

# TAKE AWAY MENU

Welcome to Flower Child, below is a list of the items we have available for takeaway.  
If you're planning on dining in with us, please ask one of our staff about the dine in menu.

## DRINKS

**COFFEE 3.50 / 4**

**ICED COFFEE 5**

**FILTERED COFFEE 7**

**SPECIALTY ORGANIC TEA 4**

**FRESH JUICES 7**

Orange

Watermelon, pineapple, passionfruit

Kale, spinach, celery, apple

**SMOOTHIES 7.5**

Nutella shake

Classic banana

Lychee & Mint

(+ protein 2)

**CHILLED DRINKS**

Soft drinks 3

Water still 3 / Sparkling 3.5

## ALL DAY BREKKIE

**BANANA BREAD 5** (+ Espresso butter 1)

**MUFFINS, CHOCOLATE CROISSANTS,  
CROISSANTS & DANISH 5**

**CAKES & TARTS 7**

**"THE GROUNDS" SOURDOUGH TOAST 6**

Homemade jam, Vegemite, Peanut butter, Nutella

+ Avocado 3 + Ricotta and honey 3

**HAM, CHEESE, TOMATO CROISSANT 7.5**

**ACAI BOWL 12**

Acai, banana, strawberries, blueberries, shredded coconut  
chia seeds, roasted almonds & house baked granola

(gluten free available)

**BACON & EGG BURGER 12**

Fried egg, maple bacon, caramelised onions, Swiss cheese,  
avocado, lime aioli on milk bun

**3 CHEESE TRUFFLE TOASTIE 10**

Black truffle pate, provolone, jarslberg, cheddar

## HEALTHY BOWLS 12

### FIRST, CHOOSE YOUR BOWL

**VEGAN BOWL** - Chickpea & winter vegetable tajine, pumpkin, tabouleh, avocado, roast finger eggplant, roasted  
vegetables & pickled beetroot hommus

**POTATO BOWL** - Kipfler potatoes, green beans, baby spinach, red onion, avocado, macadamias & pomegranate  
with a light creamy mustard dressing

**COUSCOUS BOWL** - Couscous, raisins, mint, peas, zucchini, fetta, pomegranate and dill with lemon dressing  
& mint yoghurt

### THEN, ADD YOUR PROTEIN +3

**GRILLED CHICKEN** - Marinated in mixed herbs and lemon

**SLOW COOKED LAMB SHOULDER** - 12 hour slow braised lamb shoulder

**VEGAN FALAFEL** - Spicy chickpea falafel

**FREE RANGE EGG** - Poached, fried or scrambled

## CLASSIC BURGERS

**BARRAMUNDI BURGER 16**

Crumbed barramundi schnitzel, red cabbage slaw, tartare sauce cheddar, sriracha on a sesame seed milk bun  
served with fries

**AUSSIE BURGER 16**

Grilled grass-fed beef patty, sticky onions, crispy lettuce, tomato, American jack cheese, beetroot relish, smoky bbq sauce  
on a milk bun with fries

+ maple bacon 2