



LUNCH (Available from 11:30am)

HOT BITES

9.50/8.07

MOZZARELLA STICKS (V) (646 kcal)

Sweet chilli sauce

HOT 'N' KICKIN CHICKEN (679 kcal)

Sweet chilli sauce

BBQ CHICKEN WINGS (DF) (GF) (792 kcal)

Frank's hot sauce

TEMPURA PRAWNS (DF) (405 kcal)

Sweet chilli sauce

TRIO OF HOT BITES..... 26.50/22.52

MAINS

BASIL AND SPINACH TAGLIATELLE (V) (618 kcal)

Tagliatelle in a basil and spinach sauce, sundried tomatoes and bocconcini

12.50/10.62

+ grilled chicken (332 kcal) - 7/5.95

+ pan-seared halloumi (459 kcal) - 7/5.95

+ roasted salmon (363 kcal) - 11/9.35

CHICKEN AND CHORIZO SKEWERS (DF) (950 kcal)

Cajun spiced chicken, chorizo, peppers, onions served with lemon couscous and rocket

18/15.30

HALLOUMI AND COURGETTE SKEWERS (V) (GF) (750 kcal)

Cajun halloumi, courgette, peppers, onions served with lemon couscous and rocket

17/14.45

ROASTED CAULIFLOWER STEAKS (VG) (DF) (N) (351 kcal)

Red pepper, olive and caper salsa, topped with toasted flaked almonds

16/13.60

TACOS

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)

BURGERS

14.50/12.32

SMASH BURGER (1,143 kcal)

Two smashed beef patties, burger sauce, cheese, fries

PLANT-BASED SIGNATURE BURGER (VG) (858 kcal)

Vegan mayonnaise, Applewood cheddar, fries

PULLED CHICKEN BURGER (1,214 kcal)

Pulled chicken, harissa mayonnaise, smoked cheddar, crispy onions, fries

SALAD BOWLS

14/11.90

CAESAR (758 kcal)

Kale, gem lettuce, cherry tomatoes, brioche croutons, grated parmesan, caesar dressing

EDAMAME BEANS & GOAT'S CHEESE (V) (GF) (668 kcal)

Edamame beans, crumbled goat's cheese, sundried tomatoes, pomegranate pearls, baby spinach, lime herb dressing

SWEET POTATO (V) (548 kcal)

Sweet potato, roasted corn, crumbled feta, avocado, buttermilk and coriander dressing

+ grilled chicken (332 kcal) - 7/5.95

+ pan-seared halloumi (459 kcal) - 7/5.95

+ roasted salmon (363 kcal) - 11/9.35

TRADITIONAL SANDWICHES

8/6.80

Served on white, granary or gluten free bread

HAM AND CHEESE (792 kcal)

CHICKEN, LETTUCE, TOMATO AND MAYO (DF) (766 kcal)

CHEESE AND BRANSTON PICKLE (V) (887 kcal)

TUNA MAYO AND SWEETCORN (DF) (734 kcal)

EGG AND CRESS (V) (DF) (923 kcal)

SIDES

5/4.25

FRIES

Sea salt (VG) (DF) (375 kcal)

ROSEMARY & PARMESAN FRIES (V) (385 kcal)

TOMATO & BASIL SALAD (VG) (DF) (168 kcal)

Olive oil, balsamic

DESSERTS

9/7.65

WAFFLES AND BERRIES (V) (480 kcal)

Maple syrup

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

Madagascan vanilla ice cream and chocolate sauce

NORTHERN BLOC ICE CREAM (68 kcal per scoop)

Choice of Madagascan vanilla (v), vanilla (vg), strawberries & cream (v), chocolate & sea salt (v)

Per scoop 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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