

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	6.25
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
POWER OATS M N GLU	6.25
oats, toasted almonds, banana, chia seeds, goji berries, milk, honey	
SLICED AVO TOAST GLU V	7.25
sliced avo, chilli, hemp seeds, toasted sourdough	
NEW PARMESAN MUSHROOM TOAST M GLU	7.50
mushrooms, baby spinach, cream cheese, parmesan, butter	
POACHED / SCRAMBLED EGGS & TOAST E M GLU	8.00
free range eggs, toasted sourdough, butter	
THE ULTIMATE TOAST E M GLU	8.00
free range scrambled eggs, zucchini, baby spinach, avo, crispy onions, sriracha, butter	
SLICED AVO, POACHED EGGS & TOAST E GLU	9.25
free range eggs, sliced avo, chilli, hemp seeds, toasted sourdough	
NEW SALMON CREAM CHEESE TOAST E M GLU F MU	10.50
smoked salmon, free range boiled egg, cream cheese, red onion pickle, rocket, lemon olive oil dressing, toasted sourdough	
NEW SALMON, POACHED / SCRAMBLED EGGS & TOAST E M GLU F	11.50
smoked salmon, free range eggs, toasted sourdough, butter	
SUNRISE WRAP / UNWRAPPED E M GF	8.50
free range scrambled eggs, butter, white cheddar, sautéed rosa tomatoes, baby spinach, salsa, wholewheat wrap (contains gluten)	
NEW SALMON PROTEIN BOWL E M F GF	12.50
smoked salmon, free range scrambled eggs, avo, baby spinach, lemon wedge, butter,	
NEW SALMON PROTEIN WRAP E M GLU F	12.50
smoked salmon, free range scrambled eggs, avo, cream cheese, baby spinach, butter, wholewheat wrap (contains gluten)	

FREE NON-DAIRY ALTERNATIVES AVAILABLE

HOT & ICED DRINKS

	REGULAR	LARGE
DOUBLE ESPRESSO	2.90	
MACCHIATO M	3.00	
CORTADO M	3.15	
AMERICANO	3.65	4.25
FLAT WHITE M	3.90	
LATTE M	3.90	4.50
CAPPUCCINO M	3.90	4.50
HOT CHOCOLATE M	3.90	
CHAI LATTE M	3.90	4.50
DIRTY CHAI LATTE M	3.90	4.50
FLOO FIGHTER mint tea, lemon, ginger, honey, cayenne pepper	3.15	
TEA green, mint, yorkshire	2.65	
ICED AMERICANO M espresso, honey, purified water, ice, milk	4.40	5.00
ICED CAPPUCCINO M espresso, honey, ice, milk, milk foam	4.40	5.00

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

SALSA QUESADILLA M GLU	7.00
white cheddar, red pepper, jalapeno, spring onion, coriander, salsa. Served warm.	
NEW CHICKEN QUESADILLA M GLU	9.50
chicken, white cheddar, jalapeno, spring onion, coriander, salsa. Served warm.	
STEAK & AVO QUESADILLA M GLU	10.50
grass-fed steak, avo, white cheddar, jalapeno, spring onion, coriander, salsa. Served warm.	
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	
BBQ CHICKEN WRAP CE E GLU	9.00
chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo	
SRIRACHA CHICKEN WRAP E SO GLU	10.00
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
INDIE BUTTA CHICKEN WRAP M GLU	12.50
chicken, butta curry sauce, roasted cauliflower, roasted butternut, baby spinach, carrot pickle, salsa. Served warm.	
SPICY CHICKEN BURRITO WRAP M GLU	10.50
chicken, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa. Served warm.	
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. Served warm.	
NEW HOT HONEY CHICKEN WRAP M GLU	11.50
hot honey chicken, avo, roasted corn salsa, cabbage, greens, salsa, creamy feta dressing. Served warm.	
SPICY STEAK BURRITO WRAP M GLU	10.50
grass-fed steak, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa. Served warm.	
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 LG	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 LG 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 GF	12.75
chicken & butternut curry, brown rice & quinoa, roasted cauliflower, baby spinach, curried sunflower seeds, carrot pickle	
NEW TERIYAKI MUSHROOM RICE BOWL P GLU	12.00
teriyaki mushrooms, spring onion, sriracha peanuts, brown rice & quinoa, avo, steamed broccoli, cabbage, carrot, cucumber, radish, sesame, crispy onions, miso dressing	
TERIYAKI CHICKEN RICE 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 E	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 M GLU SO SU	10.00
grass-fed beef patty, bun, tomato, greens, gherkins, free range egg mustard mayo	
THE NORMAL CHEESE BURGER E M MU GLU SO SU	11.00
grass-fed beef patty, bun, tomato, greens, gherkins, white cheddar, free range egg mustard mayo	
THE NORMAL MEXI BURGER E M MU GLU SO	12.00
grass-fed beef patty, bun, tomato, greens, chipotle chilli, avo, jalapeno, coriander, spring onion, free range egg mustard mayo	

REGULAR 350ML
LARGE 500ML

SMOOTHIES

	REGULAR	LARGE
STRAWBERRY STINGER M	5.50	6.50
strawberries, banana, frozen yoghurt, pressed apple juice		
C-BREEZE V	5.50	6.50
mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates		
BERRY DAIRY M	5.50	6.50
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk		
PEANUT BUTTER BERRY P N V	6.00	7.00
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water		
PEANUT BUTTER BLISS M P	6.50	7.50
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk		

PROTEIN SMOOTHIES

	REGULAR	LARGE
SALTED CARAMEL N M	7.50	8.75
grass-fed whey protein, dates, banana, almond nut butter, himalayan salt, purified water		
NATURE'S PROTEIN V	7.50	8.75
plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice		
PLANT PEANUT BUTTER BOMB P GLU V	7.50	8.75
plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk		
PEANUT BUTTER BOMB M P	7.50	8.75
grass-fed whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk		
MOCHA PROTEIN M	8.00	9.25
grass-fed whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk		

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
VITAMIN SEE V	6.50	7.50
mango, pineapple, carrot & orange juice, vitamin C (500mg)		
ALL THE GREENS CE V	6.50	7.50
mango, hemp seeds, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		
TROPICAL GREENS CE V	7.50	8.50
pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice		
NUT MILK N V	7.50	8.50
almond nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk		

REGULAR 350ML
LARGE 500ML

RAW JUICES & SHOTS

	REGULAR	LARGE
HELPER V	6.00	7.00
carrot, apple, pineapple, anti-inflammatory blend (tumeric & vitamin C [500mg])		
FLOO JUICE V	6.75	7.75
orange, carrot, lemon, ginger, cayenne pepper		
DAILY GREENS CE V	7.00	8.00
apple, baby spinach, cucumber, celery, chia seeds		
FLOO SHOT (50ML)	3.00	
ginger, honey, lemon, cayenne pepper		
GINGER SHOT (50ML) V	3.00	

OUR KIDS MENU

- ★ SUGAR-SMART
- ★ KIDDIES PORTIONS
- ★ IT'S ALL ABOUT THE INGREDIENTS

HEALTHY, FRESH, FUN FOOD



ALL-DAY BREAKFAST

PEANUT BUTTER BANANA POT M P N GF	5.25
full cream yoghurt, sugar-free peanut butter, banana, roasted almonds, honey	
LITTLE SCRAMBLED EGGS ON TOAST E M GLU	5.75
free range scrambled eggs, toasted sourdough bread	
PEANUT BUTTER BANANA TOAST P GLU	5.75
sugar-free peanut butter, banana, honey, cinnamon, toasted sourdough	

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

CHEESY EGG WRAP E M GLU	5.25
free range scrambled eggs, white cheddar	
CHEESY CHICKEN WRAP CE E M GLU	7.25
chicken, white cheddar, celery & onion mayo	
LITTLE CHICKEN & AVO WRAP CE E GLU	7.75
chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo	

250ml

SMOOTHIES

STRAWBERRY STINGER M	4.75
strawberries, banana, frozen yoghurt, pressed apple juice	
C-BREEZE V	4.75
mango, strawberries, pineapple, vitamin C (500mg), pressed apple juice, dates	
PEANUT BUTTER BERRY P N V	5.25
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	
PEANUT BUTTER BLISS M P	5.75
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	

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