



Non Member Price / Member Price

BREAKFAST

BOWLS

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| ACAI (VE) (N) (485 kcal) Acai, banana, strawberries, coconut, granola, roasted hazelnut + peanut butter - 1.5 | 10.5/8.93 |
| YOGHURT & GRANOLA (V) (N) (567 kcal) | 6/5.10 |
| CREAMY PORRIDGE (VE) (N) (408 kcal) Cinnamon apples, pecans, honey | 5.5/4.67 |
| OVERNIGHT OATS WITH CHIA SEEDS & OAT MILK (VE) (N) (408 kcal) Cinnamon apples, pecans, honey | 5.5/4.67 |

TOAST

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| FRENCH TOAST (V) (From 950 kcal) | 10/8.50 |
| Please see the board for current flavours | |
| STRACCIATELLA & TOMATOES (V) (547 kcal) Slow-roasted tomatoes, stracciatella, olive oil, sourdough | 9.5/8.08 |
| BRISKET EGGS (901 kcal) Brisket, hollandaise, poached egg, sourdough | 11/9.35 |
| EGGS YOUR WAY (V) (N) (From 670 kcal) Scrambled, fried or poached, sourdough | 7/5.95 |
| SMASHED AVO (V) (N) (905 kcal) Avocado, sumac onions, lime, pine nut brittle, poached egg, sourdough + bacon (263 kcal) - 3/2.55 + halloumi (238 kcal) - 5/4.25 | 11/9.35 |
| TOASTED BANANA BREAD (V) | 6.5/5.53 |
| Maple syrup, butter | |

PLATES

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| THE BIG BREKKIE (1,163 kcal) Sausage, streaky bacon, tomato, egg, mushrooms, beans, avocado, sourdough toast | 12/10.20 |
| MUSHROOMS ON TOAST (V) (452 kcal) Mushrooms, cream, sourdough toast, poached egg | 10/8.50 |
| BREKKIE BUN (V available) (From 800 kcal) Choice of bacon (736 kcal), sausage (666 kcal) or free range egg (585 kcal) | 5.5/4.68 |
| BAKED EGGS (V) (759 kcal) | 8.5/7.23 |
| Tomato sauce, baked eggs, grilled sourdough, labneh | |
| CHORIZO & POTATO HASH (722 kcal) Spinach, poached eggs, tomato fresca, corn bread | 12/10.20 |

- 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.

LUNCH

BURGERS

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| SMASH BURGER (1,143 kcal) Smashed burger, burger sauce, cheese, fries | 12.5/10.63 |
| BRISKET BURGER (651 kcal) | 13/11.05 |
| Smashed burger, brisket, bbq sauce, cheese, fries | |
| VEGAN BURGER (VG) (794 kcal) Smashed vegan burger, vegan cheese, fries | 12/10.20 |
| BUTTERMILK CHICKEN BURGER (799 kcal) Cheddar cheese, red cabbage, coleslaw, fries | 12/10.20 |

BOWLS

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| CAESAR SALAD (484 kcal) | 11.5/9.78 |
| Kale, gem lettuce, cherry tomatoes, brioche croutons, grated parmesan | |
| WINTER SALAD (VG) (N) (776 kcal) Spinach, roasted chickpeas, carrots, beets, avocado, cranberries, sesame seeds, tahini dressing + chicken (346 kcal) - 7/5.95 + halloumi (238 kcal) - 5/4.25 | 11.5/9.78 |

SMALL PLATES

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| SPICED CAULIFLOWER (363 kcal) Harissa, tahini, pomegranate | 8.75/7.44 |
| SMOKED HAM CROQUETTES (361 kcal) Parmesan, aioli | 8.75/7.44 |
| GRILLED HALLOUMI (248 kcal) Hot honey | 8.75/7.44 |

LARGE PLATES

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| FISH TACOS (630 kcal) | 10/8.50 |
| Panko fried pollock, red cabbage slaw, chipotle and cumin adobo mayo, taqueria salsa | |
| CORN FRITTERS (V) (1,032 kcal) | 10/8.50 |
| Pico de gallo, sour cream, jalapeno, sweet chilli sauce | |
| PRAWN LINGUINE (597 kcal) | 12/10.20 |
| Tomato sauce, fresh tomatoes, chilli | |

SIDES

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| FRIES Sea salt (V) (VG) (375 kcal) | 4.75/4.04 |
| CHOPPED TOMATOES Olive oil, basil (VG) (168 kcal) | 4.75/4.04 |

ADD-ONS

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| 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