



ALL DAY DINING

Non Member Price / Member Price

BOWLS

ACAI (VE) (N) (GF) (661 kcal) 	12.5/10.63
Açaí, banana, strawberries, kiwi, coconut flakes and Flo's granola + peanut butter - 2/1.70	
SPICED APPLE PORRIDGE (V) (N) (GF) (DF) (398 kcal) 	6.5/5.53
Oat milk, toasted flaked almonds, cinnamon apples and burnt honey	
MATCHA & COCONUT OVERNIGHT OATS (VG) (N) (GF) (552 kcal) 	6.5/5.53
Oats, coconut milk, matcha powder, vanilla, topped with coconut chips	
YOGHURT & GRANOLA (V) (N) (GF) (390 kcal)	7.25/6.17
Greek yoghurt, pumpkin seeds, Flo's granola and poached pear	

TOAST

BANANA, NUTELLA & HAZELNUT FRENCH TOAST (V) (N) (807 kcal)	11/9.35
Banana, Nutella spread and chopped hazelnuts 	
KALE & RICOTTA (V) (230 kcal)	10/8.50
Sourdough, whipped ricotta, sautéed kale, poached egg	
AVOCADO & HALLOUMI TOAST (V) (776 kcal)	12/10.80
Sourdough, smashed avocado, grilled halloumi, and poached egg, finished with sumac onion and burnt honey	
BURRATA & TOMATOES (V) (547 kcal) 	11/9.35
Slow-roasted tomatoes, burrata, olive oil, balsamic glaze, sourdough	
EGGS YOUR WAY (V) (From 670 kcal)	7.5/6.38
Scrambled, fried or poached with sourdough	

PLATES

THE BIG BREKKIE (DF) (1,163 kcal)	13/11.05
Sausage, streaky bacon, tomato, egg, mushrooms, beans, avocado, sourdough toast	
BREKKIE BUN (DF) (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) 	9.5/8.08
Tomato, roasted red pepper sauce, baked eggs, sourdough, labneh	
BRISKET EGGS (850 kcal)	15.5/13.18
Sourdough, pulled brisket, poached egg and chive hollandaise sauce	
CHORIZO CRUMPET STACK (680 kcal)	12/10.20
Smashed avocado, tater tots, chorizo jam sandwiched between two buttered crumpets topped with free range poached egg and paprika hollandaise sauce	
CORN FRITTERS (V) (GF) (DF) (758 kcal)	11.5/9.78
Pico de gallo, jalapeño jam, coriander, sliced red chilli and poached egg	
TACOS 	
Red cabbage slaw, pico de gallo, sliced red chilli, chargrilled lime, and sriracha mayo	
- Pan-seared halloumi (Contains Milk) (1310 kcal) 11.5/9.78	
- Panko chicken (1256 kcal) (DF) 12.5/10.63	
- Panko prawns (1243 kcal) (DF) 13.5/11.48	

BURGERS

SMASH BURGER (1,143 kcal) 	13.5/11.48
Smashed burger, burger sauce, cheese, fries	
BUTTERMILK QUORN BURGER (VG) (928 kcal)	13.5/11.48
Vegan mayonnaise, Applewood cheddar, fries	
PANKO CHICKEN BURGER (1,406 kcal)	13.5/11.48
Panko fried chicken, garlic aioli, red cabbage slaw, fries	

BOWLS

CAESAR SALAD (758 kcal) 	12.5/10.63
Kale, gem lettuce, cherry tomatoes, brioche croutons, grated parmesan, caesar dressing	
ROASTED BEETROOT & PEAR (VG) (GF) (N) (668 kcal)	12.5/10.63
Spinach, chicory, candied walnuts, citrus dressing	
VEGAN MEATBALL PASTA (VG) (691 kcal)	12.5/10.63
Tomato and basil sauce, vegan cheese	
+ grilled chicken (332 kcal) - 6/5.10	
+ pan-seared halloumi (459 kcal) - 6.5/5.53	
+ buttermilk Quorn vegan fillets (181 kcal) - 6.50/5.53	

SMALL PLATES

SOUP OF THE DAY (VG) (450 kcal)	6.5/5.53
Toasted sourdough	
BRIE & ALMOND MELT (V) (504 kcal)	8/6.80
Toasted flaked almonds, burnt honey and sourdough toast	
WINTER TOTS (V) (GF) (773 kcal)	8/6.80
Potato tots, smoked cheddar, pico de gallo, sriracha mayonnaise	
SPICED CAULIFLOWER BITES (VG) (GF) (514 kcal)	8/6.80
Roasted red pepper and tomato sauce	

SIDES

FRIES	4.75/4.04
Sea salt (VG) (DF) (375 kcal)	
ROSEMARY & PARMESAN FRIES	6/5.10
(V) (385 kcal)	
TOMATO & BASIL SALAD	4/3.40
Olive oil, balsamic (VG) (DF) (168 kcal)	
GARLIC & CHILLI TENDERSTEM	6/5.10
BROCCOLI (VG) (GF) (282 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.

90's