

# Welcome to



ORDERS ARE TAKEN AT YOUR TABLE  
PAYMENT MADE AT THE REGISTER

Simple wholesome food, done well.

Our menu has been designed with something for everyone and to tantalize your tastebuds, so respectfully menu alterations maybe declined during peak times. Changing an item preparation incurs a charge.

Most dietary requirements and allergies are catered for at Flour, although every precaution is taken, our kitchen is not a gluten or nut free environment.

Not all ingredients are listed in our descriptions so if you have an allergy please let our staff know.

**DF: DAIRY FREE    GF: GLUTEN FREE    VEG: VEGETARIAN    VO: VEGAN OPTION**

## Something light

<b>TOAST (white, grain, sour dough) WITH CHOICE OF (1) CONDIMENT</b>	<b>6.50</b>
- vegemite, peanut butter, honey, jam	
- gluten free bread	<b>+2.00</b>
<b>TOASTED BANANA BREAD</b> ( <i>buttered unless otherwise requested</i> ) <b>DFO GF</b>	<b>8.50</b>
<b>add</b> fresh banana whipped cream cheese & candied macadamias	<b>13.50</b>
<b>THICK CUT FRUIT TOAST</b> , with butter	<b>7.50</b>
<b>GRILLED HALOUMI ON CRUSTY GRAIN LOAF VEG</b>	<b>18.50</b>
greens with beetroot relish, fire roasted peppers, cherry tomato & drizzled with balsamic	
<b>add</b> smoked salmon	<b>+8.00</b>
<b>GRANOLA VEG VO</b>	<b>17.50</b>
house baked granola with seasonal fruits, choice of Greek or coconut yoghurt	
<b>SMASHED AVOCADO VEG GFO</b>	<b>18.50</b>
on sourdough with greens, fresh chili, roasted chickpeas, cherry tomatoes & crumbled fetta	
<b>add</b> from our sides	<b>+</b>
<b>SPINACH AND FETA QUICHE VEG</b>	<b>18.90</b>
on buttery cinnamon sweet potato mash, grilled cherry tomatoes, single poached egg & sour cream	
<b>add</b> bacon or	<b>+6.00</b>
<b>add</b> smoked salmon	<b>+8.00</b>
<b>ZUCCHINI &amp; 3 CHEESE LOAF GF</b>	<b>18.90</b>
served with 1 poached egg, golden crushed potatoes, cherry tomato & hollandaise	
<b>HOUSE BAKED DOUBLE CHOCOLATE &amp; MACADAMIA BROWNIE GF</b>	<b>15.50</b>
served warm with peanut butter caramel, pot set Greek yoghurt & strawberries	
<b>add ice cream</b>	<b>+2.00</b>
<b>SHARE PLATE</b> plate and cutlery to share one meal	<b>3.00</b>
<b>CREATE A PLATE - haven't got what you're looking for...</b>	<b>3.00</b>
create your own meal from our sides	<b>+</b>

## For the kids

<b>BACON &amp; EGG ON TOAST</b> - fried, poached or scrambled	<b>12.00</b>
<b>SPAGHETTI OR BAKED BEANS &amp; EGG ON TOAST</b>	<b>12.00</b>
<b>TOASTED WAFFLE</b> with maple syrup & ice cream	<b>12.00</b>

# A little more

## **BREAKFAST SOURDOUGH TOASTIE**

with bacon, cheese, spinach, fried egg, Flour's signature hollandaise & tomato jam

16.50

## **PUMPKIN FRITTERS VEG OPTION (AVOCADO OR MUSHROOM)**

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

25.50

## **EGGS YOUR WAY VEG OPTION (AVOCADO OR MUSHROOM)**

2 rashers of bacon, 2 eggs your way, served on toasted sour dough with buttered potato & house made tomato jam

19.50

**add** avocado, mushroom or haloumi

## **GOLDEN POTATOES VEG OPTION (AVOCADO OR MUSHROOM) GF**

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

25.50

## **SMOKEY HOUSEMADE BEANS VEG**

saucy beans served over toasted sourdough with creamy marinated feta, chili & rocket salad, 2 poached eggs & avocado

22.50

## **MUSHROOM BRUSCHETTA VEG**

sauteed herb buttered mushrooms on toasted grain loaf, green pea crush, furikake eggs with Japanese mayo drizzle

23.50

## **SAVOURY MINCE**

served on toasted sourdough, 2 poached eggs, pesto drizzle, grilled cherry tomatoes & balsamic

22.50

## **FLOUR'S LEMON & RASPBERRY CROISSANT BAKE VEG**

a real classic baked with Flour's lemon custard, with Greek yoghurt, raspberry coulis & berry garnish

21.50

## **SMOKED SALMON**

served over herb gratinated whisked eggs on sour dough, lemon & dill crème fraiche, caperberry's & pickled onion

25.00

## **THE ROSTI**

Flour's grilled potato rosti, bacon, roasted mushroom, cherry tomatoes, haloumi, 2 poached eggs, tomato jam & Flour's signature hollandaise

28.00

## **FLOUR'S BENEDICT ADDICTION**

2 poached eggs, baby spinach on toasted sour dough with Flour's signature hollandaise  
*choose your topping from....*

- bacon

21.90

- leg ham

21.90

- smoked salmon 100grams

23.50

- mushroom **VEG**

21.90

- spiced pumpkin & avocado **VEG**

22.50

# Sides

egg (each) poached or fried, grilled tomato, spinach, cheese, feta

2.00

avocado, haloumi, pumpkin, potato, mushroom

4.00

Bacon (2 rash), grilled chicken, ham

6.00

smoked salmon 100grams

8.00

prawns (6)

8.50

signature sauces: hollandaise, chutney, Persian carrot jam, pesto, tomato jam

2.00

sauces: tomato, BBQ, Worcestershire, balsamic glaze

1.00

toast (2) slices (white, grain or sour dough), eggs (2) scrambled, potato rosti

5.00

# Lunch

<b>HOUSEMADE WHOLESOME QUICHES</b> <b>VEG OPTION</b> (on display) drizzled with balsamic glaze	<b>14.50</b>
<b>add</b> side salad	<b>19.50</b>
<b>TODAY'S SEAFOOD SPECIAL</b>	<b>Market Price</b>
<b>CAJUN CHICKEN SALAD</b>	<b>22.50</b>
layered stack with roasted sweet potato & avocado, crisp greens, fresh orange segments & aioli	
<b>PUMPKIN, PEAR &amp; AVOCADO SALAD</b> <b>VEG</b>	<b>22.50</b>
with mixed salad greens, blue cheese, roasted cashews, raspberry balsamic dressing, grilled grain loaf	
<b>add</b> prawns	<b>+8.50</b>
<b>add</b> chicken	<b>+6.00</b>
<b>add</b> salmon	<b>+8.00</b>
<b>ROASTED PUMPKIN BRUSCHETTA</b> <b>VEG</b>	<b>19.50</b>
with spiced roasted pumpkin, caramelized onions, melted brie cheese, fresh rocket & balsamic glaze	
<b>OPEN CHICKEN TORTILLA</b>	<b>21.50</b>
marinated bbq chicken strips, crisp mixed greens, salsa Verde, avocado, fresh chili & coriander in a warm tortilla	
<b>THE CUBAN</b>	<b>22.50</b>
smokey bacon, mild salami, cheese, tomato, pickles, housemade mustard on toasted Turkish roll	
<b>BBQ CHICKEN &amp; BACON BENNY</b>	<b>25.50</b>
grilled marinated chicken strips & bacon, wilted spinach on sour dough with 2 poached eggs, Flour's signature hollandaise, fried shallots	
<b>add</b> avocado	<b>+4.00</b>
<b>OPEN PIZZA SOUR DOUGH TOASTIE</b>	<b>19.50</b>
leg ham, mild salami, with cheese, mushroom, red peppers, kalamata olives & tomato jam	
<b>FLOUR'S STEAK SANDWICH ON TURKISH</b>	<b>22.00</b>
grilled steak, fried egg, cheese, pineapple, peppered grilled onions with housemade beetroot relish & aioli	
<b>PUMPKIN, HALOUMI &amp; AVO BURGER</b> <b>VEG</b>	<b>18.50</b>
pumpkin fritter, haloumi, avocado, spinach, goddess mayo on Turkish roll	
<b>CHICKEN &amp; BACON BURGER</b>	<b>19.50</b>
grilled chicken, bacon, avocado, lettuce, red onion & cheese with aioli on Turkish roll	
<b>FLOUR'S KIDS BURGERS</b>	<b>12.00</b>
- grilled chicken, cheese & salad	
- beef pattie, cheese & salad	

## Display Cabinet

Take a moment to view all of our Housebaked treats.

At Flour, we pride ourselves on creating the best possible flavours to experience!

**Want Gluten Free?** We have a range that is sure to impress.

**Too full?** Take some home and enjoy with the family, we know our treats are too good not to share!



# Beverages

PROUDLY SERVING - TOBY'S ESTATE

## HOT BEVERAGES

	Cup	Mug
	single shot	double shot
Flat White, Cappuccino	4.50	5.00
Latte, Chai	4.50	5.00
Long Black	3.60	4.30
Dirty Chai Latte	5.10	5.70
Hot Chocolate	4.50	5.00
Hot Mocha	4.90	5.50
Turmeric Spice Latte	4.50	5.00
Beetroot Latte	4.50	5.00
Matcha Latte	4.50	5.00

## Espresso

Short Black	3.10	
Macchiato	3.10	3.80
Piccolo, Ristretto	3.80	
Babycino	3.00	

Extra Shot Coffee

.70

**Syrup Flavours** - Caramel, Hazelnut, Vanilla

.70

**Alternative milks** - Almond, Soy, Coconut, Oat, Zymil

.70

## TEA

**Flavours** -

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

For 1

4.50

For 2

8.00

## FROM THE FRIDGE

Coke or Coke Zero	4.50
Bottle Cold Water	3.30
Bottle Sparkling Water	3.50
Orange or Apple Juice	5.50

## SERVED OVER ICE

Iced Long Black	4.50
Iced Latte, Chai	5.60
Iced Dirty Chai	6.30

## SERVED with ICE CREAM

Iced Coffee, Chocolate, Chai	7.00
Iced Dirty Chai	7.70
Milkshake	6.50
Kids Milkshake	5.00
Thickshake	7.50

**Standard Flavours** - Caramel, Chocolate, Strawberry, Vanilla

add malt .60

add coffee .70

## COLD DRINKS

Weekly Juice Blend	8.50
frozen fruit blended with ice & juice	
Housemade Lemonade	6.00
Frappe	8.50
blended with cold milk & ice	
Smoothies	8.50
- Tropical, Banana or Mixed Berry	

## THE REFRESHER RANGE

Shirley Temple	7.00
Sparkling Rosemary & Watermelon	
Spiced Orange & Ginger	
Blue Haven	
Strawberry Kiss	