

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 4.5

Mocha 4.5
Iced Latte 5
Iced Mocha 6
Affogato 6

FILTERED 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.

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 4
A batch brewed filtered coffee resulting in a clean sweet cup of coffee. An excellent introduction to specialty coffee.



ORGANIC TEAS 4

English
Earl Grey
Organic Chai
Peppermint
Lemongrass & Ginger
Gunpowder Green

FRESH SQUEEZED JUICE

Orange 7
Watermelon, Pineapple,
Orange 7
Pineapple, Pear, Apple,
Mint, Ginger 7

CHILLED DRINKS

Soft Drinks 4
Ginger Beer 6
Fresh Lemonade 6

Mineral Water 5 / 8
500ml / 1L still or
sparkling water

SMOOTHIES & SHAKES 7.5

Blueberry & Banana
Nutella
Lychee & Mint (DF)

BREKKIE

(available all day)

TOAST WITH JAM

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

WINTER BERRY PORRIDGE

Oats simmered in coconut milk, poached rhubarb, warm
blackberry, fresh mix berries, toasted coconut, toasted almonds,-
chia seeds, strawberry powder & honey 16

COCO POP WAFFLES

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

FLOWER CHILD FRUIT SALAD

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

ACAI BOWL

Strawberries, blueberries, banana, chia seeds,
almonds, shredded coconut & 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

Soft folded eggs with chives, crispy bacon, caramelised
miso onions, cheddar cheese & chipotle mayo 16

BREAKFAST PLATE

Poached eggs, chorizo, avocado, quinoa salad, goat's curd, roast
truss tomato, pomegranate, sourdough toast 21

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
Field mushroom 5
Crispy bacon 5 / House cured ocean trout 7
French fries 6 / Flower Child french fries 8
Garden salad 6

10% surcharge on all public holidays

BRUNCH & LUNCH

(available all day)

EGGS BENEDICT

Poached eggs covered in burnt butter hollandaise served with
espresso & tomato jam with your choice of cured trout or proscuit-
to served on a freshly baked croissant 19

THE VEGAN BOWL

House made falafel, quinoa, sweet potato, wild rocket leaf, pickled
gold beets, avocado, roast truss tomato, pomegranate, spiced chick-
peas, almonds, sesame seeds. Pickled beetroot hummus and lemon
tahini dressing 18
(Brekkie bowl - add haloumi 3 / egg 3)

BARRAMUNDI BURGER

Crumbed Barramundi Schnitzel, red cabbage slaw, kewpie mayo,
sriracha on a sesame seed milk bun served with fries 19

CLASSIC CHEESE BURGER

Grilled grass-fed beef served medium rare, caramelised onions,
butter lettuce, tomato, swiss cheese, pickles with
special sauce on a sesame seed milk bun served with fries 19
with bacon +2

SMOKED CHICKEN BREAST SALAD

Wild Roquette leaf, baby beets roasted & raw, roast dutch carrots,
goats curd, apple, pine nuts, sorrel & apple cider vinaigrette 22

TASMANIAN CRISPY SKIN SALMON

Crispy skin salmon with freekah, apple, pea tendrils, sous-vide
fennel, dill, toasted walnuts, apple cider vinaigrette, horseradish
mayo & lemon 24

BRAISED BEEF CHEEK

Slow cooked braised beef cheek, cauliflower puree, roasted and
pickled cauliflower, truffled mandarins, beef jus, poached egg and
sourdough.
26

SUNDAY ROAST

Classic Sunday roast with all the trimmings including
new potatoes, pea & mint smash, heirloom carrots
& yorkshire pudding (serves two) 50
Please ask one of our friendly staff about roast meat of the day!

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
Kids' OJ 5

