

# ALL-DAY BREAKFAST

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

## WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

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

## SALADS

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

## WARM BOWLS

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

**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