

ALL-DAY BREAKFAST

PEANUT BUTTER OVERNIGHT OATS M P GLU	6.25
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
NUT BERRY POT M N	6.50
full cream yoghurt, blueberries, strawberries, hemp seeds, almond nut butter, honey, mint	
GRANOLA BOWL M N GLU	6.50
granola, blueberries, milk, almonds, honey	
SLICED AVO TOAST GLU V	7.00
sliced avo, chilli, hemp seeds, toasted sourdough	
HUMMUS TOAST E M GLU S	7.00
roasted red pepper hummus, eggs, feta, rosa tomatoes, greens, sunflower seeds, toasted sourdough	
SLICED AVO HUMMUS TOAST GLU S	7.50
sliced avo, roasted red pepper hummus, onion pickle, crispy onion, lemon, toasted sourdough	

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

HARVEST WRAP E M CE MU GLU	7.50
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	
PARMA WRAP E M GLU	12.00
parma ham, parmesan shavings, cucumber, rosa tomatoes, greens, caesar dressing	
PRINCESS WRAP CE E M GLU	11.00
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
CAESAR WRAP E M SO GLU	11.50
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	

FREE NON-DAIRY
ALTERNATIVES
AVAILABLE

HOT & ICED DRINKS

	REGULAR	LARGE
DOUBLE ESPRESSO	2.75	
MACCHIATO M	3.75	
CORTADO M	3.00	
AMERICANO	3.60	4.10
FLAT WHITE M	3.75	
LATTE M	3.75	4.25
CUPPUCCINO M	3.75	4.25
HOT CHOCOLATE M	3.75	
CHAI LATTE M	3.75	4.25
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 CAPPUCINO M	4.25	4.75
espresso, honey, ice, milk, milk foam		

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

GLU CEREALS WITH GLUTEN	E EGG	P PEANUTS	N TREE NUTS	M MILK	SO SOYA	SU SULPHUR DIOXIDE
CR CRUSTACEANS	MO MOLLUSCS	CE CELERY & CELERIAN	MU MUSTARD	S SESAME	F FISH	LS LUPIN SEEDS & FLOUR

NUTRI KNOW-HOW

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

REGULAR 350ML
LARGE 500ML

SMOOTHIES

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

PROTEIN SMOOTHIES

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

SUPERFOOD SMOOTHIES

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

REGULAR 350ML
LARGE 500ML

RAW JUICES & SHOTS

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