



OUR COFFEE PROMISE

Our coffee is our pride and passion. This is why we have partnered with Dubai based speciality coffee roasters so we can provide you with premium, small batched coffees that have been ethically sourced from across the globe, bringing you the best taste possible. Ask us about our limited editions beans.

COFFEE AND TEA

Short

| | |
|---------------------------|----|
| Single Espresso | 15 |
| Double Espresso | 17 |
| Single Espresso Macchiato | 17 |
| Double Espresso Macchiato | 19 |
| Piccolo | 18 |
| Babyccino | 5 |

| Long | 8oz | 12oz |
|--------------|-----|------|
| Americano | 17 | 19 |
| Caffè Latte | 18 | 20 |
| Date Latte | 23 | 25 |
| Cappuccino | 18 | 20 |
| Flat White | 18 | 20 |
| Mochaccino | 21 | 23 |
| Iced Latte | 18 | 20 |
| + Date Syrup | | +5 |
| + Extra Shot | | +5 |

Brewed Coffee

| | |
|-----------|----|
| V60 | 25 |
| Aeropress | 25 |
| Chemex | 25 |

Tap Coffee

| | |
|-----------|----|
| Nitro | 25 |
| Cold Brew | 25 |



Loose Leaf Tea

| | |
|---------------------------------------|----|
| Assam Breakfast | 18 |
| Earl Grey | 18 |
| Organic And Fairtrade Gunpowder Green | 18 |
| Peppermint | 18 |
| Jasmine Pearls | 18 |
| White Peony | 18 |

Homemade Herbal Tea

| | |
|--------------------|----|
| Lemon Ginger Tea | 18 |
| Turmeric Lemon Tea | 22 |

Hot Drinks

| | 8oz | 12oz |
|----------------|-----|------|
| Chai Latte | 20 | 22 |
| Turmeric Latte | 18 | 20 |
| Hot Chocolate | 22 | 24 |
| Matcha Latte | 20 | 22 |

Special Mylk

Almond | Soy | Rice | Coconut | Camel | Oat

JUICES

Please Ask Your Waiter About The Available Selection Of Fresh Cold Pressed Juices And Organic Press

FLOW'S FRESH HEALTHY SMOOTHIES

| | |
|---|----|
| Smoothie Of The Day | 26 |
| Banana Blind Date | 26 |
| Date, Banana, Almond Mylk, Oats | |
| Superfood Smoothie | 26 |
| Mixed Berry, Chia Seeds, Beetroot, Coconut Mylk | |
| Detox Smoothie | 26 |
| Lemon, Mint, Spinach, Avocado | |
| Açai My Berry | 26 |
| Açai, Mixed Berries, Rice Mylk, Yoghurt, Flax Seeds | |
| Choco Shake | 28 |
| Homemade Nutella, Cocoa, Banana, Oat Mylk | |
| Peanut Butter Cup | 28 |
| Homemade Peanut Butter, Banana, Soy Mylk, Oats | |

Add To Your Smoothie

| | |
|--|----|
| Vegan Superfood Blend | 10 |
| Pea And Brown Rice Protein, Japanese Mushroom, Bilberry, Camu Camu, Açai | |
| Green Detox Shot | 10 |
| Spirulina, Chlorella, Kelp, Wheatgrass, Match | |
| Whey Protein Muscle Mix | 10 |
| Whey Isolate, Coconut Mineral, Magnesium, Rhodoila Root, Pink Himalayan Salt | |

FLOW TO GO

| | |
|-----------------------------------|--|
| Single Origins | |
| Speciality Coffee Beans 250 grams | |
| Keep Cup | |
| Keep Water Bottle | |



WATER AND CARBONATED WATER

| | | |
|---|--------|----|
| Mai Dubai | 330 ml | 10 |
| San Pellegrino | 250 ml | 12 |
| Carafe | | 15 |
| Still or sparkling filtered water - free refill | | |

NAI ICED TEAS

| | | |
|----|-----------------------------|----|
| 85 | | |
| 45 | Ginger, Lemongrass, Honey | 25 |
| 54 | Peach, Mango, Jasmine | 25 |
| | Hibiscus, Pomegranate, Rose | 25 |
| | Lemon, Mint, Orange Blossom | 25 |

We are the here, the now and the next.
 We are healthy of body and energized of mind.
 We create food that fuels the future.
 We are committed to caring for the environment.
 Our menu is organic and locally sourced wherever possible.
 Our packaging is 100% compostable and we are working with our suppliers to help them become plastic free too.
 We will reward you for bringing your own reusables.
 We proudly serve house-filtered water.



We are Flow, a state of kind