

ALL-DAY BREAKFAST

POWER OATS M N GLU	10.00
rolled oats, almonds, banana, chia seeds, goji berries, honey, milk	
PEANUT BUTTER OVERNIGHT OATS M GLU P	11.00
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
ALMOND PORRIDGE POT M GLU N	9.50
rolled oats, almond macadamia nut butter, dates, full cream yoghurt, milk, honey, cinnamon	
PLANT PORRIDGE POT N GLU V	9.50
rolled oats, almond macadamia nut butter, dates, oat milk, banana, cinnamon	
BREAKFAST BOWL M N GF	12.00
full cream yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	
SLICED AVO TOAST GLU V	11.00
sliced avo, chilli, hemp seeds, toasted sourdough	
NEW SOURDOUGH TOAST GLU	6.50
toasted sourdough with choice of: butter / sugar free peanut butter / vegemite	
SCRAMBLED EGGS & TOAST E M GLU	13.00
free range eggs, toasted sourdough, butter	

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

WE ONLY USE GRASS-FED BEEF.

WRAPS

Served on a wholewheat wrap (contains gluten)

SALSA QUESADILLA M GLU	13.00
cheddar, red capsicum, salsa, jalapeño, spring onion, coriander ADD AVO +1.50 ADD CHICKEN +5.00	
NEW HARVEST WRAP CE E GLU	14.00
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette	
CAJUN CHICKEN QUESADILLA CE M GLU	17.00
cajun chicken, cheddar, salsa, jalapeño, spring onion, coriander	
NEW BBQ CHICKEN CE E GLU	15.50
chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo	
STEAK & AVO QUESADILLA M GLU	19.00
steak, avo, cheddar, jalapeño, spring onion, coriander, salsa	
AVO FALAFEL WRAP N GLU SU V	16.00
chickpea falafel, avo, red capsicum, cabbage, cucumber, gherkins, rocket, vegan nut butter dressing	
PRINCESS WRAP CE E M GLU	17.00
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	
SRIRACHA CHICKEN WRAP E SO GLU	17.00
chicken, avo, rosa tomatoes, smoky coconut shavings, red capsicum, greens, sriracha mayo	
PRINCE WRAP CE E M GLU	19.00
steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	

SALADS

SUPERFOOD SALAD MU N V GF LC	16.00
avo, broccoli, cashews, red capsicum, rosa tomatoes, carrot, cucumber, chia seeds, lettuce, lemon olive oil dressing	
AVO FALAFEL SALAD N V	16.50
chickpea falafel, avo, red capsicum, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
SRIRACHA CHICKEN SALAD E SO GLU	17.50
chicken, avo, rosa tomatoes, smoky coconut shavings, red capsicum, greens, sriracha mayo dressing	
AVO STEAK SALAD N	19.50
steak, avo, red capsicum, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	

HOT & ICED DRINKS

	SMALL	MEDIUM
ESPRESSO	3.50	
LONG BLACK	4.00	5.00
CAPPUCCINO	4.50	5.50
LATTE	4.50	5.50
FLAT WHITE	4.50	5.50
HOT CHOCOLATE	4.50	5.50
PICCOLO	4.50	
FLOO FIGHTER	4.50	
mint tea, lemon, ginger, honey, cayenne pepper		
TEA	4.00	
english, green, mint		
MOCHA	5.00	6.00
CHAI LATTE	5.50	6.50
ICED LONG BLACK	5.00	6.00
espresso, purified water, ice		
ICED LATTE	5.50	6.50
espresso, ice, milk		

MAKE IT YOUR OWN

SWAP FOR SKIM MILK	
SWAP FOR ALMOND MILK	+ 0.50
SWAP FOR OAT MILK	+ 0.50
NEW SWAP FOR LACTOSE FREE MILK	+ 0.50
SWAP FOR SOY MILK	+ 0.50
SWAP FOR DECAF	+ 0.50

SMOOTHIES

	SMALL	LARGE
STRAWBERRY STINGER M	8.50	9.50
strawberries, banana, frozen yoghurt, pressed apple juice		
G-BREEZE V	9.50	10.50
mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates		
BERRY DAIRY M	9.00	10.00
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk		
MANGO LASSI M	9.00	10.00
mango, honey, ginger, full cream yoghurt, milk		
GEM M N	9.00	10.00
banana, almonds, frozen yoghurt, milk, honey		
PEANUT BUTTER BERRY P N V	10.00	11.00
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water		
PEANUT BUTTER BLISS M P	10.00	11.00
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk		

PROTEIN SMOOTHIES

SALTED CARAMEL M N	11.50	13.50
whey protein, dates, banana, almond macadamia nut butter, desert salt, purified water		
NEW VANILLA PROTEIN SHAKE M	8.00	10.00
whey protein, milk, ice		
NEW CHOCOLATE PROTEIN SHAKE M	8.00	10.00
whey protein, cacao, milk, ice		
NATURE'S PROTEIN V	11.50	13.50
plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice		
MOCHA PROTEIN M	11.50	13.50
whey protein, espresso, frozen yoghurt, coconut milk, cacao		
PLANT PEANUT BUTTER BOMB P GLU V	11.50	13.50
plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk		
PEANUT BUTTER BOMB M P	11.50	13.50
whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk		

SUPERFOOD SMOOTHIES

	SMALL	LARGE
NEW TROPICAL GREENS V	9.50	11.50
pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice		
VITAMIN SEE V	9.50	11.50
mango, pineapple, carrot & orange juice, vitamin C (500mg)		
ALL THE GREENS CE V	10.50	13.50
mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		
NUT MILK N V	10.50	12.50
almond macadamia nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk		

RAW JUICES & SHOTS

	SMALL	LARGE
HELPER V	8.00	11.00
carrot, apple, pineapple, anti-inflammatory blend (tumeric & vitamin C [500mg])		
LEMON CUCUMBER COOLER CE V	8.00	11.00
cucumber, lemon, pineapple, celery, apple, mint		
DAILY GREENS CE V	8.00	11.00
apple, baby spinach, cucumber, celery, chia seeds		
FLOO JUICE V	9.00	12.00
orange, carrot, lemon, ginger, cayenne pepper		
FLOO SHOT (50ML)	4.00	
ginger, honey, lemon, cayenne pepper		
GINGER SHOT (50ML) V	4.00	