

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



	CUP (1 shot)	MUG (2 shot)
HOT DRINKS		
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	5.8
Espresso	3.5	4.3
Macchiato	4.8	5
Piccolo; Ristretto	4.5	
Babydino	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

Matcha poured over strawberry puree topped with cold foam

Butterscotch Sea Salt Iced Latte | 9

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

COLD DRINKS

Iced Long Black

OVER ICE

5

with ICE
CREAM

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

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

Juice - Apple; Orange | 5.5

Water - Still | 3.5; Sparkling | 3.8

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



 flouryeppoon.com.au

FOR THE KIDS	
BACON & EGG ON TOAST - fried; poached; scrambled 13	
EGG ON TOAST - with spaghetti or baked beans 13	
TOASTED WAFFLE - maple syrup & ice cream 13	
SOMETHING LIGHT	
TOAST - white; grain; sour dough 7 (choose 1) honey; jam; vegemite; peanut butter	
TOASTED BANANA BREAD - buttered unless requested 8.5 DFO GF WITH banana, whipped cream cheese & candied macadamias 16.5	
FRUIT TOAST 7.5	
HOUSE-BAKED MUFFIN 8 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 21.5 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, grilled tomato, sausage	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, Korean chili sauce, pineapple salsa, Cuban sauce	3
saucers: tomato, BBQ, Worcestershire, balsamic glaze	1.5

A LITTLE MORE	
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
FLOUR'S ZUCCHINI, CARROT & CORN FRITTERS 27.5 Choose: bacon OR avocado, stacked with grilled haloumi, (2) poached eggs, beetroot relish, rocket salad & Flour's signature hollandaise	
PUMPKIN FRITTERS 26.5 VEG OPTION (avocado or mushroom) with bacon, (2) poached eggs, baby spinach, topped with Flour's signature hollandaise	
EGGS YOUR WAY 19.5 VEG OPTION (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 26.5 GF VEG OPTION (avocado or mushroom) with bacon, (2) poached eggs, baby spinach, topped with Flour's signature hollandaise, Persian carrot jam & crumbled feta	
MUSHROOM STACK 24.5 VEG GF grilled field mushrooms on potato rosti with whipped goats cheese, pickled onion, salad greens, (2) poached eggs, pesto & balsamic cherry tomatoes	
SMOKED SALMON CREPES 29 GF (2) crepes filled with dill buttered potatoes, topped with salmon poached egg, avocado salsa & Flour's signature hollandaise	
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 JUST BAKED TRIO BOARD 24.5 VEG 1. French cinnamon puff filled with raspberry coulis & fresh cream 2. house-made granola with fresh fruits & yoghurt 3. maple bacon & roasted pumpkin brioche with feta crumble	
FLOUR'S BENEDICT ADDICTION (2) poached eggs, baby spinach on toasted sour dough with Flour's signature hollandaise Choose your topping:	
- bacon 24 - BBQ pulled pork 24 - mushroom 24	- leg ham 26 - smoked salmon 26 - spiced pumpkin & avocado 24

SWAP TO GLUTEN FREE BREAD +2

LUNCH	
PULLED PORK BAKED SPUD 22 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 SPAGHETTI 23.5 VEG panfried field mushrooms with roasted garlic, white wine, finished with cream & parmesan	
CORNER BEEF CROISSANT SANDWICH 23 lashings of warm corned beef, double cheese, creamy slaw, pickled onions with a Russian dressing	
SUSHI RICE BOWL choose your topping GF warm sticky rice, crisp mixed vegetables, avocado, pickled ginger, Japanese mayonnaise with a peanut sauce	
- chicken skewers 23.5 - BBQ pulled pork 25.5 - mushroom 24	- smoked salmon 25.5 - grilled prawns 26
TOASTED CUBAN STYLE WRAP 19.5 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	
BIG BEEF BURGER 23.5 large smashed mince pattie, egg, double cheese, grilled onions, tomato, beetroot relish & burger sauce	
PUMPKIN, HALOUMI & AVO BURGER 21.5 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 beef pattie, cheese & salad BBQ sauce	
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

Cabinet display