Breakfast is available all day. All other dishes are available from 11am.

**ALL DAY**

Eggs any style 25
Choice of plain omelette, scrambled or sunny side up

Vegetable omelette 20
Choice of egg white or whole hen’s egg with herb dressing

Shakshuka 30
Spinach, Kalamata olives, salted ricotta, harissa yoghurt, fresh coriander, whole wheat flat bread

Eggs Arlington 35
Hen’s egg, whole wheat flat bread, crispy, smoked salmon, avocado, paprika, yoghurt hollandaise

Eggs Benedict 35
Hen’s egg, whole wheat flat bread, turkey ham, beetroot purée, sautéed spinach, yoghurt hollandaise

**FLOW TASTERS**

Soup of the day 15
Parsley oil

Edamame 15
Maldon rock salt or garlic chilli

Cumin sweet potato wedges 15
Harissa yoghurt

Guacamole with house dukkha 30
Whole wheat flatbread crisps

**BUILD YOUR OATS**

Go bespoke and build your own oats or pancakes with the choices below

Rolled oats 5
Sliced banana, chia seeds, sunflower seeds, flax seeds, +2 each

Walnuts, pumpkin seeds, golden raisins, honey, +5 each

Seasonal berries, almond milk, granola mix, +10 each

Peanut butter & banana 12

Honey, apple & mixed raisins 20

Oatmeal berry no-bake-crumble 32
Seasonal berries, almond milk, granola mix, maple syrup, chia seeds

**BUILD YOUR TOAST**

Go bespoke and build your own breakfast with the choices below

Granary bloomer or secret seeded brown toast 5

Slow-cooked tomato, akawi cheese, house dukkha, +5 each

Hens’ egg any style, turkey ham, grilled mushrooms, +10 each

Grilled halloumi, goat’s cheese, smoked salmon, beef bresaola, +15 each

**FLOW PLATES**

**SALADS, SANDWICHES AND HOT FOOD**

Ask your waiter about the daily selection of fresh salads, sandwiches, and Flow hot dishes available at our counter.

**WHEN IT COMES TO FOOD TOLERANCE, KNOWLEDGE IS POWER**

Please be advised that food prepared here may contain or have come in to contact with nuts, fish, eggs, milk or gluten. Therefore, if you have a food allergy or a special dietary requirement please inform a member of staff prior to placing your order.