

V = Vegan | GF = Gluten Friendly
DF = Dairy Free | N = Contains Nuts
VO = Vegan Option | GFO = Gluten Friendly Option

LET'S BEGIN
(served all day from 7am)

- WOODFIRED ORGANIC FRUIT TOAST | \$10**
+ Add maple mascarpone + house rhubarb jam (\$5)
- COCONUT CHIA BOWL (V GF) | \$19.50**
Chia coconut yogurt house granola with seasonal fruits
- EGGS YOUR WAY (GF) | \$14**
Happy chook eggs poached, or fried with sourdough
Scrambled with sourdough \$15
- BACON + AVOCADO (GFO) | \$18.5**
Toasted oval Turkish roll, crispy bacon, avocado + aioli
- SMASHED AVO (GFO) | \$22**
Avocado, Persian fetta, cherry tomatoes, crunchy capers, beetroot pesto, + basil oil on sourdough
- MEXICAN BREAKFAST TACO | \$21**
Toasted tortillas, fried eggs, pulled brisket, jalapeño salsa + avocado

- SOUFFLE PANCAKES | \$23**
Passionfruit curd, seasonal fruits, ice cream, crumble maple
- BRISKET BENNY | \$24.50**
Slow cooked beef brisket, poached eggs, chipotle + hollandaise
- HOUSE MUSHROOMS (GFO) | \$24**
Sauteed mushrooms, caramelized onion, beet pesto, poached eggs, chargrilled lime + sourdough
- SMASHED BUTTERNUT (N GFO) | \$25**
Smashed butternut, haloumi, sage butter, dukkha, hommus, poached eggs + sourdough (contains nuts)
- GREEN GOODNESS (N, GF) | \$24.50**
Green beans, asparagus, kale, spinach lightly roasted with poached eggs, fetta, avocado + spiced nuts
+ Add vegan fetta (\$4)
- KIDS (under 12)**
Ham + cheese toastie (\$7) or scrambled eggs, bacon + toast (\$12)

SOMETHING MORE
(from 11am)

- BUDDAH BOWL (V GF) | \$23**
Black Rice baby spinach, spiced chickpeas, broccolini, avocado, beet pesto, cherry tomatoes, hemp + vegan aioli
+ Add chicken \$6 and / or haloumi \$5
- OPEN FISH TACO | \$21**
Crispy crumbed Shark Bay whiting, crunchy slaw on soft tortillas + chilli lime aioli
- THAI BEEF SALAD (GF DF N) | \$26**
Grain fed beef sliced beautifully, served with our house chilli lime dressing, coriander, mint + toasted sesame

- SPICED BLACK BEAN VEGAN BURGER (GF DF N) | \$23**
Field mushroom bun, black bean patty, house tomato chutney, smashed avocado, tomato, lettuce + served with hand cut sweet potato wedges + vegan aioli
- GRASS FED STEAK SANDWICH (GFO) | \$28**
Balsamic onions, swiss cheese + aioli, served with hand cut sweet potato wedges
- HAND CUT SWEET POTATO WEDGES (GF) | \$10.50**
Served with aioli

AMAZE BOWLS
(all vegan + gluten free)

- ACAI FLOW | \$17 / ACAI BUBBA CUP | \$7**
Creamy acai flow on tap with your choice of 3 toppings.
+ Strawberries, banana, kiwi, raw caramel, granola, chocolate sauce
+ Extra toppings (\$1)
All Bubba Cups come with strawberries + chocolate sauce.
- OG ACAI + DRAGON FRUIT | \$18.50**
Organic acai, dragon fruit, banana, coconut water topped with seasonal fruits + granola
- PEANUT BUTTER | \$19.5**
Banana, peanut butter, chocolate crunch, raw peanut butter dessert slice, peanut butter sauce drizzle + seasonal fruits

- SUNSHINE | \$18**
Mango, pineapple, passionfruit, toasted coconut clusters, seasonal fruits + mango / passionfruit couli
- SUMMER DAYS | \$18**
Watermelon, strawberries, mango, toasted coconut clusters + seasonal fruit

SIDES

- Fried Egg (1) \$4
Poached Egg (1) \$4
Scrambled Eggs \$7
Bacon \$6
Mushrooms \$5
Avocado \$4
Roasted tomatoes \$5

- Asparagus \$4
House beans \$5
Persian fetta \$5
Vegan fetta \$4.5
Haloumi \$5

- SAUCE SIDES | \$1**
Tomato, barbeque or sriracha sauce

- CONDIMENT SIDES | \$2.50**
Hollandaise, aioli, pesto, hommus, jam, honey, or mascarpone

Reserve a table for your next visit to Flow
by booking via our website – FLOW.COM.AU

COFFEE + TEA

Flow Coffee is a blend of the finest certified organic fair trade beans.

MILK OPTIONS | (bring your own cup for 50c off)

- + Full cream, skim or lactose free
- + Bonsoy, almond, rice, coconut or oat

COFFEE

- Latte \$5
- Cappuccino \$5
- Flat White \$5
- Short Mac \$4.50
- Long Mac \$5
- Long Black \$5.
- Hot Choc \$5
- Espresso \$3.5
- Bubba Chino \$2
- Pup Chino + Treat \$2.5 All Mug \$5.5
- All Takeaway \$5.5

SPECIALTY COFFEE

- Chai Latte \$6.
- Dirty Chai \$6.
- Choc Chai \$6
- Turmeric Latte \$6
- Minty Cacao Latte \$6
- Matcha Latte \$6
- Mocha \$6
- Hazelnut Syrup .70c
- Caramel Syrup .70c
- Vanilla Syrup .70c
- Extra Shot .50c

TEA | (takeaway \$5 / small pot \$5 / large pot \$8)

- + English Breakfast
- + Earl Grey

DIGEST

Peppermint + licorice to help soothe and calm the stomach + digestive tract

ENERGISE

Papaya + ginger make a refreshing and invigorating caffeine blend

GREEN SENCHA JASMINE + ROSE

An antioxidant rich, full bodied green tea

HAPPINESS

Pops of mango to promote a good mood + healthy mind

ANTI-INFAMMITEA

Turmeric, lemongrass + pepper berries calm + ease inflammation

SMOOTHIES

(all our smoothies are dairy free)

REAL FRUIT SMOOTHIES | \$10

Banana / mango / mixed berry / combo

NOURISH | \$12

Banana, dates, avocado, spinach, apple + cucumber

THRIVE | \$12

Spinach, pineapple, mango, ginger + coconut water

ENERGY | \$12

Banana, avocado, spinach, kale, spirulina, chlorella, honey, dates + almond milk

IMMUNITY | \$12

Banana, berries, goji, maca, lucuma, mesquite, camu camu + almond milk

LONGEVITY | \$12

Mango, spinach, cacao, plant protein, banana, maca, lucuma, mesquite, bee pollen, spirulina, mixed berries + almond milk

POWER HOUSE | \$12

Banana, oats, vegan protein, peanut butter, almonds + almond milk

ACAI-TING | \$12

Banana, strawberry, lemon, acai + coconut water

SUPER DUPER POWER

- + Plant protein \$1
- + Espresso shot .50c
- + Oats \$1
- + Super greens \$1
- + Cacao nibs \$1
- + Dates \$1
- + Nut butter \$2
- + Peanut butter \$2
- + Cacao \$1

COLD

ICED | \$7

Latte / mocha / chai / chocolate / minty cacao
+ Add ice cream \$3.5

COLD PRESSES JUICED (inside fridge) | \$10

OTHER (inside fridge)

Still + sparkling water, kombucha, Nudie juice boxes + organic soda

Flow Café only use the freshest, highest quality ingredients available.

Eat beautiful with Flow –

