

ALL DAY BREAKFAST

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

TOAST (GF +3)(DFO) | FRUIT TOAST (DFO) | CROISSANT 11

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

EGGS BENNIE POACHED EGGS, HOLLANDAISE SAUCE & TOASTED SOUR DOUGH **25 (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 **15 (GF +3)(V | DFO)**

PANDAN COCONUT WAFFLE FRESH COCONUT & CORN WAFFLE, HAZELNUT CRUMBLE, MERINGUE, FRESH BERRIES, COCONUT ICE CREAM & PANDAN SAUCE **24 (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 (GF +3)(V | VGO)**

FORK N FLOWER BIG BREAKY EGGS YOUR WAY, ISTR A BACON, OTWAY PORK SAUSAGE, HASH BROWNS, GRILLED TOMATO, FIELD MUSHROOM & TOASTED SOUR DOUGH **28 (GF +3)(DFO)**

SMASHED AVO ONE POACHED EGG, SMASHED AVOCADO, FETA, CHERRY TOMATOES, RADISH, PUMPKIN SEEDS, DUKKAH & TOASTED SOUR DOUGH **25 (GF+3)(V | DFO)**

EXTRAS 5 EACH

FETA | HOLLANDAISE | AVOCADO | FIELD MUSHROOMS | PORK SAUSAGE (2) | BAKED BEANS | +1 POACHED EGG | +1 FRIED EGG | GRILLED HAM | HASH BROWNS (2) | GRILLED TOMATO | SPINACH

EXTRAS 7.5 EACH

ENGLISH BLACK PUDDING | HALOUMI | SMOKED SALMON | ISTR A BACON | +2 SCRAMBLED EGGS

LUNCH - FROM 11:30 AM

OUR CHEFS SPECIAL SOUP OF THE MOMENT SERVED WITH TOASTED KET BAKER SOUR DOUGH **15**

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

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

FISH & CHIPS BEER BATTERED FLAT HEAD TAILS WITH CHIPS, SALAD, LEMON & TARTARE SAUCE **28**

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 CHICKEN BURGER TOASTED MILK BUN, MARINATED CRISPY FRIED CHICKEN BREAST, PICKLED VEGETABLES, TOMATO, CHEESE, TOM YUM MAYO, CHIPS & MIXED SALAD **25**

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)**

CHICKEN KHOA SOY A LIGHT CREAMY COCONUT CURRY SOUP, CRISPY CRUMBED CHICKEN BREAST, EGG NOODLES, PICKLED VEGETABLES, CORIANDER, SPRING ONION, CRISPY SHALLOTS & LEMON **27**

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

ADD ON - BACON | HAM | CHICKEN | TOFU **+5 EACH**
- SMOKED SALMON **+ 7.5**

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 |

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!)

Dinner!!

THURSDAY to SATURDAY NIGHTS

JOIN US EVERY THURSDAY AND FRIDAY NIGHT FROM 5:30PM FOR OUR TASTY "THAI NIGHTS" AT THE FORK N FLOWER CAFE! ENJOY OUR DELICIOUS CURRIES, NOODLES & STIR FRY AFTER A LONG DAY AT WORK!

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

CALL THE CAFE TO PLACE YOUR TAKEAWAY ORDER FOR PICK UP

OR

ORDER ONLINE @

WWW.FORKNFLOWER.COM.AU/MENUS

WINES, BEER & CIDER

WINES BY THE GLASS

150ML 12 | 250ML 20

OAKDENE SAUVIGNON BLANC

OAKDENE PINOT GRIGIO

OAKDENE ROSE

OAKDENE SHIRAZ

OAKDENE N.V SPARKLING BRUT

SCOTCHMANS 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 & CIDER

BARWON HEADS BREWING PALE ALE 10

CARLTON DRAUGHT 10

PRICKLY MOSES OTWAY LIGHT 10

FLYING BRICK ORIGINAL CIDER 10

MORNINGTON PENINSULA NON ALC. PALE ALE 10

NON-ALCOHOLIC BEVERAGES

SAN PELLEGRINO MINERAL WATER | 6

SOFT DRINK

COKE | DIET COKE | LEMONADE | SOLO 5

LEMON, LIME & BITTERS | GINGER BEER 5.5

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)

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

DIMATTINA ROASTER COFFEE | 5.5

TEA TONIC TEA | 5.5

ENGLISH BREAKFAST | EARL GREY | GREEN | LEMONGRASS & GINGER | PEPPERMINT | CHAI

ADD ON

LARGE +1

EXTRA SHOT +1

DECAF +1

ALMOND | SOY | OAT | LACTOSE FREE +1

CARAMEL | VANILLA | HAZEL NUT +0.5

Fork N
flower
@ GEELONG FLOWER FARM



SMOOTHIES 12

100% VEGAN, MADE
WITH COCONUT WATER

'BOOSTER'

BANANA, MANGO,
SPINACH, LIME JUICE

'REBOOT'

TROPICAL MANGO,
PINEAPPLE, BANANA &
PASSIONFRUIT

PUPPUCCINO FROTHED WARM MILK
WITH BACON CRUMB 2.5

