



## AFTERNOON MENU

*available until 4 PM*

### TOAST WITH JAM

Toasted sourdough with your choice of seasonal jams 7  
*with avocado +4*

### BANANA BREAD 5

#### ACAI BOWL

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

### CHICKEN & WALNUT WRAP

Poached chicken, avocado, tomato, slaw, rocket, walnuts & herb mustard mayo

### HAM, CHEESE & TOMATO CROISSANT 8

### 3 CHEESE & TRUFFLE TOASTIE

Black truffle pate, provolone, jarlsburg & cheddar 10

### ROCKET & WALNUT SALAD

Rocket, walnuts, raisin slaw, avocado and herb mustard mayo 12  
*add poached chicken +4*

### DAILY SELECTION OF PASTRIES

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

Muffin 5  
Croissant 5  
Danish 5  
Tart 7 /  
Cake 7

### KIDS

*7 YEARS & YOUNGER*

Ham & cheese toastie 8  
Kids' OJ 5

*10% surcharge on all public holidays*



## 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

Chai Latte	4.5	Mocha	4.5
Iced Latte	5	Iced Long Black	5
Iced Mocha	6		
Affogato	6		
Sticky Masala chai	6		
<i>(Brewed with milk)</i>			

---

## ORGANIC TEAS 4

English
Earl grey
Peppermint
Reviver tea
Gunpowder green

## 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.

---

## 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 ( <i>df</i> )

## CHILLED DRINKS

Soft Drinks	4
Kombucha	7
<i>(Original, Lemon &amp; Ginger, Raspberry &amp; Lime)</i>	
Fresh Lemonade	6
500ml Sparkling water	6