH

### BURGERS

SMASH BURGER (1,143 kcal)	12.5/10.63
Smashed burger, burger sauce, cheese, fries	
MOROCCAN BURGER (VG) (794 kcal)	12.5/10.63
Smashed vegan burger, vegan cheese, fries	
PANKO FRIED CHICKEN BURGER (from 1,134 kcal)	12.5/10.63
Cheese, red cabbage, coleslaw, fries	
CHICKEN TIKKA BURGER (904 kcal)	12.5/10.63
Slaw, cumin mayonnaise, fries	

### BOWLS

CAESAR SALAD (484 kcal) (V)	12/10.20
Kale, gem lettuce, cherry tomatoes, brioche croutons, grated parmesan	
SWEET POTATO SALAD (V) (548 kcal)	12/10.20
Sweet potato, roasted corn, feta, avocado, buttermilk & coriander dressing	
BLACK RICE & TENDERSTEM BROCCOLI SALAD (V) (415 kcal)	12/10.20
Sugar snap peas, edamame, spinach, chilli, sesame & garlic dressing	
<b>+ chicken (332 kcal) - 6/5.10</b> <b>+ panko halloumi (460 kcal) - 6.5/5.53</b> <b>+ panko chicken (350 kcal) - 6/5.10</b> <b>+ chicken tikka thigh (500 kcal) - 6/5.10</b>	

### SMALL PLATES

PANKO FRIED HALLOUMI (V) (833 kcal)	7.5/6.38
Pomegranate, lime & mint yoghurt	
CRISPY TATER TOTS (V) (513 kcal)	7.5/6.38
Tomato & avocado salsa, smoked cheddar, sour cream & chilli flakes	
PADRON PEPPERS (V) (387 kcal)	7.5/6.38
Feta & chilli & garlic crunch	

### SIDES

FRIES	4.75/4.04
Sea salt (V) (VG) (375 kcal)	
PERI PERI FRIES	4.75/4.04
(V) (385 kcal)	
TOMATO & BASIL SALAD	4.75/4.04
Olive oil, balsamic (VG) (168 kcal)	

### ADD-ONS

Crispy streaky bacon (262 kcal)  
Sausage (238 kcal)  
Half a sliced avocado (148 kcal)  
Poached egg (80 kcal)  
Mushrooms (44 kcal)  
Tomatoes (50 kcal)

ALL 3/2.55



- FLO'S SIGNATURE ITEM

(V) VEGETARIAN | (VG) VEGAN | (DF) DAIRY FREE | (N) CONTAINS NUTS

MEMBERS RECEIVE **15% DISCOUNT** ON PRESENTATION OF YOUR MEMBERSHIP CARD

Adults need around 2,000 Kcal a day. Some dishes on the menu may contain food allergens.

Please check our allergen information every time you eat with us as some ingredients may have changed since your last visit. Unfortunately, as food allergens are present in our kitchen, we cannot guarantee any menu items will be completely free from a particular allergen. Should you require further information regarding ingredients in a specific dish, please ask a member of the team. We cannot guarantee any menu items will be completely free from a particular allergen due to allergens present in the kitchen.

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