










BREAKFAST (Served until 11:30am)

ACAI (VG) (N) (GF) (661 kcal) 	13.50/11.47
Açaí, banana, strawberries, kiwi, coconut flakes and Flo's granola + peanut butter - 2/1.70	
PORRIDGE (GF) (DF) (351 kcal) 	7/5.95
Oat milk, cinnamon, banana and burnt honey	
BLUEBERRY AND ALMOND OVERNIGHT OATS (VG) (N) (GF) (552 kcal) 	7/5.95
Oats, almond milk, topped with toasted almond flakes and blueberries	
YOGHURT AND GRANOLA (V) (N) (GF) (390 kcal)	7.50/6.37
Greek yoghurt, Flo's granola and strawberries	
COCONUT FRENCH TOAST WITH SPICED ROASTED PINEAPPLE (V) (750 kcal) 	11.50/9.77
Served with coconut yoghurt	
AVOCADO AND FETA TOAST (V) (802 kcal)	12.50/10.62
Sourdough, smashed avocado, crumbled feta, sundried tomatoes, poached egg finished with sumac onion	
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 (736 kcal), sausage (666 kcal) or free range egg (585 kcal)	
SHAKSHOUKA (V) (759 kcal) 	12.50/10.62
Tomato, roasted red pepper sauce, two free range poached eggs, sourdough, labneh	
CHORIZO CRUMPET STACK (680 kcal) 	14/11.90
Smashed avocado, tater tots, chorizo jam sandwiched between two buttered crumpets topped with free range poached egg and paprika hollandaise sauce	
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 mayonnaise	

 - 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.

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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

17/14.45

HALLOUMI AND COURGETTE SKEWERS (V) (750 kcal)

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

16/13.60

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)

AVOCADO AND FETA TOAST (V) (802 kcal)

Sourdough, smashed avocado, crumbled feta, sundried tomatoes, poached egg finished with sumac onion

12.50/10.62

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

+ streaky bacon (262 kcal) - 3/2.55

+ avocado (vg) (170 kcal) - 3/2.55

SALAD BOWLS

13.50/11.47

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

+ 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 (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)

+ fries (375 kcal) - 3/2.55

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

WAFFLES AND BERRIES (V) (480 kcal)

Maple syrup

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:

Waffle 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) 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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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

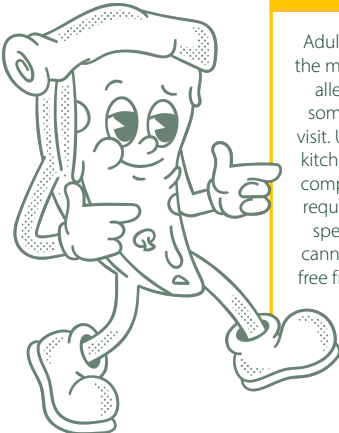
Non Member Price / Member Price

MARGHERITA (V) Tomato, mozzarella and basil (889 kcal)	14.50/12.32
GOAT'S CHEESE AND CARAMELISED ONION (V) Tomato, mozzarella, goat's cheese, caramelised onion and balsamic glaze (1251 kcal)	17.50/14.87
PROSCIUTTO AND ROCKET Tomato, mozzarella, prosciutto, rocket and chilli honey drizzle (1096 kcal)	17.50/14.87
PESTO CHICKEN Tomato, mozzarella, grilled cajun chicken, sundried tomatoes and pesto drizzle (1163 kcal)	17.50/14.87

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