BREAKFAST (Served until 11:30am)

AÇAÍ (VG) (N) (GF) (651 kcal) Flo's — **13.50**/11.47
Açaí, banana, strawberries, coconut flakes and Flo's granola
+ peanut butter - 2/1.70

PORRIDGE (GF) (DF) (348 kcal) Flo's — **7**/5.95
Oat milk, cinnamon, strawberry and burnt honey

APPLE CINNAMON OVERNIGHT OATS (VG) (N) (GF) (552 kcal) — **7**/5.95
Oats, coconut milk and chia seeds topped with maple pumpkin and sunflower seed brittle

YOGHURT AND GRANOLA (V) (N) (GF) (390 kcal) Flo's — **7.50**/6.37
Greek yoghurt, Flo's granola and strawberries

SMOKED SALMON AND SCRAMBLED EGGS ON TOAST (510 kcal) — **14.50**/11.90
Pea shoots and lemon served with white, granary, sourdough or gluten free toast

AVOCADO, EGG AND SEED BRITTLE TOAST (V) (842 kcal) — **12.50**/10.62
Sourdough, smashed avocado, poached egg and pickled sumac onion finished with maple pumpkin and sunflower seed brittle

EGGS ROYALE (521 kcal) — **13.50**/11.47
Two free range poached eggs with smoked salmon and hollandaise sauce on a toasted English muffin

EGGS BENEDICT (516 kcal) — **11.50**/9.77
Two free range poached eggs with cured ham and hollandaise sauce on a toasted English muffin

EGGS YOUR WAY (V) (From 670 kcal) — **9**/7.65
Two free range eggs scrambled, fried or poached with sourdough

THE BIG BREKKIE (DF) (1,163 kcal) Flo's — **15.50**/13.17
Sausage, streaky bacon, tomato, two free range eggs, mushrooms, beans, avocado and sourdough toast

BREKKIE BUN (DF) — **6**/5.10
Choice of bacon (680 kcal), sausage (630 kcal) or free range egg (440 kcal)

FLO'S BREAKFAST BURRITO (V) (610 kcal) Flo's — **13.50**/11.47
Black beans, smashed avocado, jalapeños, peppers, egg, cheddar and coriander and lime yoghurt

FLO'S BRUNCH SKILLET (915 kcal) Flo's — **15.50**/13.17
Two poached eggs, roast smashed potatoes, chorizo, mushrooms, jalapeños, chilli, peppers, smashed avocado, crispy onions and coriander and lime yoghurt

WILD MUSHROOMS ON TOAST (VG) (DF) (585 kcal) — **12.50**/10.62
Sautéed wild mushrooms, confit garlic on sourdough toast with chive and tarragon vegan harissa mayonnaise

Add to your breakfast:

2 rashers of bacon (262 kcal) **3.00**/2.55 | Cumberland sausage (119 kcal) **2.50**/2.13 |
Avocado (ve) (170 kcal) **3.00**/2.55 | Smoked salmon (110 kcal) **8.00**/6.80

Flo's - FLO'S **SIGNATURE** ITEM

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

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

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LUNCH (Available from 11:30am)

LIGHT BITES **9.50**/8.07

MOZZARELLA STICKS (V) (646 kcal)
Sweet chilli sauce

HOT 'N' KICKIN CHICKEN (679 kcal)
Sweet chilli sauce

SWEET POTATO AND FALAFEL BITES (VG) (646 kcal)
Frank's hot sauce

BUTTERFLY PRAWNS (DF) (405 kcal)
Sweet chilli sauce

TRIO OF LIGHT BITES…….…..… **26.50**/22.52

SOUP OF THE DAY (VG) (606 kcal) **6.50**/5.52
Homemade soup with sourdough toast

MAINS

GIALLA TAGLIATELLE (V) (618 kcal) **12.50**/10.62
Tagliatelle in a vegetable sauce, grated parmesan and parsley

+ grilled cajun chicken (332 kcal) - 7/5.95
+ pan-seared halloumi (459 kcal) - 7/5.95
+ roasted salmon (363 kcal) - 11/9.35

BEEF STIR FRY (802 kcal) **20**/17.00
Egg noodles, peppers, broccoli, onions, carrots, chillies, coriander with a hoisin and soya sauce topped with sesame seeds

CAJUN CHICKEN (GF) (802 kcal) **18**/15.30
Cajun-spiced chicken, basmati rice with a tomato and pepper emulsion and mixed salad

CAJUN BEAN AND SWEETCORN (GF) (VG) (780 kcal) **16**/13.60
Cajun-spiced black beans, sweetcorn, basmati rice, charred courgette, tomato and pepper emulsion and mixed salad

HISPI CABBAGE AND ROAST POTATOES (VG) (N) (750 kcal) **16**/13.60
Charred hispi cabbage, roast smashed potatoes, pickled onion, tomato and pepper emulsion, toasted macadamia crumb with herb and chilli oil

TACOS Flo's **13.50**/11.48
Shredded lettuce, guacamole, tomato salsa, jalapeños, chargrilled lime and harissa mayonnaise
-Pan-seared halloumi (V) (841 kcal)
-Pulled chicken (DF) (1112 kcal)
-Panko prawns (DF) (835 kcal)
-Sweet potato and black bean with vegan harissa mayonnaise (VG) (750 kcal)

AVOCADO, EGG AND SEED BRITTLE TOAST (V) (842 kcal) **12.50**/10.62
Sourdough, smashed avocado, poached egg and pickled sumac onion finished with maple pumpkin and sunflower seed brittle

BURGERS **14.50**/12.32

SMASH BURGER (1143 kcal) Flo's
Two smashed beef patties, cheese sauce, lettuce, tomato, pickled onion and fries

PLANT-BASED MORROCAN SPICED BURGER (VG) (858 kcal)
Lettuce, tomato, pickled onion, Applewood cheddar, vegan harissa mayonnaise and fries

CAJUN CHICKEN BURGER (1014 kcal)
Cheese sauce, lettuce, tomato, pickled onion and fries

+ streaky bacon (262 kcal) - 3/2.55
+ avocado (vg) (170 kcal) – 3/2.55

SALAD BOWLS **14.00**/11.90

CAESAR (758 kcal) Flo's
Kale, gem lettuce, cherry tomatoes, brioche croutons, grated parmesan, caesar dressing

HARISSA SWEET POTATO AND FETA (V) (GF) (720 kcal)
Harissa-roasted sweet potato, feta, chickpeas, spinach, pomegranate, toasted seeds, coriander and lime dressing

+ grilled cajun chicken (332 kcal) - 7/5.95
+ pan-seared halloumi (459 kcal) - 7/5.95
+ roasted salmon (363 kcal) - 11/9.35
+ streaky bacon (262 kcal) - 3/2.55
+ avocado (vg) (170 kcal) – 3/2.55

TRADITIONAL SANDWICHES **6.50**/5.52

Served on white, granary or gluten free bread

HAM AND CHEESE (417 kcal)

CHICKEN, LETTUCE, TOMATO AND MAYO (DF) (391 kcal)

TUNA MAYO AND SWEETCORN (DF) (359 kcal)

EGG AND CRESS (V) (DF) (549 kcal)

+ fries (375 kcal) - 3/2.55

PANINIS **8.00**/6.80

HAM AND CHEESE (655 kcal)

ROAST PEPPER, COURGETTE, PICKLED ONION AND HARISSA VEGAN MAYONNAISE (VG) (530 kcal)

TUNA MAYO AND SWEETCORN (754 kcal)

TOMATO, MOZZARELLA AND PESTO (V) (695 kcal)

+ fries (375 kcal) - 3/2.55

SIDES

LOADED FRIES (1252 kcal) **11**/9.35
Pulled chicken, tomato salsa, sour cream, cheese sauce, jalapeños and spring onion served on potato wedges

FRIES (VG) (DF) (375 kcal) **5**/4.25
Sea salt

FLO'S MIXED SALAD (VG) (DF) (168 kcal) **5**/4.25
Balsamic

DESSERTS

STICKY TOFFEE PUDDING (V) (GF) (N) (566 kcal) **9**/7.65
Madagascan vanilla ice cream

CHOCOLATE BROWNIE (V) (GF) (678 kcal) **9**/7.65
Madagascan vanilla ice cream and chocolate sauce

SOFT SERVE ICE CREAM
Choose from:
Cone (370 kcal) **4.50** /3.82
Cup (190 kcal) **3.50** /2.97
Toppings available - please ask a member of our team for more information

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KIDS' MENU

BREAKFAST (Served until 11:30am)

Non Member Price / Member Price

PORRIDGE (V) (DF) — **5.50**/4.67
Oat milk, cinnamon, banana and honey (360 kcal)

FRENCH TOAST FINGERS (V) (N) — **6.50**/5.52
Choose from Nutella, peanut butter or maple syrup (1,068 kcal)

EGGS ON TOAST (V) — **6**/5.10
Scrambled, fried or poached on white or brown toast (440 kcal)

THE LITTLE BREKKIE — **7.50**/6.37
Sausage, streaky bacon, egg and beans on white or brown toast (501 kcal)

LITTLE BREKKIE BUN — **5**/4.25
Sausage, bacon or fried egg in a brioche bun (368 kcal)

LUNCH (Served from 11am)

8.50/7.22

SMASH BURGER
Smashed burger, burger cheese (565 kcal)

HOT DOG
Served plain (628 kcal)

CUMBERLAND SAUSAGES
Two cumberland sausages and gravy (395 kcal)

FUSILLI PASTA
Choose from:
Tomato and basil with grated cheddar (v) (383 kcal)
Bolognese with grated cheddar (508 kcal)

BREADED GOUJONS
Choose from:
Chicken (534 kcal)
Fish (445 kcal)

FLATBREAD PIZZA
Choose from:
Margherita (V) (229 kcal)
Pepperoni (478 kcal)

CHOOSE ANY 2 OF THE FOLLOWING SIDES:
Fries (263 kcal), creamy mash (210 kcal) peas (38 kcal), baked beans (65 kcal), veg sticks (48 kcal), garlic bread (100 kcal), sweetcorn (48 kcal)

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PIZZA MENU

Non Member Price / Member Price

MARGHERITA (V) Tomato, mozzarella and basil (889 kcal)	**15.50**/13.17
GOAT'S CHEESE AND CARAMELISED ONION (V) Tomato, mozzarella, goat's cheese, caramelised onion and balsamic glaze (1251 kcal)	**18.50**/15.72
PEPPERONI Tomato, mozzarella and pepperoni (1096 kcal)	**18.50**/15.72
PESTO CHICKEN Tomato, mozzarella, grilled cajun chicken, sundried tomatoes and pesto drizzle (1163 kcal)	**18.50**/15.72

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

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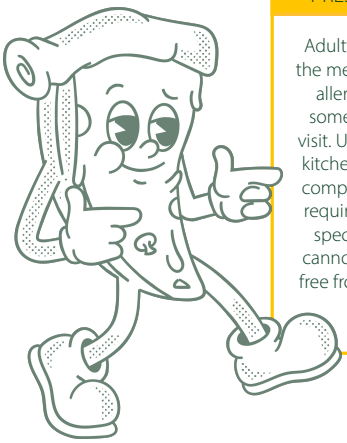
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