

ALL DAY BREAKFAST

GRANOLA POACHED SEASONAL FRUIT, MILK & YOGHURT (GF)12

TOAST (GF +3)(DFO)| FRUIT TOAST (DFO)| CROISSANT 10

BREAKY ROLL MILK BUN, ISTRA BACON, FRIED EGG, SWISS CHEESE, TOMATO RELISH, SPINACH, BBQ SAUCE **15 (GF +3)(DFO)**

EGGS BENNIE POACHED EGGS, HOLLANDAISE SAUCE, SERVED WITH SOUR DOUGH **23 (GF +3)(DFO)**

CHOOSE ONE - HAM | BACON | SMOKED SALMON | SPINACH

NONG KHAI EGGS POACHED EGGS, CRISPY PORK BELLY, POTATO ROSTI, TOM YUM HOLLANDAISE, LOTUS ROOT CHIPS **25 (GFO)**

EGGS YOUR WAY SERVED WITH SOUR DOUGH **14 (GF +3)(V)(DFO)**

BELGIAN WAFFLE SALTED CARAMEL, VANILLA BEAN ICE CREAM, MERINGUE, HAZELNUT CRUMBLE, FRESH BERRIES & BANANA **23 (V)**

CRAB SCRAMBLE BLUE SWIMMER CRAB, SCRAMBLED EGG, SPRING ONION, CORIANDER, CHILLI, GARLIC, FRIED SHALLOTS, SIRACHA MAYONNAISE, SRIRACHA DRESSING, TOASTED CROISSANT **25**

BANGKOK EGGS POACHED EGGS, ROAST PUMPKIN CURRY, SEASONAL GREENS, CRISPY KALE, CHICKPEA, PARMESAN & FOCACCIA **25 (GF +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 **25 (GF +3)(DFO)**

SMASHED AVO ONE POACHED EGG, SMASHED AVOCADO, FETA, CHERRY TOMATOES, RADISH, PUMPKIN SEEDS, DUKKAH, TOASTED SOUR DOUGH **24 (GF+3)(V)(DFO)**

EXTRAS 4 EACH

FETA | HALOUMI | HOLLANDAISE

EXTRAS 5 EACH

BAKED BEANS | MUSHROOM | GRILLED TOMATO | SPINACH | AVOCADO | BACON | PORK SAUSAGE | SMOKED SALMON | GRILLED HAM | TOFU | HASH BROWNS

LUNCH - FROM 11:30

CREAMY CHICKEN & PUMPKIN PENNE PASTA POACHED CHICKEN, ROAST PUMPKIN, SPINACH, SUN-DRIED TOMATO, PINE NUTS, PARMESAN, CREAMY LEEK SAUCE **26**

PORK & PRAWN DUMPLINGS SWEET AND SOUR DARK SOY DRESSING, ASIAN GREENS, CORRIANDER, SPRING ONION AND FRIED GARLIC **25**

VIETNAMESE PORK BELLY SALAD ASIAN SLAW, RICE NOODLES, SPRING ONION, CORIANDER, FRIED SHALLOTS, CASHEWS, NUOC CHAM DRESSING & PRAWN CRACKERS **26 (GFO)(DF)**

CRISPY FISH SALAD BEER BATTERED FLATHEAD TAILS, MIXED SALAD, APPLE, PICKLED PAPAYA, TOMATO, RED ONION, CORIANDER, ASIAN HERBS, CHILLI, CASHEW & FRIED SHALLOTS, TAMARIND SAUCE **26**

BAO BUNS (3) PICKLED VEGETABLE SALAD, SRIRACHA MAYONNAISE & CORIANDER **24**

CHOOSE ONE - CHICKEN | PORK BELLY | TOFU (VO)(VGO)

THAI BEEF SALAD PAN -SEARED SLICED BEEF, SLAW, APPLE, RED ONION, CHERRY TOMATO, MINT, CORIANDER, SPRING ONION, CASHEW NUT, FRIED SHALLOT, THAI CHILLI & LIME DRESSING **26 (GF)**

BUDDHA BOWL BROWN RICE, AVOCADO, PUMPKIN, PICKLED CARROT, EGG, HALOUMI, SPINACH LEAVES, BEETROOT, CORN & HONEY MUSTARD **25 (GF)(V)(VGO)(DFO)**

ADD ON - BACON | SMOKED SALMON | HAM | CHICKEN | TOFU **+5 EACH**

SPECIALS OF THE DAY

ASK OUR TEAM - AVAILABLE UNTIL SOLD OUT

GF - GLUTEN FREE | **GFO** - GLUTEN FREE OPTION

DF - DAIRY FREE | **DFO** - DAIRY FREE OPTION

V - VEGETARIAN | **VO** - VEGETARIAN OPTION

VG - VEGAN | **VGO** - VEGAN OPTION

EXTRAS

SWEET POTATO FRIES

WITH SMOKED AIOLI **12 (V)(DF)**

CHIPPIES

WITH TOMATO SAUCE **12 (V)(DF)**

SAUCE 1

TOMATO | RELISH | BBQ | MAYO | SMOKEY AIOLI | CHILLI OIL

SWEETS

PLEASE SEE OUR DISPLAY CABINET INDOORS FOR OUR FULL SELECTION OF CAKES, SLICES AND OTHER SWEET TREATS TO FINISH YOUR MEAL (OR TAKE AWAY WITH YOU!)

Dinner!!

THURSDAY & FRIDAY NIGHTS

JOIN US EVERY THURSDAY AND FRIDAY NIGHTS FROM 5:30PM FOR OUR DELICIOUS "THAI NIGHTS" AT THE FORK N FLOWER CAFE!

ENJOY OUR DELICIOUS CURRIES, NOODLES & STIR FRIES AFTER A LONG DAY AT WORK!

IN A BIT OF A RUSH TO GET HOME?? GIVE US A CALL TO PLACE YOUR TAKEAWAY ORDER AND WE'LL HAVE IT READY FOR YOU!

ASK OUR TEAM FOR A MENU TO TAKE HOME WITH YOU!

Credit Card Surcharge Applies on all transactions | 20% Public Holiday Surcharge Applies | Some Menu Items Are Unable To Be Changed, Thank You For Understanding Sorry, No Menu Substitutions Some Gluten Free Items Are Fried & May Not Be Suitable If You're Coeliac | Bookings Of 10+ May Be Required To Sit Over Multiple Tables

WINES, BEER & CIDER

WINES BY THE GLASS

OAKDENE SAUVIGNON BLANC | 11
OAKDENE PINOT GRIGIO | 11
OAKDENE SHIRAZ | 11
OAKDENE N.V SPARKLING BRUT | 11
SCOTCHMANS HILL, HILL MOSCATO | 11

WINES BY THE BOTTLE | 45

OAKDENE N.V SPARKLING BRUT
OAKDENE SAUVIGNON BLANC
OAKDENE PINOT GRIGIO
OAKDENE CHARDONNAY
OAKDENE ROSE
OAKDENE PINOT NOIR
OAKDENE SHIRAZ

BEER & CIDER

BARWON HEADS BREWING PALE ALE | 10
CARLTON DRAUGHT | 10
PRICKLY MOSES OTWAY LIGHT | 9
FLYING BRICK ORIGINAL CIDER | 10
MORNINGTON PENINSULA NON ALC. PALE ALE | 9

NON-ALCOHOLIC BEVERAGES

SOFT DRINK

COKE | 5
DIET COKE | 5
LEMONADE | 5
SOLO | 5
LEMON, LIME & BITTERS | 5.5
GINGER BEER | 5.5
SAN PELLEGRINO MINERAL WATER | 6

ALLIE'S COLD PRESSED JUICES | 300ML 7.5

VALENCIA ORANGE

WATERMELON+ (WATERMELON, GREEN APPLE, STRAWBERRY, LIME)
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)

MILKSHAKES 8

CHOCOLATE | CARAMEL | STRAWBERRY | VANILLA | BANANA

SMOOTHIES - 100% VEGAN, MADE WITH COCONUT WATER 12

'DETOX' MIXED BERRY BLUEBERRIES | BANANA | DATES | BOYSENBERRIES
'REBOOT' TROPICAL MANGO | PINEAPPLE | BANANA | PASSIONFRUIT



NO NONSENSE COFFEE GUIDE

LONG BLACK BLACK COFFEE
FLAT WHITE WHITE COFFEE
CAPPUCCINO FROTHY COFFEE
LATTE MILKY COFFEE
SHORT BLACK MINIATURE COFFEE
MACCHIATO MILK TOPPED COFFEE
MOCHA CHOCCHIE COFFEE
TEA NOT COFFEE
HOT CHOCOLATE STILL NOT COFFEE



BELLA'S PUPPUCCINO FROTHED WARM MILK WITH BACON CRUMB 2

