

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	.50c
Decaf	.50c
Soy	.50c
Almond	.50c
Macadamia	.50c

All black coffee 4

Other

Hot Chocolate	4
Chai Latte	4.5
Mocha	4.5
Iced Latte	5
Iced Long Black	5
Iced Mocha	6
Affogato	6

Sticky Masala chai 6
(Brewed with milk)

FILTERED 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.



WINTER SPECIAL

Flower Child
Hot Chocolate
"Deluxe"
6

ORGANIC TEAS 4

English
Earl grey
Peppermint
Reviver tea
Gunpowder green

CHILLED DRINKS

Soft Drinks 4

Kombucha 7
(Original, Lemon & Ginger, Raspberry & Lime)

Fresh Lemonade 6

500ml Sparkling water 6

FRESH SQUEEZED JUICE 8

Orange

Green - Kale, spinach, celery & apple

Tropical - Watermelon, Pineapple, Passionfruit

Immunity - Orange, carrot, lemon & ginger

SMOOTHIES & SHAKES 8.5

Nutella Shake

Banana & blueberry

Lychee & Mint

FLOWER CHILD

FLOWER CHILD

BREKKIE

(available all day)

TOAST WITH JAM

Grilled sourdough with your choice of jam 7
with avocado +4

TROPICAL CHIA PUDDING WITH HOUSE BAKED GRANOLA

The Grounds house baked granola with coconut,
chia pudding, toasted coconut, coconut jelly and tropical
summer fruits and agave nectar 17
(gluten free available)

COCO POP WAFFLES

Belgium waffles with coco pop anglaise, raspberry jelly,
fresh and dried banana, baked pecans, dark choc crumb and
coco pops served with vanilla ice cream
& Canadian maple syrup 19

FLOWER CHILD FRUIT SALAD

Seasonal fresh fruits with compressed pineapple,
watermelon, strawberries, lychees, pistachio,
freeze-dried raspberries & yoghurt sorbet 18

ACAI BOWL

Acai, strawberries, blueberries, banana, chia seeds, almonds,
shredded coconut & granola 17
(gluten free available)

FLOWER CHILD FRENCH TOAST

Banana mascarpone, sliced banana, dark chocolate crumb,
baked pecans, fresh berries, salted toffee &
Canadian maple syrup 21

BACON & EGG BURGER

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

BREAKFAST PLATE

Two poached eggs with chorizo, quinoa salsa,
avocado, cherry truss tomato, goat's curd, pomegranate, seeds
and grains served with grilled sourdough 21

EGGS ON TOAST

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

SIDES

Extra egg 3 / Fresh tomato 3

Goat's curd 4 / Haloumi 4 / Avocado 4

Sauteed mushroom 5 / Crispy bacon 5

Chorizo 7 / House cured ocean trout 7

French fries 6 / Sweet potato fries 8

Garden salad 6

*While we always do our best to accomodate customers wherever
possible, we kindly ask that modifications or substitutions are
reserved for allergies only.*

*We apologize for any inconvenience & appreciate
your understanding!*

10% surcharge on all public holidays

BRUNCH & LUNCH

(available all day)

PROSCIUTTO AND ASPARAGUS SOLDIERS

Poached egg covered in burnt butter hollandaise with shaved
prosciutto, charred asparagus, buffalo mozzarella and
tomato dust served with a freshly baked croissant 20

MUSHROOM TOAST

Shimeji, Swiss brown, and field mushrooms sauteed in truffle
oil, purple cauliflower puree, pine nuts served on grilled
sourdough with a poached egg & goat's cheese whipped with
fresh herbs & lemon 21
(gluten free available)

THE VEGAN BOWL (v),(gf)

House made falafel, quinoa, avocado, truss tomato, baby
spinach, sweet potato, crispy chickpeas, roasted Dutch carrots,
toasted almonds, beetroot hommus, radish, sesame seeds 19
(add haloumi 4 / egg 3)

POKE BOWL

House cured ocean trout with quinoa & brown rice,
charred corn, pickled radish, edamame, peas, red cabbage slaw,
lotus root chips, avocado mayonnaise and baby herbs 22

BARRAMUNDI BURGER

Crumbed barramundi schnitzel, red cabbage slaw, kewpie
mayonnaise, spicy sriracha served on a sesame seed milk bun
served with fries 21

CLASSIC CHEESE BURGER

Grilled grass-fed beef served medium-rare with caramelised
onions, butter lettuce, tomato, cheese, pickles and special sauce
served on a sesame seed milk bun served with fries 21
(add bacon 3)

TASMANIAN CRISPY SKIN SALMON

Crispy skin salmon served medium-rare with freekah, roast
fennel, grapefruit, snow pea tendrils, dried cranberries,
apple cider vinaigrette and horse
radish mayonnaise 26

12 HOUR LAMB SHOULDER

12 hour slow braised lamb shoulder, cous cous, raisins, mint,
peas, fetta, dill, zucchini, pomegranate & pine nuts
with a zesty lemon vinaigrette & mint yoghurt 22
(add haloumi + 3)

BEEF SHORT RIB

200 gram grain fed Cape grim short rib slow roasted & glazed
with espresso bbq sauce served with roasted heirloom carrots,
potato fondant, pickled veggies, fried shallots & carrot puree
27

DAILY SELECTION OF PASTRIES

*Baked & delivered daily with love from our friends at
The Grounds of Alexandria*

Muffin 5 / Danish 6 / Croissant 5 / Tart 7 / Cake 7
with Jam & Butter extra 2

KIDS

7 YEARS & YOUNGER

Chicken nuggets 7

Ham & cheese toastie 8

Kids' OJ 5

