

All day Menu

Chia Pudding 12
(VG/GF)

Berry compote, baked seasonal fruit, house muesli and coconut chia pudding

Crumpets

Two sourdough crumpets served w/ cultured butter & jam 12

Two sourdough crumpets served w/ cultured butter, baked seasonal fruit, berry compote & Canadian maple 18

Sardines 18
(GFO)

Sardines w/ cultured butter, pink pickle, wild rocket & basil pesto on toasted sourdough

House vego sausage roll 9

House pork sausage roll 9

Add salad for 8.5 extra

Smashed Avo 18
(VO/GFO)

Smashed local avo w/ pink pickle, toasted seeds, Manchego cheese & greens on toasted sourdough

Add fried egg 4 or Clunes smoked bacon 6

Feeling Corny 22
(GF/DFO)

Two corn fritters, local avo, greens, chilli jam, manchego cheese & house ferments

Add fried egg 4, Clunes smoked bacon 6 or sardines 7

Harvest Bowl 22
(GF/DF/VGO)

Quinoa & roast veg salad w/ house hommus & ferments, chilli jam and fried egg

Add avo 4 or Clunes smoked bacon 6

Bacon & Egg Toastie 15
(GFO/DFO)

Pasture raised egg, cheddar, aioli, spinach, mustard, BBQ sauce & Clunes smoked bacon in a toasted Turkish bun

Check out our sexy cabinet for all your salad, sambo & cake needs!

Send us some love on socials
#flockyeah

Bottle sparkling water	4.5
Freshly squeezed OJ	9.5
Beetroot & Apple juice	9.5
Watermelon & Pear	9.5
Ginger Kombucha	9.5
House iced tea (chamomile, rose and mint)	6.5

Smoothies (VG/GF)

Banana smoothie (banana, milk, honey & cinnamon)	10
Green smoothie (apple juice, avo, spinach & banana)	10
Mango smoothie (coconut milk, banana & mango)	10
Pink flamingo smoothie (raspberries, banana & coconut milk)	10
Nut butter smoothie (almond milk, banana, dates, Peanut butter and protein powder)	13

Milkshakes (GF/DFO)	7
(coffee, choc, berry, vanilla, caramel)	

Iced drinks (GF/DFO)

Iced chai	7
Iced dirty chai	8
Iced latte	5
Iced long black	5
Iced coffee (the works!)	8
Iced chocolate	8

Extras

Decaf	.5
Extra shot	.5
Bonsoy	.5
Oat	.5
Almond	.5
Coconut	.5
Syrup (caramel, vanilla, hazelnut)	.5
Protein powder	3

Cold brew – served black	5
(Single origin Allpress coffee steeped for 8 hours. Smoother than an iced long black. Please ask for a side of milk, not recommended though)	

Hot filter coffee	5
(rotating single origin – ask us about todays roast!)	

Affogatto	5.5
Double espresso served over creamy vanilla ice cream	

Coffee spritzer	4
(double ristretto served over iced Sparkling water)	

Mushroom Elixir	4 / 4.5 / 5
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Milk coffee/black coffee

Small	4
Medium	4.5
Large	5

Extras

Decaf	.5
Extra shot	.5
Bonsoy	.5
Oat	.5
Almond	.5
Coconut	.5
Syrup (caramel, vanilla, hazelnut)	.5

Other bevies

Hot choc, chilli hot choc, mint hot choc, chai latte, turmeric latte, beetroot latte, dirty chai, dandy latte	4 / 4.5 / 5
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Tea	5.5
Loose leaf tea served in a pot for 1	

English breakfast / Earl grey / Black tea
with vanilla and rose / House masala chai
tea / Sencha green / Peppermint /
Rooibos with ginger & cinnamon / Rooibos
masala chai / chamomile / lemongrass &
ginger