

# TAKE AWAY MENU

Welcome to Flower Child, below is a list of the items we have available for take away.  
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**

**SHAKES & SMOOTHIES 7.5**

Nutella shake / Classic banana / Lychee & mint

**FRESH JUICES 7**

**Orange**

**Tropical** - Watermelon, pineapple, passionfruit

**Green juice** - Kale, spinach, celery, apple

**Immunity** - Orange, carrot, lemon, ginger

**CHILLED DRINKS**

Soft drinks 3 / Still water 3 / Sparkling 5

Homemade lemonade 5 / Seasonal fruit iced tea 5

Kombucha 4.5 / Strawberry & mint soda 7

## ALL DAY BREKKIE

**BANANA BREAD 7** (+ Espresso butter 1)

**MUFFINS, CROISSANTS & DANISH 5**

**CAKES & TARTS 7**

**"THE GROUNDS" SOURDOUGH TOAST 7**

Homemade jam, Vegemite, Peanut butter, Nutella  
(add avocado + 3)

**HAM, CHEESE & TOMATO CROISSANT 9.5**

**GRANOLA CUP 9.5** (GF available)

House baked granola with yoghurt, berry coulis & seasonal fruit

**AVOCADO, TOMATO & FETTA BRUSCETTA 12**

**ACAI BOWL 14**

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

**BREKKIE BURGER 14**

Crispy bacon, fried egg, rocket & Jack cheese, with house made bbq sauce & garlic aioli on a sesame seed milk bun

**3 CHEESE TRUFFLE TOASTIE 12**

Black truffle pate, provolone, jarslberg, cheddar

**BREKKIE BOWL 14**

Poached egg, kale, quinoa, sweet potato, avocado, sesame, truss tomatoes, almonds, pepitas, pomegranate

## HEALTHY BOWLS 12

### FIRST, CHOOSE YOUR BOWL

**THE VEGAN BOWL** - Wild rice, hommus, spiced crispy chickpeas, avocado, cherry tomatoes, red cabbage slaw, watermelon, radish, mint, parsley, dukkah & sesame seeds

**THE COUS COUS BOWL** - Cous cous, raisins, mint, peas, zucchini, fetta, dill, pomegranate & pine nuts with a zesty lemon vinaigrette & mint yoghurt

**KALE SUPERFOOD** - Kale, quinoa, red cabbage slaw, sweet potato, avocado, black sesame, almonds, pepitas, pomegranate, corn, raisins with a zesty lemon vinaigrette

**WILD RICE & GREENS** - Wild rice, corn, red cabbage slaw, steamed greens, shallots, spiced cashews & sesame seeds with a soy & miso dressing

### THEN, ADD YOUR PROTEIN

- AVOCADO 3

- FREE RANGE EGG 3

- TRADITIONAL VEGAN FALAFEL 4

- GRILLED HALOUMI 4

- SLOW COOKED LAMB SHOULDER 5

- BEETROOT CURED OCEAN TROUT 6

- CHARGRILLED CHICKEN 5

- GRILLED TASMANIAN SALMON 6

## CLASSIC BURGERS

**AUSSIE BEEF BURGER 17**

Grilled grass-fed beef with onion, beetroot, butter lettuce, tomato, cheddar cheese, house made bbq sauce & garlic aioli on a sesame seed milk bun served with fries  
(add bacon +3 / fried egg + 3)

**BARRAMUNDI BURGER 18**

Crispy crumbed baramundi fillet with butter lettuce, pickles, Jack cheese & house made tartare sauce on a sesame seed milk bun served with fries

## Signature WRAPS

**GRILLED CHICKEN 12.5**

Marinated chargrilled chicken with tomato, baby cos, rocket, balsamic dressing & chipotle aioli

**VEGETARIAN FALAFEL WRAP 12.5**

Traditional house made falafel with red pickled slaw, tomato, rocket, mint yoghurt, hommus & chilli

**FRIES 6 / SWEET POTATO FRIES 8**