

ALL DAY BREAKFAST

GRANOLA Poached Seasonal Fruit, Milk, & Yoghurt **(GFF)12**

TOAST (GFF +3) (DFFO) | FRUIT TOAST (DFFO) | CROISSANT 11

BREAKY ROLL Milk Bun, Istra Bacon, Fried Egg, Swiss Cheese, Tomato Relish, Spinach & BBQ Sauce **15 (GFF +3) (DFFO)**

EGGS BENNIE Poached Eggs, Hollandaise Sauce & Toasted Sour Dough **25 (GFF +3) (DFFO)**
Choose One - Ham | Bacon | Smoked Salmon | Spinach

NONG KHAI EGGS Poached Eggs, Crispy Pork Belly, Potato Rosti, Tom Yum Hollandaise & Lotus Root Chips **25 (GFFO)**

EGGS YOUR WAY Served with Sour Dough **15 (GFF +3) (V | DFFO)**

CHOCOLATE CARAMEL WAFFLE Belgium Waffle, Seasonal Berries, Crumble, Banana, Vanilla Ice Cream & Chocolate Caramel Sauce **25 (V)**

CRAB SCRAMBLE Blue Swimmer Crab, Scrambled Eggs, Spring Onion, Coriander, Chilli, Fried Shallots, Sriracha Mayonnaise, Sriracha Dressing & Toasted Croissant **29**

BANGKOK EGGS Poached Eggs, Roast Pumpkin Curry, Seasonal Greens, Crispy Kale, Chickpea, Parmesan & Sour Dough **26 (GFF +3) (V | VGO)**

FORK N FLOWER BIG BREAKY Eggs Your Way, Istra Bacon, Otway Pork Sausage, Hash Browns, Grilled Tomato, Field Mushroom & Toasted Sour Dough **28 (GFF +3)(DFFO)**

SMASHED AVO One Poached Egg, Smashed Avocado, Feta, Cherry Tomatoes, Radish, Pumpkin Seeds, Dukkah & Toasted Sour Dough **25 (GFF+3) (V | DFFO)**

EXTRAS 5 EACH

Feta | Hollandaise | Avocado | Field Mushrooms | Pork Sausage (2) Baked Beans | +1 Poached Egg | +1 Fried Egg | Grilled Ham | Spinach Hash Browns (2) | Grilled Tomato

EXTRAS 7.5 EACH

English Black Pudding | Haloumi | Smoked Salmon | Istra Bacon +2 Scrambled Eggs

GFF - Gluten Free Friendly | **GFFO** - Gluten Free Friendly Option
DFF - Dairy Free Friendly | **DFFO** - Dairy Free Friendly Option
V - Vegetarian | **VO** - Vegetarian Option
VG - Vegan | **VGO** - Vegan Option

LUNCH FROM 11:30

SOBA NOODLE Edamame, Pickled Ginger, Radish, Mint, Cherry Tomato, Seaweed & Sesame Dressing **28 (VO | VGO)**
Choose One - Pork Belly | Tofu | Smoked Salmon

CHICKEN PESTO PENNE Chicken, Pesto, Tomato, Penne, Cream, Basil & Parmesan **26 (VO | GFFO)**

VIETNAMESE PORK BELLY SALAD Asian Slaw, Rice Noodles, Spring Onion, Coriander, Fried Shallots, Cashews, Nuoc Cham Dressing & Crackers **28 (GFF | DFF)**

CRISPY FISH SALAD Beer Battered Flathead Tails, Mixed Salad, Apple, Tomato, Red Onion, Coriander, Asian Herbs, Chilli, Cashew, Fried Shallots & Tamarind Sauce **26**

PRAWN, MANGO & AVOCADO SALAD Prawn Cutlets, Mango, Avocado, Cucumber, Spanish Onion, Cherry Tomato, Radish, Mint, Mixed Salad & Honey Mustard Dressing **28 (GFF | DFF)**

BAO BUNS (3) Pickled Vegetable Salad, Sriracha Mayonnaise & Coriander **25**
Choose One - Chicken | Pork Belly | Tofu **(VO | VGO)**

THAI CHICKEN BURGER Toasted Milk Bun, Marinated Crispy Fried Chicken Breast, Pickled Vegetables, Tomato, Cheese, Tom Yum Mayo, Chips & Mixed Salad **25**

FISH & CHIPS Beer Battered Flat Head Tails, Chips, Salad, Lemon & Tartare Sauce **28**

THAI BEEF SALAD Pan-Seared Sliced Beef, Slaw, Apple, Red Onion, Cherry Tomato, Mint, Coriander, Spring Onion, Cashew Nut, Fried Shallots, Thai Chilli & Lime Dressing **28 (GFF)**

BUDDHA BOWL Brown Rice, Avocado, Pumpkin, Pickled Carrot, Egg, Haloumi, Spinach Leaves, Beetroot, Corn & Honey Mustard **25 (GFF | V | VGO | DFFO)**

Add on - Bacon | Ham | Chicken | Tofu **+5 Each**
Smoked Salmon **+ 7.5**

EXTRAS

SWEET POTATO FRIES & Smoked Aioli **12 (V | DFF)**

CHIPPIS & Tomato Sauce **12 (V | DFF)**

SAUCE Tomato | Relish | BBQ | Mayo | Smokey Aioli **1**

KID'S COLOURING PACK 2

SWEETS & SAVOURY

Please see our display cabinet for our full selection of cakes, slices, savoury and other treats to finish your meal or take away with you!

Fork N Flower
@ GEELONG FLOWER FARM

OPEN 7 DAYS

BREAKFAST | LUNCH | DINNER
COFFEE | TEA | CAKES | SAVOURIES
HIGH TEA | HEAT AT HOME MEALS
PRIVATE FUNCTIONS | CATERING



NOTE

Credit Card Surcharge applies on all transactions.

20% Public Holiday surcharge applies.

Sorry, no menu substitutions.

Some menu items are unable to be changed.

Bookings of 10+ may be required to sit over multiple tables.

FOOD ALLERGIES

Please be aware that our kitchen is a working kitchen with gluten, dairy, eggs, fish, molluscs, lupins, peanuts, tree nuts, sesame, soy, & wheat etc.

Please discuss your food allergies or intolerances with our friendly staff.

392-400 Bellarine Hwy, Moolap VIC 3224
Phone: 03 5250 6757
Email: forkcafe@mcrestgroup.com
Website: forknflower.com.au

WINES

WINES BY THE GLASS

150ML 12 | 250ML 20

Oakdene Sauvignon Blanc

Oakdene Pinot Grigio

Oakdene Rose

Oakdene Shiraz

Oakdene N.V Sparkling Brut

Scotchman's Hill "Hill" Moscato

WINES BY THE BOTTLE | 49

Oakdene N.V Sparkling Brut

Oakdene Sauvignon Blanc

Oakdene Pinot Grigio

Oakdene Chardonnay

Oakdene Rose

Oakdene Pinot Noir

Oakdene Shiraz

BEER AND CIDER

BEER

Barwon Heads Brewing Pale Ale 10

Carlton Draught 10

Prickly Moses Otway Light 10

CIDER

Flying Brick Original Cider 10

NON ALCOHOLIC

Mornington Peninsula Non Alc. Pale Ale 10

SOFT DRINK

SOFT DRINK

Coke | Diet Coke | Lemonade | Solo 5

Lemon, Lime & Bitters | Ginger Beer 5.5

SAN PELLEGRINO MINERAL WATER | 6

JUICE

ALLIE'S COLD PRESSED JUICES | 300ML 8

Valencia Orange

Watermelon+ (Watermelon, Green Apple, Strawberry, Lime)

Gingered Apple (Green Apple, Lemon, Ginger)

Love Beets (Beetroot, Green Apple, Carrot, Ginger, Lime)

Daily Greens (Green Apple, Celery, Pear, Silverbeet, Lemon, Ginger)

Sublime Pine (Pineapple, Pear, Green Apple, Lemon, Mint)

MILK SHAKES

MILKSHAKES | REGULAR 9 | KID'S 6

Chocolate | Caramel | Strawberry | Vanilla | Banana

ICED DRINKS

Iced Latte | Iced Chai Latte 7.5

Iced Coffee | Iced Chocolate | Iced Mocha 8.5

SMOOTHIES

SMOOTHIES | 100% VEGAN 12

Made with Coconut Water

BOOSTER Banana, Mango, Spinach, Lime Juice

REBOOT Tropical Mango, Pineapple, Banana & Passionfruit

COFFEE & TEA

TEA TONIC TEA | 5.5

English Breakfast | Earl Grey | Green | Peppermint

Lemongrass & Ginger | Chai

DIMATTINA ROASTER COFFEE | 5.5

ADD ON

Large +1

Extra shot +1

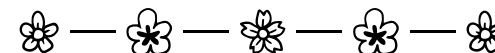
Decaf +1

Almond | Soy | Oat | Lactose Free +1

Caramel | Vanilla | Hazelnut +0.5

PUPPUCINO 2.5

Frothed Warm Milk & Bacon Crumb



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