

DRINKS

COFFEE

Flower Child proudly uses The Grounds House Roasted Coffee

Seasonal Blends and Single Origins available for Filter and Espresso

Reg 4.7
Lrg 5.2
Extra shot, Decaf .90c

BonSoy .90c
MilkLab Almond .90c
Lactose Free .90c
Alternative Oat .90c

All black coffee 4.7 / 5.2

Other

Chai Latte 4.7 / 5.2
Sticky Masala Chai (soy) 7.5
Matcha Latte 6.5

Hot Chocolate 4.7/5.2

Affogato 7.5

Iced Latte 7.5
Iced Long Black 7.5
Iced Chai Latte 7.5
Iced Chocolate 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.



MENU SUMMER S1 2025

ORGANIC TEAS

5.5

English
Earl grey
Peppermint
Reviver
Moroccan green

CHILLED DRINKS

Soft Drinks 4
Ginger Beer 6
Fresh Lemonade 5
Still Water 4
Sparkling Water 7

MOCKTAILS

Tropical Coconut Cooler 9.5
Berry Bliss Fizz 9.5
Citrus Burst Parkler 9.5

FRESH JUICE

8.5

OJ - 100% Orange
Tropical - Watermelon, pineapple & passionfruit
Green - Kale, celery & apple

Immunity - Orange, carrot, lemon & ginger

Customise your juice + 1

SMOOTHIES & SHAKES

KIDS SIZE 6

Nutella Shake
(add coffee / peanut butter) + 1
Mango Smoothie.....8.5
Banana & Blueberry..... 8.5
Lychee & Mint Frappé.....8.5

BREAKFAST *Available all day*

HAZELNUT FRENCH TOAST 28

French brioche served with chocolate and hazelnut crumb, seasonal berries, banana, salted toffee and hazelnut gelato covered in Canadian premium maple syrup

Add bacon + 4

MATCHA AND SESAME TIRAMISU 27

Matcha sponge cake layered with black sesame tiramisu cream, Matcha crumb, sesame nougatine and mango cremeux served with raspberries.

ACAI BOWL *DF, GF Available* 22

Acai, strawberries, blueberries, banana, chia seeds, almonds, shredded coconut & house made granola

Gluten free +1, add peanut butter +1

BACON & EGG BURGER *GF available* 18

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

Add hashbrown + 4

Swap bacon to haloumi

BREAKFAST PLATTER *GF available* 28

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

PROSCIUTTO & ASPARAGUS SOLDIERS 22

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

Swap Croissant to Sourdough or Rye

MUSHROOM TOAST *GF available* 26

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* 15

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
Garden salad Fries	10
Sweet potato fries	13
Chicken Breast 14 Crispy Skin Salmon	19

TERMS & CONDITIONS

Please note that our menus are subject to change without notice. Please note that 1.1% surcharge applies to all card payments. A 15% surcharge applies on all public holidays. Not all ingredients are listed on the menu, while we kindly ask you all variants are reserved for allergy customers only due to the efficiency of operation. Additional 10% service charge will apply to groups of 9 or more. Please make your server aware of any dietary requirements before ordering. Please be aware that our menu contains allergens and is prepared in a kitchen that handles nuts, shellfish, 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*

SMASHED AVO RYE *GF available* 23

Smashed avo on a rye bread, with medley tomatoes, whipped honey ricotta and pickled beetroot with orange dressing & dukkah

Add bacon or haloumi + 4 / add fried egg + 3

CHICKEN BOWL *Gfree* 27

62 °C Sous Vide Chicken breast 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

KING PRAWN LINGUINE 36

King prawn linguine with prawn bisque sauce, ginger wasabi mayo, tobiko roe, and spicy rice paper

THE VEGAN BOWL *VG, Gfree* 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

FC PRAWN ROLL 26

Prawn roll served on brioche with diced tiger prawn dressed with cantonese mayo, chives, crispy leek, carrot and ginger gel and crispy thin potato chips

WAGYU AUSSIE BURGER *GF available* 26

150 grams grilled wagyu beef pattie 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

CRISPY SKIN SALMON SOBA SALAD *DF* 39

Crispy skin salmon cooked to medium 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

LAMB KOFTA *contains nuts* 29

House-made lamb kofta served on a bed of pearls couscous dressed with lemon vinaigrette, cranberries, pickled onions, parsley and mint with Sumac labneh, Dukkah and Crispy flat-bread

Add bacon or haloumi +4

DAILY SELECTION OF PASTRIES

Daily house made muffin, tarts & cheese cake

Muffin 8.5 | Croissant 7 | Almond Croissant 9
Tart or Cake 10.5
with Jam & Butter +2

KIDS MENU *12 Years & younger only*

Avo toast 9 Chicken Nuggets 13

Kid's Ham & Cheese Toastie / Kid's Beef Burger / Chicken Schnitzel 14

Kids' Fresh OJ / Fresh Apple Juice 5.5

Kids' Smoothie Nutella / Blueberry & Banana Smoothies 6

*Unfortunately, we don't split bills.
Last kitchen order: 5 mins before closing.*

