

DRINKS

COFFEE

Flower Child proudly uses The Grounds House Roasted Coffee

Seasonal Blends and Single Origins available for Filter and Espresso

Reg 4
Lrg 4.5
Extra Shot, Decaf .50c

Soy .50c
Almond .50c

All black coffee 4

Other

Chai Latte 4
Iced Latte 5
Iced Mocha 6
Affogato 6
Hot Chocolate 4

WINTER WARMERS

Salted caramel hot chocolate
Spiced Chai latte 6

FILTERED COFFEE

Cold Brew 5

A slow brewing filter process resulting in a brew that is rich in flavour and low in acidity and bitterness with remarkable fruity notes. Best enjoyed without milk or cream.

V60 Pour Over 7

The V60 pour over filter method results in a clean cup with high clarity. This is a gentle method of brewing coffee aimed at highlighting the best characteristics of a particular coffee.

Moccamaster 5

A batch brewed filtered coffee resulting in a clean sweet cup of coffee. An excellent introduction to specialty coffee.

Cold Drip 7

An old Japanese method using the Oji cold drip tower. Cold filter water is set to drip over coffee grounds for up to 8 hours to deliver a brew that is rich in flavor and low in acidity.



ORGANIC TEAS 4

English
Earl Grey
Organic Chai
Peppermint
Lemongrass & Ginger
Gunpowder Green

CHILLED DRINKS

Soft Drinks 4
Ginger Beer 6
Fresh Lemonade 6
Mineral Water 5 / 8
500ml / 1L still or sparkling water

FRESH SQUEEZED JUICE

Orange 7
Watermelon, Pineapple, Passionfruit 7
Kale, Spinach, Celery, Apple 7

SMOOTHIES & SHAKES 7.5

Nutella shake
Classic Banana
Lychee & Mint
(+ protein 2)

BREKKIE

(available all day)

TOAST WITH JAM

Toasted sourdough with your choice
of seasonal house made jams 7
with avocado +3

FLOWER CHILD PORRIDGE

Braised rhubarb, sultanas, cinnamon, fresh berries, cornella
pears & freeze dried fruit 14
(gluten free available)

COCO POP WAFFLES

Belgium waffles, coco pop anglaise, raspberry jelly,
fresh and freeze dried banana, candied nuts, served
with vanilla ice cream & Canadian maple 16

FLOWER CHILD FRUIT SALAD

Seasonal fresh fruits with compressed pineapple,
watermelon, strawberries, grapefruit, lychee, pistachio,
freeze-dried raspberries & yoghurt sorbet 17

ACAI BOWL

Acai, strawberries, blueberries, banana, chia seeds, almonds,
shredded coconut & house baked granola 16
(gluten free available)

FLOWER CHILD FRENCH TOAST

Banana mascarpone, sliced banana, dark chocolate
crumb, baked peacans, fresh berries,
salted toffee & maple syrup 19

BACON & EGG BURGER

Fried egg, maple bacon, caramelised onions, Swiss cheese,
avocado, chipotle on milk bun 16

BREAKFAST PLATE

2 poached eggs, crispy maple bacon, avocado,
chickpea and winter vegetable tajine, truss tomatoes and goats
curd, on sourdough 19
Ocean trout instead of bacon +3

EGGS ON TOAST

2 free range eggs (poached/scrambled/fried)
served on toasted sourdough 12

SIDES

Extra egg 3 / Fresh tomato 3
Goats curd 4 / Haloumi 4 / Avocado 4
Sautéed mushroom 5
Maple bacon 5 / House cured ocean trout 7
Fries 6 / Sweet potato fries 8

10% surcharge on all public holidays

BRUNCH & LUNCH

(available all day)

MUSHROOM TOAST

Shimeji, Swiss brown, and Pine mushrooms
sautéed in truffle oil, purple cauliflower puree, pine nuts
served on sourdough with poached egg and
goats cheese whipped with fresh herbs & lemon 21

EGGS BENEDICT

Poached eggs, burnt butter hollandaise, charred asparagus,
fried capers, on sourdough with flamed trout or prosciutto 19

WINTER VEGAN BOWL

Falafel, chickpea & winter vegetable tajine, pumpkin, tabouleh,
avacado, asparagus, roasted vegetables & pickled
beetroot hommus 18
(Brekkie bowl - add haloumi 3 / egg 3)

12 HOUR LAMB BOWL

12 hour slow braised lamb shoulder, cous cous, raisins, peas, fetta
dill, zucchini, pomogranate and pine nuts with a zesty lemon
vinaigrette & mint yoghurt 21

GRILLED CHICKEN BOWL

Grilled chicken breast, butternut pumpkin, baby beetroot
quinoa, tomatoes, cucumber, Bulgarian fetta, mint & parsley
with lemon vinaigrette 20

AUSSIE BURGER

Grilled grass-fed beef, sticky onions, crispy lettuce, American
Jack cheese, beetroot relish, smokey BBQ sauce, pickles
on a sesame seed milk bun with fries 19
add maple bacon +2

BARRAMUNDI BURGER

Crumbed barramundi schnitzel, red cabbage slaw, tartare sauce
cheddar, sriracha on a sesame seed milk bun
served with fries 19

TASMANIAN CRISPY SKIN SALMON

Crispy skin salmon with young potatoes, green beans,
truss tomatoes, radish, grapefruit, baby cos
& olive tapenade mayo 24

BRAISED BEEF CHEEK

Truffle mandarin, purple cauliflower, roasted cauliflower
poached egg & nasturnium leaves 24

DAILY SELECTION OF PASTRIES

*Baked & delivered daily with love from our friends at
The Grounds of Alexandria*
Muffin 5 / Danish 5 / Croissant 5 / Tart 7 / Cake 7

KIDS

Chicken nuggets 7
Ham & cheese toastie 8
Ice Cream Sundae 10
Kids' OJ 5

