



BREAKFAST

BOWLS

ACAI (V) (VE) (GF) (N) Acai, banana, strawberries, coconut, granola, cocoa nibs + peanut butter - 1.5 (N)	10.5
YOGHURT & GRANOLA (V) (N) Frozen yoghurt, peanut butter, blood orange, coconut, homemade granola, pistachio	7.5
CREAMY PORRIDGE or OVERNIGHT OATS (V) (GF) (N) Toasted macadamia, blueberries, coconut	6

TOAST

LEMON MERINGUE FRENCH TOAST (V) (N) Lemon curd, marscapone, meringue, pistachio	12
STRACCIATELLA & TOMATOES (V) Slow-roasted tomatoes, stracciatella, olive oil, sourdough	9.5
BRISKET EGGS Brisket, hollandaise, poached egg, sourdough	12
EGGS YOUR WAY (V) (N) (VG AVAILABLE) Scrambled, fried or poached, sourdough	7
SMASHED AVO (V) Avocado, sumac onions, lime, pine nut brittle, poached egg, sourdough + bacon - 3 + halloumi - 3	11
TOASTED BANANA BREAD (V) Maple syrup, butter	6

PLATES

THE BIG BREKKIE (V AVAILABLE) Sausage, streaky bacon, tomato, egg, mushrooms, beans, avocado, sourdough toast	12
BREKKIE BUN (V AVAILABLE) (GF AVAILABLE) Sausage or bacon, fried egg, brioche bun	8.5
BAKED EGGS (V) Tomato sauce, baked eggs, grilled sourdough, labneh	10

- FLO'S SIGNATURE ITEM

(GF) GLUTEN FREE | (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. Should you require further information regarding ingredients in a specific dish, please ask a member of the team.

LUNCH

BURGERS

SMASH BURGER (GF AVAILABLE) Smashed burger, cheese, fries	12.5
BRISKET BURGER (GF AVAILABLE) Smashed burger, brisket, cheese, fries	13
HOT DOG Hot dog, caramelised onion, ketchup, mustard, fries	11
VEGGIE BURGER (VG) Smashed vegan burger, cheese, fries	11.5

BOWLS

FLO'S CAESAR SALAD Kale, gem lettuce, cherry tomatoes, cucumber, brioche croutons, grated parmesan + chicken - 7	11.5
ROASTED SWEET POTATO (V) (GF) Roasted sweet potato, chickpea and feta salad, burnt butter dressing	11.5
SOBA NOODLES (V) (N) (VG AVAILABLE) Soba noodles, ginger sesame dressing, edamame, toasted peanuts, crispy onion, boiled egg	12

PLATES

FISH TACOS (GF) Panko fried pollock, red cabbage, pineapple salsa, siracha mayo, corriander, red chili	10
CORN FRITTERS (V) Pico de gallo, sour cream, jalapeno sweet chilli sauce, poached egg	10.5

SIDES

FRIES, sea salt (V) (VG) (GF)	4.5
CHOPPED TOMATOES Olive oil, basil (VG) (GF)	4.5
GRILLED HALLOUMI Burnt honey, chilli (V) (GF)	7

ADD-ONS

Bacon	
Sausage	
Grilled halloumi	
Smashed avo	
Poached egg	
Mushrooms	
Tomatoes	ALL 3

SWEETS

LOTUS SOFT SERVE (V) Vanilla ice cream, Biscoff, lotus	5.5
CRUMBLE POT (V) Rhubarb, crumble mix, custard, vanilla ice cream	8