

HOT DRINKS

	CUP (1 shot)	MUG (2 shot)
Cappuccino; Flat White; Latte	5	5.8
Chai Latte; Hot Chocolate	5	5.8
Mocha; Dirty Chai Latte	5.5	6
Long Black	3.7	4.5
Turmeric Spice; Matcha; Beetroot Latte	5	6
Espresso	3.5	4.3
Macchiato	4.8	5
Piccolo; Ristretto	4.5	
Babycino	3	

TEA

Breakfast Blend; Earl Grey
Punjabi Chai; Green
Peppermint; Chamomile

For 15 For 2 8.5

ADD ONS

Milks: Almond; Coconut; Oat;
Soy; Zymil | +1;
Cold Foam | +2
Syrups: Caramel; Hazelnut;
Vanilla | +1
Extra shot | +1

Speciality drinks

ICED STRAWBERRY MATCHA | 9.5

Matcha poured over strawberry puree topped with cold foam

BUTTERSCOTCH SEA SALT ICED LATTE | 9.5

smooth espresso with buttery, caramelized butterscotch flavour, served over ice & topped with a sea salt cold foam

GINGERBREAD FRAPPUCCINO | 10.5

Spiced cinnamon, brown sugar, double espresso shot, chilled milk, and ice—blended, topped with whipped cream

COLD DRINKS

OVER ICE with CREAM &
ICE CREAM

Iced Long Black	5	
Iced Latte; Chai; Chocolate	6	8.8
Iced Dirty Chai; Mocha; Matcha	6.8	9.3

JUICES & SMOOTHIES

Weekly Juice Blend		
frozen fruit blended with ice & juice	10.5	
Smoothies - Tropical; Banana; Mixed Berry	11	
Frappe	10.5	
Milkshake 9 (make it a Thickshake +2) Kids size 5 caramel; chocolate; strawberry; vanilla		

Refresher range

Sparkling Rosemary & Watermelon 7.5		
Spiced Orange & Ginger 7.5		
House-made Lemonade 7		

IN THE FRIDGE

Coke; Coke Zero 5.5		
Juice - Apple; Orange 6		
Water - Still 3.5 ; Sparkling 4		

OUR CATERING

We offer delicious catering options to suit every taste and budget. Planning a casual get-together or a special celebration, our skilled chefs prepare a wide range of baked goods—from fresh sandwiches and wraps to golden sausage rolls and mini quiches.

Looking for something sweet? Our dessert platters are packed with irresistible goodies.

Prefer something fresh and vibrant? Seasonal fruit platters are always a crowd-pleaser. And for that extra touch of elegance, our charcuterie boxes are perfect for any event.

Customised catering. Friendly service. Always delicious.

OUR CABINET

Our sweet and savoury cabinet is always stocked with a mouthwatering selection of baked goods. Every treat you see is made fresh daily with care—from indulgent cakes, slices, and cheesecakes including our no compromise on flavour, delicious range of gluten-free goodies. Feeling savoury? Don't miss our signature pies and quiches—generously filled with flavour to delight your taste buds.

SCAN THE CODE TO VISIT OUR WEBSITE



flouryepoon.com.au

MENU

ALL DAY



Our menu is carefully put together to offer a little something for everyone.

During busy times, we may not be able to make changes to the menu, and special preparation requests will come with a small extra charge.

You're always welcome to leave something off your plate, but we're not able to offer substitutions.

We do our best to accommodate dietary needs and allergies, though our kitchen isn't gluten- or nut-free. Please let our team know of any allergies when placing your order - we'll do everything we can to help.

DF: DAIRY FREE

GF: GLUTEN FREE

VEG: VEGETARIAN

VO: VEGAN OPTION

ORDERS ARE TAKEN AT YOUR TABLE

PAYMENT MADE AT THE REGISTER

SHARE PLATE - plate & cutlery to share 1 meal | 3

CREATE A PLATE - having trouble deciding? | 3

- create your own meal from our sides (priced per side)

Cash or Card? We Take Both!

Just a heads-up: Card payments include a 1% fee

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FOR THE KIDS

BACON & EGG ON TOAST - fried; poached; scrambled | 14

EGG ON TOAST - with spaghetti or baked beans | 14

TOASTED WAFFLE - maple syrup & ice cream | 14

SOMETHING LIGHT

TOAST - white; grain; sour dough | 7

(choose 1) honey; jam; vegemite; peanut butter

TOASTED BANANA BREAD - buttered unless requested | 9.5 **DFO GF**

WITH banana, whipped cream cheese & candied macadamias | 16.5

FRUIT TOAST | 7.5

HOUSE-BAKED MUFFIN | 9.5

ask our team for the flavour of the day - sweet or savoury

GRANOLA | 19.5 **DFO VEG VO**

house-baked granola with seasonal fruit, Greek or Coconut yoghurt

GRILLED HALOUMI | 21.5 **VEG**

warm cous cous salad, poached egg, grilled asparagus, grilled tomatoes flavoured with honey & chipotle dressing

GOES WELL WITH

2 rasher bacon +8

smoked salmon +8

SMASHED AVOCADO | 22.5 **GFO VEG**

sour dough, crumbled feta, poached egg, dukkha, salad leaves with balsamic glaze

GOES WELL WITH

2 rasher bacon +8

ZUCCHINI & 3 CHEESE LOAF | 22 **GF VEG**

poached egg, golden smashed potatoes, cherry tomatoes & Flour's signature hollandaise

ADD ONS

egg (each) poached or fried, spinach, cheese, feta 3

avocado, haloumi, pumpkin, golden potatoes, mushroom, sausage, grilled tomato 5

toast (2) slices (white, grain or sour dough) GF Bread +2, eggs (2) scrambled, house-made potato rosti 6

bacon (2 rash), grilled chicken, ham, smoked salmon 8

prawns (6) 8.5

Flour's signature sauces: hollandaise, chutney, Persian carrot jam, pesto, tomato jam, pickled onion 3

house-made: beetroot relish, Russian dressing, Cuban sauce, Korean chili sauce, pineapple salsa 3

sauces: tomato, BBQ, Worcestershire, balsamic glaze 1.5

A LITTLE MORE

SMOKED SALMON CREPES | 29.5 **GF**

(2) crepes filled with dill buttered potatoes, topped with salmon poached egg, avocado salsa & Flour's signature hollandaise

FLOUR'S ZUCCHINI, CARROT & CORN FRITTERS | 27.5 **GF**

Choose: bacon **OR** avocado, stacked with grilled haloumi, (2) poached eggs, beetroot relish, rocket salad & Flour's signature hollandaise

TRIO BREAKFAST PLATTER | 24.5 **VEG**

A morning platter featuring sweet and savoury delights:

- ◆ maple bacon & roasted pumpkin brioche with feta crumble
- ◆ cinnamon puff filled with raspberry coulis & fresh cream
- ◆ house-made granola with fresh fruits & yoghurt

PUMPKIN FRITTERS | 27.5 **VEG** (swap bacon for avocado or mushroom)

with bacon, (2) poached eggs, baby spinach, topped with Flour's signature hollandaise

EGGS YOUR WAY | 21.5 **VEG** (swap bacon for avocado or mushroom)

- poached, scrambled or fried

(2) rashers of bacon, (2) eggs, served on toasted sour dough & Flour's signature tomato jam

GOES WELL WITH

avocado +5

house-made potato rosti +6

GOLDEN POTATOES | 27.5 **VEG** (swap bacon for avocado or mushroom)

with bacon, (2) poached eggs, baby spinach, topped with Flour's signature hollandaise, Persian carrot jam & crumbled feta

MUSHROOM STACK | 25.5 **VEG GF**

grilled field mushrooms on potato rosti with whipped goats cheese, pickled onion, salad greens, (2) poached eggs, pesto & balsamic cherry tomatoes

FARMHOUSE BREKKY | 36.5

bacon, beef sausage, potato rosti, mushrooms, (2) poached eggs on sour dough with tomato relish

GOES WELL WITH

haloumi +5

avocado +5

SAVOURY MINCE | 24.5

served on toasted sour dough, (2) poached eggs, pesto drizzle, grilled cherry tomatoes & balsamic glaze

GOES WELL WITH

mushroom +5

FLOUR'S BENEDICT ADDICTION

(2) poached eggs, baby spinach on toasted sour dough with Flour's signature hollandaise

Choose your topping:

- bacon | 25

- BBQ pulled pork | 25

- mushroom | 25

- leg ham | 26

- smoked salmon | 26

- spiced pumpkin & avocado | 24

SWAP TO GLUTEN FREE BREAD +2

LUNCH

PULLED PORK BAKED SPUD | 23.5

large spud filled with slow cooked pulled pork, shredded cheese, sour cream, tomato salsa & pickled onion, topped fried shallots

ASIAN CHICKEN SALAD | 24.5 **GF DF**

coconut poached chicken - shredded, crisp vegetables, rice noodles tossed in coconut dressing with roasted peanuts & a side of Korean chili sauce

FLOUR'S BBQ CHICKEN BREAST SUPREME | 26.5 **GF**

panfried BBQ chicken on potato rosti with greens, pineapple salsa & Greek yoghurt

ATLANTIC SALMON SKIN ON | 34.5 **GF**

crispy skin on salmon, golden smashed potatoes, greens, grilled asparagus, Asian slaw with citrus hollandaise

MUSHROOM PASTA | 23.5 **VEG**

panfried field mushrooms with roasted garlic, white wine, tossed with spaghetti, finished with cream & parmesan

CORNED BEEF LOADED TOASTED CROISSANT | 23

lashings of warm corned beef, double cheese, creamy slaw, sweet pickled onions & house-made dressing

SUSHI RICE BOWL choose your topping **GF**

warm sticky rice, crisp mixed vegetables, avocado, pickled ginger, Japanese mayonnaise, peanut sauce & soy sauce

- chicken skewers | 24.5

- smoked salmon | 25.5

- BBQ pulled pork | 25.5

- grilled prawns | 26.5

- mushroom | 24.5

TOASTED CUBAN STYLE WRAP | 21.5

bacon, salami, tomato, onion, greens, pickles, cheese & house-made Cuban sauce

ROASTED PUMPKIN & COUS COUS SALAD | 22.5 **VEG**

with feta, pear, sundried tomatoes, greens & house vinaigrette

BEEF BURGER | 23.5

200g beef pattie, fried egg, double cheese, grilled onions, tomato, beetroot relish & burger sauce on Turkish roll

PUMPKIN, HALOUMI & AVO BURGER | 22.5 **VEG**

pumpkin fritter, haloumi, avocado, spinach, goddess mayo on Turkish roll

CHICKEN & BACON BURGER | 22.5

grilled chicken, bacon, avocado, lettuce, red onion & cheese, aioli on Turkish roll

FLOUR'S KIDS BEEF BURGER | 14.5

beef pattie, cheese & salad BBQ sauce

Cabinet display

HOUSE-MADE WHOLESOME PIES & QUICHES | 15

drizzled with balsamic glaze unless otherwise requested

ask our team for the flavours of the day

MAKE A MEAL OF IT

side salad +6.5