

ALL-DAY BREAKFAST

ALMOND PORRIDGE POT M N GLU	5.50
rolled oats, almond nut butter, dates, full cream yoghurt, milk, honey, cinnamon	
PLANT PORRIDGE POT N GLU V	5.50
rolled oats, almond nut butter, dates, oat milk, banana, cinnamon	
BLUEBERRY PROTEIN OATS POT M N GLU	6.00
rolled oats, blueberries, grass-fed whey protein, dates, vanilla, milk, honey, almonds, chia & hemp seeds	
BLUEBERRY PLANT PROTEIN OATS POT N GLU V	6.00
rolled oats, blueberries, plant protein, dates, vanilla, oat milk, almonds, chia & hemp seeds	
PEANUT BUTTER OVERNIGHT OATS M P GLU	6.50
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
NEW NUT BERRY POT M N GF	6.90
full cream yoghurt, blueberries, strawberries, hemp seeds, almond nut butter, honey, mint	
SLICED AVO TOAST GLU V	7.50
sliced avo, chilli, hemp seeds, toasted sourdough	
PARMESAN MUSHROOM TOAST M GLU	7.50
mushrooms, baby spinach, cream cheese, parmesan, butter, toasted sourdough	
POACHED / SCRAMBLED EGGS & TOAST E M GLU	8.25
free range eggs, toasted sourdough, butter	
THE ULTIMATE TOAST E M GLU	8.50
free range scrambled eggs, zucchini, baby spinach, avo, crispy onions, sriracha, butter, toasted sourdough	
SLICED AVO, POACHED EGGS & TOAST E M GLU	9.50
free range eggs, sliced avo, chilli, hemp seeds, toasted sourdough	
SALMON CREAM CHEESE TOAST M GLU F MU	10.00
smoked salmon, cream cheese, red onion pickle, rocket, lemon olive oil dressing, toasted sourdough	
SUNRISE UNWRAPPED GF / WRAP E M	8.90
free range scrambled eggs, butter, white cheddar, sautéed rosa tomatoes, baby spinach, salsa, wholewheat wrap (contains gluten)	
NEW QUESADILLA SCRAMBLE E M GLU	8.00
free range scrambled eggs, butter, white cheddar, red pepper, black bean salsa, spring onion	
SALMON PROTEIN BOWL E M F GF	13.00
smoked salmon, free range scrambled eggs, butter, avo, baby spinach, lemon wedge	
SALMON PROTEIN WRAP E M GLU F	13.50
smoked salmon, free range scrambled eggs, butter, avo, cream cheese, baby spinach, wholewheat wrap (contains gluten)	

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

SALSA QUESADILLA M GLU	7.25
white cheddar, red pepper, jalapeno, spring onion, coriander, salsa. Served warm.	
CHICKEN QUESADILLA M GLU	9.75
chicken, white cheddar, jalapeno, spring onion, coriander, salsa. Served warm.	
STEAK & AVO QUESADILLA M GLU	11.00
grilled steak, avo, white cheddar, jalapeno, spring onion, coriander, salsa. Served warm.	
HARVEST WRAP E M CE MU GLU	7.95
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	
AVO FALAFEL WRAP N GLU SU V	11.00
chickpea falafel, avo, red pepper, cabbage, cucumber, gherkins, rocket, vegan nut butter dressing	
BBQ CHICKEN WRAP CE E GLU	9.50
chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo	
SRIRACHA CHICKEN WRAP E SO GLU	11.00
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
SPICY CHICKEN BURRITO WRAP M GLU	10.75
chicken, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa. Served warm.	
PRINCESS WRAP E M CE GLU	11.50
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
PRINCE WRAP E M CE GLU	11.50
grilled steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo. Served warm.	
HOT HONEY CHICKEN WRAP M GLU	12.00
hot honey chicken, avo, roasted corn salsa, cabbage, greens, salsa, creamy feta dressing. Served warm.	
SPICY STEAK BURRITO WRAP M GLU	10.75
grilled steak, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa. Served warm.	
NEW MEXI FRESH WRAP M GLU	11.50
chicken, cream cheese, black bean salsa, red pepper, avo, baby spinach, chili lime dressing	
CAESAR WRAP E M SO GLU	12.00
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	
SALMON WRAP E F GLU CE MU	12.50
smoked salmon, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	

SALADS

SUPERFOOD SALAD MU N V GF LC	10.00
avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, greens, lemon olive oil dressing	
SRIRACHA CHICKEN SALAD E SO GLU	11.00
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
AVO FALAFEL SALAD N V GF	10.75
chickpea falafel, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
AVO STEAK SALAD N GF	11.75
grilled steak, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
CAESAR SALAD E M SO GLU	12.50
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing	

WARM BOWLS

PROTEIN PLATE WITH BROCCOLI MU LG GF	13.00
chicken, steamed broccoli, side salad with lemon olive oil dressing	
PROTEIN PLATE WITH WARM GRAIN MU GF	13.00
chicken, brown rice & quinoa, salsa, side salad with lemon olive oil dressing	
TERIYAKI MUSHROOM RICE BOWL P GLU S SO V	12.50
teriyaki mushrooms, spring onion, sriracha sesame peanuts, brown rice & quinoa, avo, steamed broccoli, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	
TERIYAKI CHICKEN RICE BOWL S SO GLU	13.00
teriyaki chicken, brown rice & quinoa, avo, pineapple, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	

BURGERS

THE NORMAL BURGER E MU GLU SO SU	10.50
beef patty, bun, tomato, greens, gherkins, free range egg mustard mayo	
THE NORMAL CHEESE BURGER E M MU GLU SO SU	11.50
beef patty, bun, tomato, greens, gherkins, white cheddar, free range egg mustard mayo	
THE NORMAL MEXI BURGER E M MU GLU SO	12.50
beef patty, bun, tomato, greens, chipotle chilli, avo, jalapeno, coriander, spring onion, free range egg mustard mayo	
NEW GRILLED CHICKEN BURGER E MU GLU SO SU	12.00
chicken, bun, tomato, greens, gherkins, free range egg mustard mayo	
NEW MEXI CHICKEN BURGER E MU GLU SO	12.50
chicken, bun, tomato, greens, chipotle chilli, avo, jalapeno, coriander, spring onion, free range egg mustard mayo	

SMOOTHIES

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

PROTEIN SMOOTHIES

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

SUPERFOOD SMOOTHIES

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

RAW JUICES & SHOTS

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

HOT & ICED DRINKS

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

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.

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