



BREAKFAST

(Served until 11:30am)

AÇAÍ (VG) (N) (GF) (651 kcal) 	13.50/11.47
Açaí, banana, strawberries, coconut flakes and Flo's granola + peanut butter - 2/1.70	
PORRIDGE (GF) (DF) (348 kcal) 	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) 	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) 	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) 	13.50/11.47
Black beans, smashed avocado, jalapeños, peppers, egg, cheddar and coriander and lime yoghurt	
FLO'S BRUNCH SKILLET (915 kcal) 	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 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.

Shops



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)

Homemade soup with sourdough toast

6.50/5.52

MAINS

GIALLA TAGLIATELLE (V) (618 kcal)

Tagliatelle in a vegetable sauce, grated parmesan and parsley

12.50/10.62

+ 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)

Egg noodles, peppers, broccoli, onions, carrots, chillies, coriander with a hoisin and soya sauce topped with sesame seeds

20/17.00

CAJUN CHICKEN (GF) (802 kcal)

Cajun-spiced chicken, basmati rice with a tomato and pepper emulsion and mixed salad

18/15.30

CAJUN BEAN AND SWEETCORN (GF) (VG) (780 kcal)

Cajun-spiced black beans, sweetcorn, basmati rice, charred courgette, tomato and pepper emulsion and mixed salad

16/13.60

HISPI CABBAGE AND ROAST POTATOES (VG) (N) (750 kcal)

Charred hispi cabbage, roast smashed potatoes, pickled onion, tomato and pepper emulsion, toasted macadamia crumb with herb and chilli oil

16/13.60

TACOS 

Shredded lettuce, guacamole, tomato salsa, jalapeños, chargrilled lime and harissa mayonnaise

13.50/11.48

-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)

Sourdough, smashed avocado, poached egg and pickled sumac onion finished with maple pumpkin and sunflower seed brittle

12.50/10.62

BURGERS

14.50/12.32

SMASH BURGER (1143 kcal) 

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) 

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)

Pulled chicken, tomato salsa, sour cream, cheese sauce, jalapeños and spring onion served on potato wedges

11/9.35

FRIES (VG) (DF) (375 kcal)

Sea salt

5/4.25

FLO'S MIXED SALAD (VG) (DF) (168 kcal)

Balsamic

5/4.25

DESSERTS

STICKY TOFFEE PUDDING (V) (GF) (N) (566 kcal)

Madagascan vanilla ice cream

9/7.65

CHOCOLATE BROWNIE (V) (GF) (678 kcal)

Madagascan vanilla ice cream and chocolate sauce

9/7.65

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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Shops



KIDS' MENU

BREAKFAST (Served until 11:30am)

Non Member Price / Member Price

PORRIDGE (V) (DF) Oat milk, cinnamon, banana and honey (360 kcal)	5.50/4.67
FRENCH TOAST FINGERS (V) (N) Choose from Nutella, peanut butter or maple syrup (1,068 kcal)	6.50/5.52
EGGS ON TOAST (V) Scrambled, fried or poached on white or brown toast (440 kcal)	6/5.10
THE LITTLE BREKKIE Sausage, streaky bacon, egg and beans on white or brown toast (501 kcal)	7.50/6.37
LITTLE BREKKIE BUN Sausage, bacon or fried egg in a brioche bun (368 kcal)	5/4.25

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)

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FREE

(N) CONTAINS NUTS

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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

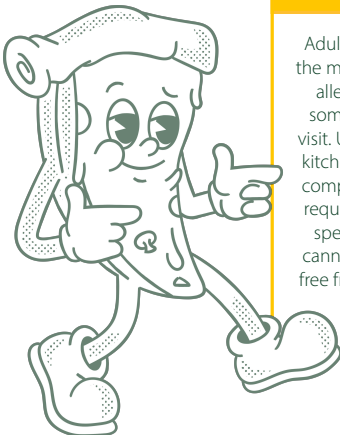
Non Member Price / Member Price

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

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