

NEW SUMMER MENU

ALL-DAY BREAKFAST

ALMOND PORRIDGE POT rolled oats, almond nut butter, dates, full cream yoghurt, milk, honey, cinnamon	5.50
PLANT PORRIDGE POT V rolled oats, almond nut butter, dates, oat milk, banana, cinnamon	5.50
BLUEBERRY PROTEIN OATS POT rolled oats, blueberries, grass-fed whey protein, dates, milk, honey, almonds, chia & hemp seeds	6.20
BLUEBERRY PLANT PROTEIN OATS POT V rolled oats, blueberries, plant protein, dates, oat milk, almonds, chia & hemp seeds	6.20
PEANUT BUTTER OVERNIGHT OATS overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	6.50
PARMESAN MUSHROOM TOAST mushrooms, baby spinach, cream cheese, parmesan, butter, toasted sourdough	7.95
SLICED AVO TOAST V sliced avo, chilli, hemp seeds, lemon wedge, toasted sourdough	8.00
POACHED / SCRAMBLED EGGS & TOAST free range eggs, butter, toasted sourdough	8.95
THE ULTIMATE TOAST free range scrambled eggs, zucchini, baby spinach, avo, crispy onions, sriracha, butter, toasted sourdough	9.95
SLICED AVO, POACHED EGGS & TOAST free range eggs, sliced avo, chilli, hemp seeds, butter, toasted sourdough	9.95
NEW PROTEIN POCKET WRAP free range scrambled eggs, butter, tomato, white cheddar, sundried tomato pesto, jalapeno, wholewheat wrap (contains gluten)	9.20
SUNRISE UNWRAPPED GF / WRAP free range scrambled eggs, butter, white cheddar, sautéed rosa tomatoes, baby spinach, salsa, wholewheat wrap (contains gluten)	9.20
SALMON PROTEIN BOWL GF smoked salmon, free range scrambled eggs, butter, avo, baby spinach, lemon wedge	13.20
SALMON PROTEIN WRAP smoked salmon, free range scrambled eggs, butter, avo, cream cheese, baby spinach, wholewheat wrap (contains gluten)	13.70

FREE NON-DAIRY ALTERNATIVES AVAILABLE

HOT & ICED DRINKS

	REGULAR	LARGE
DOUBLE ESPRESSO	3.30	
MACCHIATO	3.55	
CORTADO	3.70	
AMERICANO BLACK	3.80	4.40
AMERICANO	4.20	4.80
LATTE	4.40	5.00
CAPPUCCINO	4.40	5.00
CHAI LATTE	4.40	5.00
DIRTY CHAI LATTE	4.40	5.00
MATCHA LATTE	4.85	5.45
ICED AMERICANO espresso, honey, purified water, ice, milk	4.85	5.45
ICED CAPPUCCINO espresso, honey, ice, milk, milk foam	4.85	5.45
ICED MATCHA LATTE matcha, honey, ice, milk	5.70	6.70
FLAT WHITE	4.45	
HOT CHOCOLATE	4.45	
FLOO FIGHTER mint tea, lemon, ginger, honey, cayenne pepper	3.70	
TEA green, mint, yorkshire	2.90	

30p OFF WHEN YOU BRING YOUR OWN CUP!

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

SALSA QUESADILLA white cheddar, red pepper, jalapeno, spring onion, coriander, salsa. Served warm.	7.70
CHICKEN QUESADILLA chicken, white cheddar, jalapeno, spring onion, coriander, salsa. Served warm.	9.95
STEAK & AVO QUESADILLA grass-fed steak, avo, white cheddar, jalapeno, spring onion, coriander, salsa. Served warm.	11.50
CHICKEN FETA CRUNCH chicken, cabbage, carrot, rosa tomatoes, gherkins, creamy feta dressing	9.00
BBQ CHICKEN WRAP chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo	9.80
AVO FALAFEL WRAP V chickpea falafel, avo, red pepper, cabbage, cucumber, gherkins, rocket, vegan nut butter dressing	11.00
NEW ROMA WRAP chicken, sundried tomato pesto, roasted onions, carrot, greens, rosa tomatoes, sourdough croutons, parmesan shavings, creamy feta dressing	11.50
SRIRACHA CHICKEN WRAP chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	11.70
PRINCESS WRAP chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	11.70
CAESAR WRAP chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	12.20
HOT HONEY CHICKEN WRAP hot honey chicken, avo, roasted corn salsa, cabbage, greens, salsa, creamy feta dressing. Served warm.	12.50
SPICY STEAK BURRITO WRAP grass-fed steak, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa. Served warm.	11.20
VIETNAMESE STEAK WRAP grass-fed steak, carrot, cucumber, radish, red onion pickle, mint, coriander, sriracha mayo, greens, chilli lime dressing	11.50
PRINCE WRAP grass-fed steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo. Served warm.	11.70
SALMON WRAP smoked salmon, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	12.70

SALADS

SUPERFOOD SALAD V GF LC avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, greens, vegan nut butter dressing	10.50
AVO FALAFEL SALAD V GF chickpea falafel, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	10.75
AVO STEAK SALAD GF grass-fed steak, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	11.90
NEW SMOKY BBQ CHICKEN SALAD smoky BBQ chicken, cabbage, carrot, celery, roasted corn salsa, rosa tomatoes, white cheddar, gherkins, crispy onions, greens, creamy feta dressing	11.90
SRIRACHA CHICKEN SALAD chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	11.90
CAESAR SALAD chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	12.70

MAKE IT YOUR OWN

ADD AVO	+2.00
ADD SALMON	+4.50
ADD MUSHROOMS	+3.20

WARM BOWLS

BBQ MUSHROOM BOWL GF BBQ chipotle mushrooms, black rice & quinoa, roasted corn salsa, carrot, cabbage, red pepper, rosa tomatoes, spring onion, rocket, baby spinach, creamy feta dressing	10.40
BBQ STEAK BOWL GF BBQ chipotle grass-fed steak, black rice & quinoa, roasted corn salsa, carrot, cabbage, red pepper, rosa tomatoes, spring onion, rocket, baby spinach, creamy feta dressing	12.90

NEW

SOUROUGH TOASTIES

CHEESY SUNDRIED TOMATO white cheddar, sundried tomato pesto, tomato, feta, toasted sourdough	7.50
CHEDDAR PESTO white cheddar, feta, tomato, basil pesto, dijon mayo, toasted sourdough	7.70
AVO CHICKEN DELUXE chicken, avo, basil pesto, baby spinach, tomato, dijon mayo, toasted sourdough	10.50

REGULAR 350ML
LARGE 500ML

SMOOTHIES

	REGULAR	LARGE
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	6.60	7.60
C-BREEZE V mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates	6.60	7.60
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	6.60	7.60
PEANUT BUTTER BERRY V sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	7.10	8.10
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	7.60	8.60

PROTEIN SMOOTHIES

	REGULAR	LARGE
NEW STRAWBERRY GLO V plant protein, strawberries, mango, toasted coconut, salted date caramel, roasted cashews, almond milk, coconut milk	8.45	9.95
SALTED CARAMEL grass-fed whey protein, dates, banana, almond nut butter, himalayan salt, purified water	8.45	9.95
PLANT PEANUT BUTTER BOMB V plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk	8.45	9.95
PEANUT BUTTER BOMB grass-fed whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk	8.45	9.95
MOCHA PROTEIN grass-fed whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk	8.45	9.95

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
ALL THE GREENS V mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds	7.50	8.50
TROPICAL GREENS V pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice	8.50	9.50
MATCHA MINT matcha, mint, pineapple, banana, frozen yoghurt, honey, milk	8.50	9.50

RECOVERY

	REGULAR	LARGE
ELECTROLYF V electrolyte blend with magnesium, potassium & sodium		4.00
CREATINE KICK mango, strawberries, coconut milk, lemon honey, coconut water, creatine	7.75	9.25
THE ULTIMATE RECOVERY V pineapple, mango, banana, coconut milk, baby spinach, coconut water, recovery blend (BCAA, L-glutamine, electrolytes)	7.75	9.25

REGULAR 350ML
LARGE 500ML

RAW JUICES & SHOTS

	REGULAR	LARGE
HELPER V carrot, apple, pineapple, anti-inflammatory blend (turmeric & vitamin C [500mg])	7.00	8.00
FLOO JUICE V orange, carrot, lemon, ginger, cayenne pepper	7.50	8.50
DAILY GREENS V apple, baby spinach, cucumber, celery, chia seeds	8.25	9.25
FLOO SHOT (50ML) ginger, honey, lemon, cayenne pepper		3.50
GINGER SHOT (50ML) V		3.50

ALLERGENS

Our kitchen uses ingredients containing the following allergens: cereals with gluten, celery, eggs, fish, crustaceans, molluscs, milk, mustard, peanuts, nuts, sesame, soya, sulphur dioxide and lupin which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens.

NUTRI KNOW-HOW

GF GLUTEN-FREE **LC** LOW CARB <30g carb per serving **V** VEGAN