

ALL-DAY BREAKFAST

ALMOND PORRIDGE POT M N GLU	5.50
oats, almond nut butter, dates, full cream yoghurt, milk, honey, cinnamon	
PLANT PORRIDGE POT N GLU V	5.50
oats, almond nut butter, dates, oat milk, banana, cinnamon	
PEANUT BUTTER OVERNIGHT OATS M P GLU	6.25
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
NEW NUT BERRY POT M N	6.50
full cream yoghurt, blueberries, strawberries, hemp seeds, almond nut butter, honey, mint	
POWER OATS M N GLU	6.25
oats, toasted almonds, banana, chia seeds, goji berries, milk, honey	
NEW BLUEBERRY PROTEIN OATS POT M N GLU	6.00
rolled oats, blueberries, whey protein, dates, vanilla, milk, honey, almonds, chia & hemp seeds	
NEW BLUEBERRY PLANT PROTEIN OATS POT N GLU V	6.00
rolled oats, blueberries, plant protein, dates, vanilla, milk, almonds, chia & hemp seeds	
SLICED AVO TOAST GLU V	7.00
sliced avo, chilli, hemp seeds, toasted sourdough	
SLICED AVO, POACHED EGGS & TOAST E GLU	9.00
free range poached eggs, sliced avo, chilli, hemp seeds, toasted sourdough	
THE ULTIMATE TOAST E M GLU	7.00
free range scrambled eggs, zucchini, baby spinach, avo, crispy onions, sriracha	
POACHED / SCRAMBLED EGGS & TOAST E M GLU	8.00
free range eggs, toasted sourdough, butter	
SUNRISE UNWRAPPED E M GF	8.50
free range scrambled eggs, butter, white cheddar, sautéed rosa tomatoes, baby spinach, salsa	
SUNRISE WRAP E M GLU	8.50
free range scrambled eggs, butter, white cheddar, sautéed rosa tomatoes, baby spinach, salsa, wholewheat wrap (contains gluten)	

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

SALSA QUESADILLA M GLU	7.00
white cheddar, red pepper, jalapeno, spring onion, coriander, salsa	
CAJUN CHICKEN QUESADILLA CE M GLU	10.00
cajun chicken, white cheddar, jalapeno, spring onion, coriander, salsa	
STEAK & AVO QUESADILLA M GLU	10.50
grass-fed steak, avo, white cheddar, jalapeno, spring onion, coriander, salsa	
HARVEST WRAP E M CE MU GLU	7.50
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	
AVO FALAFEL WRAP N GLU SU V	10.50
chickpea falafel, avo, red pepper, cabbage, cucumber, gherkins, rocket, vegan nut butter dressing	
SRIRACHA CHICKEN WRAP E SO GLU	10.00
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
NEW BBQ CHICKEN WRAP CE E GLU	10.00
chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo	
SPICY CHICKEN BURRITO WRAP M GLU	10.50
chicken, jalapeno, chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa	
PRINCESS WRAP CE E M GLU	11.00
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
NEW PRINCE WRAP E M CE GLU	11.00
grass-fed steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
SPICY STEAK BURRITO WRAP M GLU	10.50
grass-fed steak, jalapeno, chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa	
CAESAR WRAP E M SO GLU	11.50
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	
NEW SALMON WRAP E F GLU CE MU	12.00
smoked salmon, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	

SALADS

SUPERFOOD SALAD MU N V GF LC	9.00
avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, greens, lemon olive oil dressing	
SRIRACHA CHICKEN SALAD E SO GLU	10.00
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
AVO FALAFEL SALAD N V	10.50
chickpea falafel, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
AVO STEAK SALAD N	11.50
grass-fed steak, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
CAESAR SALAD E M SO GLU	11.50
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	

SOUP & WARM BOWLS

SPICED BUTTERNUT & LENTIL SOUP GLU V	5.00
spiced butternut & lentil soup, zucchini, roasted cauliflower, crispy onions, coriander ADD SOURDOUGH +1.00	
PROTEIN PLATE MU	12.75
chicken with lemon & herb sauce, side salad with lemon olive oil dressing with choice of: brown rice, quinoa & salsa GF OR steamed broccoli LC	
TERIYAKI CHICKEN POKE BOWL S SO GLU	12.75
teriyaki chicken, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	
NEW SMOKED SALMON POKE BOWL F MU S SO GLU	13.00
smoked salmon, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, pickled ginger, wasabi mayo, miso dressing, coriander	

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.														
USE THESE ICONS TO HELP YOU CHOOSE MEAL ITEMS THAT FIT YOUR ALLERGEN REQUIREMENTS	<table> <tr> <td>GLU CEREALS WITH GLUTEN</td> <td>E EGG</td> <td>P PEANUTS</td> <td>N TREE NUTS</td> <td>M MILK</td> <td>SO SOYA</td> <td>SU SULPHUR DIOXIDE</td> </tr> <tr> <td>CR CRUSTACEANS</td> <td>MO MOLLUSCS</td> <td>CE CELERY & CELERIAC</td> <td>MU MUSTARD</td> <td>S SESAME</td> <td>F FISH</td> <td>LS LUPIN SEEDS & FLOUR</td> </tr> </table>	GLU CEREALS WITH GLUTEN	E EGG	P PEANUTS	N TREE NUTS	M MILK	SO SOYA	SU SULPHUR DIOXIDE	CR CRUSTACEANS	MO MOLLUSCS	CE CELERY & CELERIAC	MU MUSTARD	S SESAME	F FISH	LS LUPIN SEEDS & FLOUR
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NUTRI KNOW-HOW	GF GLUTEN-FREE LC LOW CARB <30g carb per serving V VEGAN
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SMOOTHIES

	REGULAR	LARGE
STRAWBERRY STINGER M	5.50	6.00
strawberries, banana, frozen yoghurt, pressed apple juice		
C-BREEZE V	5.50	6.00
mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates		
BERRY DAIRY M	5.50	6.00
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk		
PEANUT BUTTER BERRY P N V	6.00	6.50
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water		
NEW DIRTY CHAI M	6.00	6.50
espresso, frozen yoghurt, honey, chai spice, coconut milk		
PEANUT BUTTER BLISS M P	6.50	7.00
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk		

PROTEIN SMOOTHIES

	REGULAR	LARGE
SALTED CARAMEL N	7.50	8.50
grass-fed whey protein, dates, banana, almond nut butter, himalayan salt, purified water		
NATURE'S PROTEIN V	7.50	8.50
plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice		
PLANT PEANUT BUTTER BOMB P GLU V	7.50	8.50
plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk		
PEANUT BUTTER BOMB M P	7.50	8.50
grass-fed whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk		
MOCHA PROTEIN M	8.00	9.00
grass-fed whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk		

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
VITAMIN SEE V	6.50	7.00
mango, pineapple, carrot & orange juice, vitamin C (500mg)		
ALL THE GREENS CE V	6.50	7.00
mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		
NEW TROPICAL GREENS CE V	7.50	8.00
pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice		
NUT MILK N V	7.50	8.00
almond nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk		
NEW GOLDEN MILK M	7.50	8.00
mango, pineapple, full cream yoghurt, coconut milk, turmeric, citrus-spiced honey, lemon, ginger		

RAW JUICES & SHOTS

	REGULAR	LARGE
HELPER V	6.00	7.00
carrot, apple, pineapple, anti-inflammatory blend (turmeric & vitamin C [500mg])		
FLOO JUICE V	6.75	7.75
orange, carrot, lemon, ginger, cayenne pepper		
DAILY GREENS CE V	6.75	7.75
apple, baby spinach, cucumber, celery, chia seeds		
NEW PINA CHILI MOJITO V	6.75	7.75
pineapple, apple, cucumber, lime, mint, cayenne pepper, salt, ginger		
FLOO SHOT (50ML)	3.00	
ginger, honey, lemon, cayenne pepper		
GINGER SHOT (50ML) V	3.00	

HOT & ICED DRINKS

	REGULAR	LARGE
DOUBLE ESPRESSO	2.75	
NEW MACCHIATO M	3.75	
CORTADO M	3.00	
AMERICANO	3.50	4.00
FLAT WHITE M	3.75	
LATTE M	3.75	4.25
CUPPUCCINO M	3.75	4.25
HOT CHOCOLATE M	3.75	
NEW CHAI LATTE M	3.75	4.25
NEW DIRTY CHAI LATTE M	3.75	4.25
FLOO FIGHTER	3.00	
mint tea, lemon, ginger, honey, cayenne pepper		
TEA	2.50	
green, mint, yorkshire		
ICED AMERICANO M	4.25	4.75
espresso, honey, purified water, ice, milk		
ICED CAPPUCCINO M	4.25	4.75
espresso, honey, ice, milk, milk foam		

OUR KIDS MENU

- ★ SUGAR-SMART
- ★ KIDDIES PORTIONS
- ★ IT'S ALL ABOUT THE INGREDIENTS



ALL-DAY BREAKFAST

PEANUT BUTTER BANANA POT M P N GF	5.25
full cream yoghurt, sugar-free peanut butter, banana, roasted almonds, honey	
LITTLE SCRAMBLED EGGS ON TOAST E M GLU	5.75
free range scrambled eggs, toasted sourdough bread	
PEANUT BUTTER BANANA TOAST P GLU	5.75
sugar-free peanut butter, banana, honey, cinnamon, toasted sourdough	

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

CHEESY EGG WRAP E M GLU	5.25
free range scrambled eggs, white cheddar	
CHEESY CHICKEN WRAP CE E M GLU	7.25
chicken, white cheddar, celery & onion mayo	
LITTLE CHICKEN & AVO WRAP CE E GLU	7.75
chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo	

SMOOTHIES

STRAWBERRY STINGER M	4.75
strawberries, banana, frozen yoghurt, pressed apple juice	
C-BREEZE V	4.75
mango, strawberries, pineapple, vitamin C (500mg), pressed apple juice, dates	
PEANUT BUTTER BERRY P N V	5.25
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	
PEANUT BUTTER BLISS M P	5.75
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	