



Non Member Price / Member Price

BREAKFAST

LUNCH

BOWLS

ACAI (VE) (N) (485 kcal) Acai, mango, strawberries, toasted coconut, granola, roasted pecans + peanut butter - 1.5	10.5/8.93
YOGHURT & GRANOLA (V) (N) (559 kcal)	6/5.10
CREAMY OAT & CHIA SEED PORRIDGE (VE) (N) (500 kcal) Maple caramelised pears & toasted pecans	5.5/4.67
OVERNIGHT OATS WITH CHIA SEEDS (VE) (N) (500 kcal) Maple caramelised pears & toasted pecans	5.5/4.67

TOAST

FRENCH TOAST (V) (From 950 kcal)	10/8.50
Please see the board for the current flavour of the month	
STRACCIATELLA & TOMATOES (V) (547 kcal) Slow-roasted tomatoes, stracciatella, olive oil, balsamic glaze, sourdough	9.5/8.08
HALLOUMI & CHORIZO (906 kcal) Roasted chorizo, red pepper, smashed avocado, poached egg, sourdough, garlic mayonnaise	12.5/10.63
BRISKET EGGS (901 kcal) Brisket, hollandaise, poached egg, sourdough	11.5/9.78
EGGS YOUR WAY (V) (From 670 kcal) Scrambled, fried or poached, sourdough	7/5.95
SMASHED AVO (V) (N) (905 kcal) Avocado, sumac onions, pumpkin seed crumble, 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

THE BIG BREKKIE (1,163 kcal) Sausage, streaky bacon, tomato, egg, mushrooms, beans, avocado, sourdough toast	12/10.20
MUSHROOMS ON TOAST (V) (456 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	
EGGS BENEDICT (712 kcal) 2 poached eggs, warm croissant, streaky bacon & hollandaise	9/7.65
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

BURGERS

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	
MOVING MOUNTAIN PLANT BASED BURGER (VG) (794 kcal) Smashed vegan burger, vegan cheese, fries	12/10.20
BUTTERMILK CHICKEN BURGER (from 1,134 kcal) Red cabbage coleslaw, fries	12/10.20

BOWLS

CAESAR SALAD (484 kcal)	11.5/9.78
Kale, gem lettuce, cherry tomatoes, brioche croutons, grated parmesan + chicken (346 kcal) - 7/5.95 + halloumi (238 kcal) - 5/4.25	
SWEET POTATO SALAD (VG) (N) (S) (548 kcal) Sweet potato, roasted corn, feta, avocado, buttermilk & coriander dressing	11.5/9.78

SMALL PLATES

BUTTER MILK CAULIFLOWER (V) (GF) (396 kcal) Chilli & garlic crunch, lime toasted peanut	6.5/5.53
PRAWN TOAST (465 kcal) Gochujang, sweet chilli & sumac onions	8/6.80
GRILLED HALLOUMI (248 kcal) Hot honey	8.75/7.44

LARGE PLATES

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) Tomato sauce, fresh tomatoes, chilli	12/10.20

SIDES

FRIES Sea salt (V) (VG) (375 kcal)	4.5/3.83
CHOPPED TOMATOES Olive oil, basil (VG) (168 kcal)	4.5/3.83
GRILLED HALLOUMI Hot honey (V) (238 kcal)	4.5/3.83

ADD-ONS

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

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.