

# ALL-DAY BREAKFAST

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

FREE NON-DAIRY  
ALTERNATIVES  
AVAILABLE

# HOT & ICED DRINKS

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

# 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
- BBQ CHICKEN WRAP** CE E GLU **10.00**  
chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo
- INDIE BUTTA CHICKEN WRAP** M GLU **12.50**  
chicken, butta curry sauce, roasted cauliflower, roasted butternut, baby spinach, carrot pickle, salsa
- 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
- 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
- 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

## 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 WITH BROCCOLI** **MU** **LC** **GF** **12.75**  
 chicken, steamed broccoli, side salad with lemon olive oil dressing
- PROTEIN PLATE WITH WARM GRAIN** **MU** **GF** **12.75**  
 chicken, brown rice & quinoa, salsa, side salad with lemon olive oil dressing
- BUTTA CHICKEN BOWL** **M** **13.00**  
 chicken & butternut curry, brown rice & quinoa, roasted cauliflower, baby spinach, curried sunflower seeds, carrot pickle
- 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
- 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

## BURGERS

- THE NORMAL BURGER** **E** **MU** **GLU** **SO** **SU** **11.00**  
 grass-fed beef patty, bun, tomato, greens, gherkins, free range egg mustard mayo
- THE NORMAL CHEESE BURGER** **E** **M** **MU** **GLU** **SO** **SU** **12.00**  
 grass-fed beef patty, bun, tomato, greens, gherkins, white cheddar, free range egg mustard mayo
- THE NORMAL MEXI BURGER** **E** **M** **MU** **GLU** **SO** **13.00**  
 grass-fed beef patty, bun, tomato, greens, chipotle, avocado, jalapeno, coriander, spring onion, free range egg mustard mayo
- THE NO BULL BURGER** **MU** **GLU** **SO** **SU** **V** **11.00**  
 meatless farm plant-based patty, bun, tomato, greens, gherkins, vegan BBQ mayo
- THE AVO NO BULL BURGER** **MU** **GLU** **SO** **V** **12.00**  
 meatless farm plant-based patty, bun, tomato, avo, red onion pickle, rocket, vegan BBQ mayo

### 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**

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

REGULAR 350ML  
LARGE 500ML

## SMOOTHIES

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

## PROTEIN SMOOTHIES

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

## SUPERFOOD SMOOTHIES

	REGULAR	LARGE
<b>VITAMIN SEE</b> <span>V</span> mango, pineapple, carrot & orange juice, vitamin C (500mg)	6.50	7.00
<b>ALL THE GREENS</b> <span>CE</span> <span>V</span> mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds	6.50	7.00
<b>TROPICAL GREENS</b> <span>CE</span> <span>V</span> pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice	7.50	8.00
<b>NUT MILK</b> <span>N</span> <span>V</span> almond nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk	7.50	8.00
<b>GOLDEN MILK</b> <span>M</span> 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
<b>HELPER</b> <span>V</span> carrot, apple, pineapple, anti-inflammatory blend (turmeric & vitamin C [500mg])	6.00	7.00
<b>FLOO JUICE</b> <span>V</span> orange, carrot, lemon, ginger, cayenne pepper	6.75	7.75
<b>DAILY GREENS</b> <span>CE</span> <span>V</span> apple, baby spinach, cucumber, celery, chia seeds	6.75	7.75
<b>PINA CHILI MOJITO</b> <span>V</span> pineapple, apple, cucumber, lime, mint, cayenne pepper, salt, ginger	6.75	7.75
<b>FLOO SHOT</b> (50ML) ginger, honey, lemon, cayenne pepper	3.00	
<b>GINGER SHOT</b> (50ML) <span>V</span>	3.00	