

ALL-DAY BREAKFAST

NUT BERRY POT M N	6.50
full cream yoghurt, blueberries, strawberries, hemp seeds, almond nut butter, honey, mint	
GRANOLA BOWL M N GLU	6.50
mixed granola with a choice of milk, seasonal fruit, toasted almonds	
SLICED AVO TOAST GLU V	7.00
sliced avo, chilli, hemp seeds, toasted sourdough	
HUMMUS TOAST E M GLU S	7.00
roasted red pepper hummus, eggs, feta, rosa tomatoes, greens, sunflower seeds, toasted sourdough	
SLICED AVO HUMMUS TOAST GLU S V	7.50
sliced avo, roasted red pepper hummus, onion pickle, crispy onion, lemon, toasted sourdough	

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

HARVEST WRAP E M CE MU GLU	7.50
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil dressing	
PARMA WRAP E M GLU	12.00
parma ham, parmesan shavings, cucumber, rosa tomatoes, greens, caesar dressing	
PRINCESS WRAP CE E M GLU	11.00
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
PARMESAN CAESAR WRAP E M GLU	11.50
chicken, parmesan shavings, crispy onions, rosa tomatoes, cucumber, greens, caesar dressing	

FREE NON-DAIRY ALTERNATIVES AVAILABLE

HOT & ICED DRINKS

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

REGULAR 350ML
LARGE 500ML

SMOOTHIES

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

PROTEIN SMOOTHIES

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

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
VITAMIN SEE V	6.50	7.00
mango, pineapple, carrot & orange juice, vitamin C (500mg)		
ALL THE GREENS CE V	6.50	7.00
mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		
TROPICAL GREENS CE V	7.50	8.00
pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice		
NUT MILK N V	7.50	8.00
almond nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk		
GOLDEN MILK M	7.50	8.00
mango, pineapple, full cream yoghurt, coconut milk, turmeric, citrus-spiced honey, lemon, ginger		

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	6.75	7.75
apple, baby spinach, cucumber, celery, chia seeds		
PINA CHILI MOJITO V	6.75	7.75
pineapple, apple, cucumber, lime, mint, cayenne pepper, salt, ginger		
FLOO SHOT (50ML)	3.00	
ginger, honey, lemon, cayenne pepper		
GINGER SHOT (50ML) V	3.00	

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 & CELERICAC

MU
MUSTARD

S
SESAME

F
FISH

LS
LUPIN SEEDS & FLOUR

NUTRI KNOW-HOW



GLUTEN-FREE



LOW CARB <30g carb per serving



VEGAN