

# ALL-DAY BREAKFAST

<b>ALMOND PORRIDGE POT</b> <span>M</span> <span>N</span> <span>GLU</span>	<b>5.50</b>
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>	<b>5.50</b>
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>	<b>6.50</b>
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
<b>SLICED AVO HUMMUS TOAST</b> <span>GLU</span> <span>S</span> <span>V</span>	<b>7.75</b>
sliced avo, roasted red pepper hummus, onion pickle, crispy onion, lemon, toasted sourdough	
<b>SLICED AVO TOAST</b> <span>GLU</span> <span>V</span>	<b>7.50</b>
sliced avo, chilli, hemp seeds, toasted sourdough	
<b>SALMON CREAM CHEESE TOAST</b> <span>M</span> <span>GLU</span> <span>F</span> <span>MU</span>	<b>10.00</b>
smoked salmon, cream cheese, red onion pickle, rocket, lemon olive oil dressing, toasted sourdough	

# WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

<b>HARVEST WRAP</b> <span>E</span> <span>M</span> <span>CE</span> <span>MU</span> <span>GLU</span>	<b>7.95</b>
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	
<b>SRIRACHA CHICKEN WRAP</b> <span>E</span> <span>SO</span> <span>GLU</span>	<b>11.00</b>
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
<b>PRINCESS WRAP</b> <span>CE</span> <span>E</span> <span>M</span> <span>GLU</span>	<b>11.50</b>
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
<b>AVO SHWARMA WRAP</b> <span>GLU</span> <span>MU</span>	<b>11.50</b>
chicken, avo, hummus red pepper, greens, red onion pickle, cabbage, cucumber, carrots, lemon oil dressing	
<b>SALMON WRAP</b> <span>E</span> <span>F</span> <span>GLU</span> <span>CE</span> <span>MU</span>	<b>12.50</b>
smoked salmon, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	

REGULAR 350ML  
LARGE 500ML

# SMOOTHIES

	REGULAR	LARGE
<b>STRAWBERRY STINGER</b> <span>M</span>	<b>5.75</b>	<b>6.75</b>
strawberries, banana, frozen yoghurt, pressed apple juice		
<b>G-BREEZE</b> <span>V</span>	<b>5.75</b>	<b>6.75</b>
mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates		
<b>BERRY DAIRY</b> <span>M</span>	<b>5.75</b>	<b>6.75</b>
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk		
<b>PEANUT BUTTER BERRY</b> <span>P</span> <span>N</span> <span>V</span>	<b>6.25</b>	<b>7.25</b>
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water		
<b>PEANUT BUTTER BLISS</b> <span>M</span> <span>P</span>	<b>6.75</b>	<b>7.75</b>
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk		

# PROTEIN SMOOTHIES

	REGULAR	LARGE
<b>SALTED CARAMEL</b> <span>N</span> <span>M</span>	<b>7.75</b>	<b>9.00</b>
grass-fed whey protein, dates, banana, almond nut butter, himalayan salt, purified water		
<b>NATURE'S PROTEIN</b> <span>V</span>	<b>7.75</b>	<b>9.00</b>
plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice		
<b>PLANT PEANUT BUTTER BOMB</b> <span>P</span> <span>GLU</span> <span>V</span>	<b>7.75</b>	<b>9.00</b>
plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk		
<b>PEANUT BUTTER BOMB</b> <span>M</span> <span>P</span>	<b>7.75</b>	<b>9.00</b>
grass-fed whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk		
<b>MOCHA PROTEIN</b> <span>M</span>	<b>7.75</b>	<b>9.00</b>
grass-fed whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk		

# SUPERFOOD SMOOTHIES

	REGULAR	LARGE
<b>VITAMIN SEE</b> <span>V</span>	<b>6.75</b>	<b>7.75</b>
mango, pineapple, carrot & orange juice, vitamin C (500mg)		
<b>ALL THE GREENS</b> <span>CE</span> <span>V</span>	<b>6.75</b>	<b>7.75</b>
mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		
<b>TROPICAL GREENS</b> <span>CE</span> <span>V</span>	<b>7.75</b>	<b>8.75</b>
pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice		
<b>NEW MATCHA MINT</b> <span>M</span>	<b>7.75</b>	<b>8.75</b>
matcha, mint, pineapple, banana, frozen yoghurt, honey, milk		

REGULAR 350ML  
LARGE 500ML

# RAW JUICES & SHOTS

	REGULAR	LARGE
<b>HELPER</b> <span>V</span>	<b>6.50</b>	<b>7.50</b>
carrot, apple, pineapple, anti-inflammatory blend (turmeric & vitamin C [500mg])		
<b>FLOO JUICE</b> <span>V</span>	<b>7.00</b>	<b>8.00</b>
orange, carrot, lemon, ginger, cayenne pepper		
<b>DAILY GREENS</b> <span>CE</span> <span>V</span>	<b>7.25</b>	<b>8.25</b>
apple, baby spinach, cucumber, celery, chia seeds		
<b>FLOO SHOT</b> (50ML)		<b>3.00</b>
ginger, honey, lemon, cayenne pepper		
<b>GINGER SHOT</b> (50ML) <span>V</span>		<b>3.00</b>

FREE NON-DAIRY  
ALTERNATIVES  
AVAILABLE

# HOT & ICED DRINKS

	REGULAR	LARGE
<b>DOUBLE ESPRESSO</b>	<b>3.00</b>	
<b>MACCHIATO</b> <span>M</span>	<b>3.25</b>	
<b>CORTADO</b> <span>M</span>	<b>3.40</b>	
<b>AMERICANO</b> <span>M</span>	<b>3.90</b>	<b>4.50</b>
<b>NEW AMERICANO BLACK</b>	<b>3.50</b>	<b>4.10</b>
<b>FLAT WHITE</b> <span>M</span>	<b>4.15</b>	
<b>LATTE</b> <span>M</span>	<b>4.15</b>	<b>4.75</b>
<b>CAPPUCCINO</b> <span>M</span>	<b>4.15</b>	<b>4.75</b>
<b>HOT CHOCOLATE</b> <span>M</span>	<b>4.15</b>	
<b>NEW MATCHA LATTE</b> <span>M</span>	<b>4.65</b>	<b>5.25</b>
<b>CHAI LATTE</b> <span>M</span>	<b>4.15</b>	<b>4.75</b>
<b>DIRTY CHAI LATTE</b> <span>M</span>	<b>4.15</b>	<b>4.75</b>
<b>FLOO FIGHTER</b> mint tea, lemon, ginger, honey, cayenne pepper	<b>3.40</b>	
<b>TEA</b> green, mint, yorkshire	<b>2.90</b>	
<b>ICED AMERICANO</b> <span>M</span> espresso, honey, purified water, ice, milk	<b>4.65</b>	<b>5.25</b>
<b>ICED CAPPUCCINO</b> <span>M</span> espresso, honey, ice, milk, milk foam	<b>4.65</b>	<b>5.25</b>
<b>NEW ICED MATCHA LATTE</b> <span>M</span> matcha, honey, milk	<b>5.50</b>	<b>6.50</b>

## 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 & CELERIC

MU  
MUSTARD

S  
SESAME

F  
FISH

LS  
LUPIN SEEDS & FLOUR

## NUTRI KNOW-HOW



GLUTEN-FREE



LOW CARB <30g carb per serving



VEGAN