

DRINKS

COFFEE

Flower Child proudly uses The Grounds House Roasted Coffee

Seasonal Blends and Single Origins available for Filter and Espresso

Reg	4.5
Lrg	5.0
Extra shot, Decaf	.70c
BonSoy	.70c
MilkLab Almond	.70c
Lactose Free	.70c
Alternative Oat	.70
All black coffee	4.5 / 5.0
Other	
Chai Latte	4.5 / 5.0
Sticky Masala Chai (soy)	6.5
Matcha Latte	6.0
Hot Chocolate	4.5/5.0
Affogato	7.5
Iced Latte	7.5
Iced Long Black	7.5
Iced Chai Latte	7.5
Iced Chocolate	7.5
Iced Matcha	7.5
Iced Mocha	8
Add Ice Cream	2

FILTERED COFFEE

Moccamaster 6

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

Cold Drip 8

An old Japanese method using the Oji cold drip tower. Cold filter water is set to drip over coffee grounds for up to 8-24 hours (depending on the batch) to deliver a brew that is rich in flavor and low in acidity.



SUMMER MENU S1 2023

ORGANIC TEAS 5.5 FRESH JUICE 8.5

English		Orange	
Earl grey		Tropical - Watermelon, pineapple & passionfruit	
Peppermint		Green - Kale, celery & apple	
Reviver		Immunity - Orange, carrot, lemon & ginger	
Moroccan green		Customise your juice	+ 1

CHILLED DRINKS

Soft Drinks	4		
Ginger Beer	6		
Fresh Lemonade	5		
Still Water	4		
Sparkling Water	6		

MOCKTAILS

Tropical Coconut Cooler	9.5	Nutella / Vanilla / Chocolate	
Berry Bliss Fizz	9.5	(add coffee / peanut butter)	+ 1
Citrus Burst Parkler	9.5	Mango Smoothie.....	8.5
		Banana & Blueberry.....	8.5
		Lychee & Mint Frappe.....	8.5



 Instagram

CASTLE TOWERS | CHATSWOOD | WARRINGAH

BREAKFAST *Available all day*

LEMON PIE FRENCH TOAST 26

Thick slice brioche bread cooked in butter topped with meringue, lemon and passionfruit curd, almond crumb, maple syrup, blueberries and dried lemon candy
add bacon + 4

HOUSE MADE PANCAKE TIRAMISU 25

House made pancakes served with mascarpone cream, espresso maple syrup, Belgium dark chocolate and coffee cremeux, cocoa powder and raspberries

ACAI BOWL *DF, GF Available* 20

Acai, strawberries, blueberries, banana, chia seeds, almonds, shredded coconut & house made granola
Gluten free +1, add peanut butter +1

BREKKIE BURGER 22

Crispy bacon, fried egg, avocado, rocket, Jack cheese, house made bbq sauce & garlic aioli on a sesame seed milk bun served with hashbrown
Swap bacon to haloumi

SMASHED AVO RYE *GF available* 23

Smashed avo on a rye bread, with medley tomatoes, whipped honey ricotta and pickled beetroot with orange dressing
add bacon or haloumi + 4 / add fried egg + 3

PROSCIUTTO & ASPARAGUS SOLDIERS 21

Poached egg covered in burnt butter hollandaise with shaved prosciutto, charred asparagus, buffalo mozzarella and tomato dust served with a freshly baked croissant
Swap Prosciutto to avocado or bacon

BIG BREAKFAST PLATTER *GF available* 27

2 poached eggs, spanish chorizo, avocado, goats curd, kale, mushrooms, truss tomatoes, hash brown, pine nuts served with grilled sourdough
add bacon + 4, Swap to Rye + 1, Swap Chorizo to Haloumi

MUSHROOM TOAST *GF available* 25

Shimeji, flat & button mushroom sautéed in truffle oil, squash puree, pistachio & rocket pesto, puff rice served with sourdough & a poached egg
add bacon + 4 / Swap to scrambled egg + 3

EGGS ON TOAST *Swap to Rye + 2* 14

Poached | Scrambled | Fried
2 free range eggs served on grilled sourdough

SIDES

Extra egg Fresh tomato	3
Scrambled Egg	6
Avocado 4 Smashed Avo 4 Haloumi	6
Mushrooms Hash browns	6
Bacon Chorizo House made falafels	7
Fries	10
Sweet potato fries	13
Chicken Breast	14
Garden salad	11

OUR MENU CONTAINS ALLERGENS AND IS PREPARED IN A KITCHEN THAT HANDLES NUTS, FISH, GLUTEN, DAIRY AND EGGS. WHILST ALL REASONABLE EFFORTS ARE TAKEN TO ACCOMMODATE GUEST DIETARY NEEDS, WE CANNOT GUARANTEE THAT OUR FOOD WILL BE ALLERGEN FREE.

BRUNCH & LUNCH *Available all day*

CHICKEN BOWL *GF free* 28

Marinated grill chicken with quinoa tabouleh of mint and parsley, heirloom tomatoes, roasted squash, feta, sugar snap peas, cranberries, pickled cabbage, pepitas & avocado with sesame seeds
add fried egg + 3 or haloumi +4

THE VEGAN BOWL *VG, GF free Available* 25

Rainbow quinoa salad with red radish, carrot & beetroot dressed in a creamy miso dressing with charred broccolini, house made falafel, avocado, edamame, roasted squash & beetroot hummus garnished with crispy shallots
add haloumi + 4, add fried egg or house made falafel + 3

SPICY FRIED CHICKEN BENNY 26

Fried chicken thigh served on thick slice of brioche bread, with Gomae salad, two poached eggs, wasabi mayo, and chipotle hollandaise
add bacon or haloumi +4

DOUBLE FRIED CHICKEN BURGER 25

Crispy double fried chicken, harissa aioli with carrot and cucumber slaw served on a sesame milk bun, served with fries
add bacon or avocado + 4, add fried egg + 3

CLASSIC AUSSIE BURGER *GF available* 25

150 grams grilled grass fed beef cooked to medium with special sauce, miso caramelised onions, green oak lettuce, sliced tomato, pickles, American cheese, beetroot and house made spiced onion rings on a sesame seed bun served with fries
add extra pattie + 5, add bacon + 4, add fried egg + 3

SALMON SOBA SALAD *DF* 38

Crispy skin salmon served on a soba noodle salad and ponzu dressing with snow pea sprout, edamame beans, blood orange, sugar snap peas, crushed cashew nuts, red radish, spring onion, sesame seeds and crispy tulie garnish
add poached egg + 3 or add haloumi + 4

12 HOURS LAMB BOWL 27

12 hours cooked lamb shoulder served with couscous, mixed herb, raisins, peas, tazaziki, roasted zucchini, cucumber, feta, pepitas with lemon dressing and garnished with pomegranate and pinenuts
add haloumi +4

DAILY SELECTION OF PASTRIES

Daily house made muffin, tarts & cheese cake

Muffin 7.5 | Croissant 7 | Almond Croissant 9
Tart or Cake 9.5

with Jam & Butter +2

KIDS MENU *12 Years & younger*

Avo toast 9 / Chicken nuggets 13

Kid's ham & cheese toastie 10.5 / Cheese Burger 14

Kids' Fresh OJ / Apple Juice 5.5

Kids' Smoothie Nutella / Blueberry & Banana Smoothies 6

A standalone 15% pricing surcharge applies on public holidays. Unfortunately, we don't split bills. Group of 9+ attracts 10% service fee.

Last kitchen order: 5 mins before closing.

