

Breakfast 6am - 12pm

Most of our Breakfast dishes are available on Nonie's Gluten Free Bread - just let us know!

House Made Gluten Free Banana Bread - 9

toasted with your choice of:

- Ricotta & honey
- Plain with butter

Our Sourdough Toast - 6

Single slice served with jam and our caramelised butter

Granola - 14

Served with coconut yoghurt and seasonal fruit

Ham & Cheese Croissant- 9

shaved ham and swiss cheese gently warmed on a house-made croissant

Bacon and egg roll - 14

served with our Flour Bar tomato ranch, hashbrown, swiss cheese, bacon and Mussett eggs on a potato bun

Omelette

your choice of:

- chorizo, blue cheese and caramelised onion - 22
- local mushrooms and goats curd - 21
- spanner crab, dill, chilli oil and lemon - 24

add toast - 3

Eggs on our Sourdough Toast - 15

scrambled, poached or fried

Brekky Wrap - 16

scrambled eggs, feta, bacon, mushroom and cavolo nero

Flour Bar Benny - 22

served with hollandaise and cavolo nero on your choice of:

- salmon
- ham
- bacon
- Mushroom

Avo Elote - 20

Sourdough, sliced avo, grilled corn, creme fraiche and togarashi chilli

Blueberry Pancake - 18

made to order and drizzled with a thyme syrup

Three Cheese Toastie - 12

Our Sourdough, with a delicious cheese mix - simplicity at its best

Add Ham - 3

Add Tomato - 3

Tuna Melt - 17

Tuna, chickpeas, mustard greens and cheese on our house-baked sourdough

Croquettes - 12

Sweet Potato, nduja salami and cheese, served with a zesty lime dressing - gluten free

Jalapeno Poppers - 14

wrapped in guanciale

Chicken Ume - 18

Crispy fried chicken thigh sliced to share and served with a hot umeboshi plum sauce

Pork and Fennel Sausage Roll -14

with a spiced bush tomato relish

SIDES

Pan seared Blood Sausage and Chorizo with Chive Creme Fraiche - 9

Fresh Avocado with Grilled Lemon - 5

Sauteed Mushrooms with Garlic and Spring Onion - 6

Roasted Tomato with Stracciatella and Basil - 6

Maple Bacon Skewers (2) - 5