

FLOWER CHILD

BREAKFAST *Available all day*

ACAI BOWL *V, GF available* 20
Acai, strawberries, blueberries, banana, chia seeds, shredded coconut and house-baked granola
add peanut butter + 1 / gluten-free + 1

LEMON PIE FRENCH TOAST 26
Thick slice brioche bread cooked in butter topped with meringue and 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.

BREKKIE BURGER 22
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

BIG BREAKFAST PLATE *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

EGGS BENEDICT *GF Available* 21
2 poached eggs, house made burnt butter hollandaise, prosciutto, rocket & tomato on a freshly baked croissant
add avocado + 4 or add bacon + 4
Swap croissant to Soudough or Rye

BAKED OMELETTE *V, Gfree, DF Available* 22
Zucchini & caramelised leek baked omelette served with spice mix leaves, red radish, baby cucumber, cherry tomatoes, fennel and fetta
add avocado or bacon + 4 or prosciutto + 5

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

EGGS ON TOAST *Swap to Rye + 2* 14
Poached | Scrambled | Fried
2 free range eggs served on grilled sourdough

SIDES

Extra egg Fresh tomato Burnt butter hollandaise	3
Goats Curd Avocado Smashed Avo	4
Scrambled Egg Haloumi Sautéed mushroom	6
Hash browns 6 House made falafels	7
Chorizo Bacon	7
French Fries	10
Sweet Potato Fries	13
Chicken Breast	14

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*

MUSHROOM TOAST *GF available* 25
Shimeji, flat and 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

THE VEGAN BOWL *VG, Gfree 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

CHICKEN BOWL *Gfree* 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

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

SOBA SALMON *GF available* 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 HOUR 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

PASTRIES

House Freshly Baked Muffin	7.5	Croissant	7
Almond Croissant	9	Croissant w/ Jam & Butter	9.5
Cheese Cake		Tart	9.5

FOR THE LITTLE ONE *12 Years & Younger*

Avo Toast	9	Chicken Nuggets w/ chips	13
Ham & Cheese Toastie	12	Kids Burger w/ chips	14

*Unfortunately, we are unable to split bills.
A standalone 15% pricing surcharge applies on public holidays. Group 9+ attracts 10% service fee.
Last kitchen order: 5 mins before closing.*



FLOWER CHILD

COFFEE & TEAS

Regular Large	4.5 5
Extra Shot Decaf Soy Almond Oat Lactose Free	.70
Syrups: Caramel Hazelnut Vanilla	.70
Chai Latte	4.5 5
Sticky Masala Chai (Soy) 6.5 Matcha Latte	6
Hot Chocolate	4.5 5
Affogato	7
Iced Latte <i>add icecream +2</i>	7.5
Iced Mocha Iced Chai Latte	7.5
Iced Chocolate Iced Matcha Latte	7.5
English Breakfast Earl Grey Peppermint	5.5
Green Heal Tea <i>Lemongrass & Ginger</i>	5.5

MOCKTAIL

Mango Mojito	9.5
Berry Mojito	9.5
Pomegranate Mule	9.5
FC Lemon or Peach Tea	8.5

WINE *Available from 10.00am daily*

SPARKLING

Dunes & Greene	GLS BTL
<i>Chardonnay Pinot Noir, South Australia</i>	10 40

La Maschera	12 44
<i>Prosecco, South Australia</i>	

WHITE

Opawa	12 42
<i>Sauvignon Blanc, Marlborough, NZ</i>	

La Maschera	10 40
<i>Pinot Grigio, South Australia</i>	

Deviation Road	13 46
<i>Pinot Gris, Adelaide Hills, SA</i>	

ROSÉ

Triennes Rosé	12 46
<i>Provence, France</i>	

REDS

Langmeil Three Gardens	12 40
<i>Grenache/ Shiraz / Mataro, Barossa Valley, SA</i>	

BEER *Available from 10.00am*

ASAHI	9.5
PURE BLONDE	8.5

CHILLED DRINKS

Soft Drinks	4.5		Ginger Beer	6
Fresh Lemonade	5			
Still Water	4		Sparkling	6

SMOOTHIES & SHAKES

Nutella Shake <i>add coffee or peanut butter + .70c</i>	9
Classic Banana	9

FRESH JUICE *Juice your way + 1*

Orange	9
Green - Kale, Celery & Apple	9
Immunity - Orange, Carrot, Lemon & Ginger	9
Tropical - Pineapple, Watermelon & Passionfruit	9

COCKTAILS *Available from 10.00am daily*

BREAKFAST MIMOSA	12
Prosecco, fresh OJ	

APEROL SPRITZ	16
Aperol, prosecco a splash of soda & an orange wedge	

MANLY MAID	18
Australian Dry Gin, Lime juice, Symple syrup, Mint, Cucumber	

LILLY PILLY SOUR	17
Manly spirits pink gin, lemon juice, syrup & egg white	

STORMY SUMMER MULE	14
Vodka, Lime juice, Angostura Bitters, Ginger Beer	

ESPRESSO MARTINI	17
Double shots espresso , Patron XO, Vodka shaken with ice	

COCKTAILS TO SHARE

WHITE SANGRIA	28
Sauvignon blanc, house infused vanilla bean syrup, seasonal fresh fruit topped with soda	

PIMM'S CUP	28
Loaded with Pimms, seasonal fresh fruit, ice & topped with house made lemon soda	

LITTLE CREATURES	11
4 PINES PALE ALE	9