



THE  
FLOUR WORKS

*Food Menu*

*By - Chef Meeta*



## Healthy Options

### SMOOTHIE BOWLS

CHOCOLATE PEANUT BUTTER	395
MANGO PINEAPPLE	395
KIWI PEAR AND SPINACH	395
WATERMELON GINGER	395
BLUEBERRY ORANGE	395
<i>OPT FOR ALMOND MILK AT 100/-</i>	

### SMOOTHIES

KIWI BLUEBERRY	365
PEANUT BUTTER CHOCOLATE	365
PINEAPPLE COCONUT	365
BANANA BASIL	365
COFFEE BANANA	365
AVOCADO BANANA	365
SEASONAL FRUIT	365
<i>OPT FOR ALMOND MILK AT 100/-</i>	

### HEALTHY BREAKFAST

COTTAGE CHEESE / TOFU SCRAMBLE	210
FRESH FRUIT WITH BAKED YOGHURT	245
TOFU QUINOA SCRAMBLE	285
GRANOLA WITH FRUIT & YOGHURT	285

QUINOA/OATS PUDDING	210
<i>OPT FOR ALMOND MILK AT 100/-</i>	
<i>OPT FOR ACCOMPANIMENTS:</i>	
<i>FRESH FRUIT / DRY FRUITS AT 155/-</i>	

SAVOURY OATMEAL / QUINOA PUDDING	210
<i>OPT FOR ACCOMPANIMENTS:</i>	
<i>CORN, AVOCADO, SALSA, CHEDDAR AT 135/-</i>	
<i>EGG, AVOCADO, CHERRY TOMATOES, PARMESAN AT 135.-</i>	
<i>KALE, CHERRY TOMATOES, RICOTTA CHEESE AT 135/-</i>	
<i>ZUCCHINI, SPINACH, AVOCADO, CHERRY TOMATOES AT 135/-</i>	
<i>BACON, POACHED EGGS, TOMATOES, SPRING ONIONS AT 155/-</i>	



# Breakfast

## EGGS BENEDICT

SAUTÉED SPINACH & HOLLANDAISE	275
BEAN JALAPENO MASH WITH CHILLI HOLLANDAISE	275
AVOCADO MASH WITH PEPPER HOLLANDAISE	295
CHICKEN, JALAPENOS & GARLIC HOLLANDAISE	325
HAM & HOLLANDAISE	325
CHORIZO & HOLLANDAISE	325
SMOKED SALMON WITH DILL HOLLANDAISE	485

## SCRAMBLED EGGS

*ALL SCRAMBLED EGGS ARE SERVED WITH POTATOES, GRILLED TOMATOES,  
AND TOAST, WITH A WIDE SELECTION OF BREADS TO CHOOSE FROM*

CLASSIC SCRAMBLED EGGS	180
ADD CHEESE AT 20/-	
ADD FETA & SPINACH AT 45/-	
ADD CHERRY TOMATOES, PARMESAN & BASIL AT 45/-	
ADD CREAM CHEESE & AVOCADO AT 75/-	

## OMELETTES

*ALL SCRAMBLED EGGS ARE SERVED WITH POTATOES, GRILLED TOMATOES,  
AND TOAST, WITH A WIDE SELECTION OF BREADS TO CHOOSE FROM*

ROASTED VEGETABLE OMELETTE	215
CHEESE OMELETTE	215
MASALA OMELETTE	215
MUSHROOM AND LEEK OMELETTE	220
SPINACH AND CHEESE OMELETTE	220
HAM AND CHEESE OMELETTE	255
CHICKEN AND CAPER OMELETTE	255
SPRING ONION AND BACON OMELETTE	255

## FRITTATAS

KALE AND GOAT CHEESE	315
SPINACH, PEPPER & FETA	315
MUSHROOM, ASPARAGUS & RICOTTA	315

## BREAKFAST SIDES

BAKED BEANS	215
BACON	255
HAM	255
SAUSAGES (PORK/CHICKEN)	255

# Breakfast

## WAFFLES

CHOCOLATE SYRUP, HONEY OR FRUIT COMPOTE	135
PEANUT BUTTER, BANANA & CHOCOLATE SAUCE	270
APPLES, CARAMELISED WALNUTS & CARAMEL SAUCE	270

## PANCAKES

CHOCOLATE SYRUP w/ HONEY OR FRUIT COMPOTE	155
BLUEBERRIES & LEMON MINT SYRUP	310
NUTELLA & PEANUT-CASHEW BRITTLE	310

## FRESH TOASTS

CHOCOLATE SYRUP, HONEY OR FRUIT COMPOTE	155
BANANAS, CREAM CHEESE & CINNAMON HONEY	310
CREAM CHEESE, BLUEBERRIES & LEMON CURD	310

## BREAKFAST SANDWICHES

SAUSAGE EGG & CHEESE IN AN ENGLISH MUFFIN	320
HAM & EGG IN A BRIOCHE	320
PULLED PORK WITH FRIED EGG IN A BURGER BUN	365



# Sandwiches

## VEGETARIAN SANDWICHES

BALSAMIC GRILLED VEGETABLE AND FETA CHEESE <i>SERVED IN A PANINI</i>	280
ROASTED BELL PEPPERS, ARUGULA & GOAT CHEESE <i>SERVED IN A BROWN BAGUETTE</i>	280
TOMATO MOZZARELLA <i>SERVED IN FOCACCIA</i>	280
PITA POCKETS WITH GREEK SALAD	280
TOFU WITH JALAPENOS & BELL PEPPERS <i>SERVED IN A BROWN BAGUETTE</i>	280
CLUB SANDWICH WITH TOMATO, CUCUMBER & GRILLED VEGETABLES <i>SERVED IN WHITE BREAD</i>	305
GRILLED HUMMUS WITH SAUTÉED ONIONS, TOMATOES, ARUGULA AND MOZZARELLA	305
GRILLED CHEESE <i>SERVED IN WHITE BREAD</i>	305

## NON-VEGETARIAN SANDWICHES

CRISPY CHICKEN <i>SERVED IN A MULTIGRAIN BAGUETTE</i>	330
CHICKEN RUCOLA AND GOAT CHEESE <i>SERVED IN A BROWN BAGUETTE</i>	330
SPICY BBQ CHICKEN WITH FETA CHEESE <i>SERVED IN A PANINI</i>	330
GRILLED CHICKEN JALAPENO SANDWICH <i>SERVED IN MULTIGRAIN BREAD</i>	330
CHICKEN CLUB SANDWICH WITH FRIED EGG <i>SERVED IN A BROWN BAGUETTE</i>	330
STEAK SANDWICH WITH ROASTED ONION, RUCOLA, TOMATOES AND MUSTARD <i>SERVED IN A BROWN BAGUETTE</i>	395
SHREDDED BEEF WITH ESPRESSO MAYONNAISE <i>SERVED IN A BAGUETTE</i>	395
A CLASSIC BLT <i>SERVED IN WHITE BREAD</i>	395
CROQUE-MONSIEUR	395
HAM AND CHEESE <i>SERVED IN WHITE BREAD</i>	395
OPEN SANDWICH WITH BACON, ARUGULA w/ A FRIED OR POACHED EGG	395





## *Soups*

### VEGETARIAN SOUPS

MUSHROOM CAPPUCINO	280
MINISTRONE WITH BASIL PESTO	280
ROASTED GARLIC SOUP	280
ASPARAGUS SOUP WITH CITRUS.	315
ROAST PUMPKIN AND GOAT CHEESE	315

### NON-VEGETARIAN SOUPS

HERBED CHICKEN AND PEA SOUP	310
POTATO BACON AND LEEK SOUP	335
LAMB BROTH SOUP	335
SEAFOOD AND SAFFRON CHOWDER	365

## *Quiches*

### VEGETARIAN QUICHES

MUSHROOM AND LEEK	335
SPINACH AND GOAT CHEESE	335
CARAMELIZED ONION, CHERRY TOMATO AND FETA	335

### NON-VEGETARIAN QUICHES

CHICKEN & ROASTED ONION	365
QUICHE LORRAINE	365
CHICKEN SAUSAGE & BROCCOLI	365



## Salads

### VEGETARIAN SALADS

WATERMELON AND FETA CHEESE SALAD	385
WARM POTATOES SALAD	385
RUCOLA SALAD WITH APPLES, BLUE CHEESE, CANDIED WALNUTS <i>BALSAMIC DRESSING</i>	385
MIX GREEN SALAD WITH SUNDRIED TOMATO, OLIVES & GHERKINS	385
GREEK SALAD	385
QUINOA SALAD	425
<i>THINLY SLICED RADISHES, BLUE BERRIES, ALMONDS, OLIVES &amp; FETA</i>	
ROASTED VEGETABLE SALAD	425

### NON-VEGETARIAN SALADS

BALSAMIC CHICKEN SALAD	445
<i>RUCOLA, RED ONION, TOMATOES &amp; FETA</i>	
WARM CHICKEN SALAD	445
CITRUS CHICKEN SALAD	445
<i>ORANGES, BELL PEPPERS &amp; AVOCADO</i>	
CAESAR SALAD	455
<i>ROMAINE WITH ANCHOVY DRESSING SERVED WITH CROUTONS AND PARMESAN CHEESE</i>	
SEARED STEAK SALAD	465
<i>ROASTED BELL PEPPERS, RUCOLA, OLIVES &amp; PARMESAN</i>	
ROMAINE, BACON & POACHED EGG SALAD	485
SEAFOOD SALAD	495
SMOKED SALMON SALAD	830
<i>JULIENNED RED ONION, RADISHES, CUCUMBER, CAPERS WITH RUCOLA</i>	



## Bar Snacks

### VEGETARIAN

POLENTA CRISPS WITH TOMATO CHUTNEY	280
VEGETABLE AND CHEESE CROQUETTES	280
KALE AND BEETROOT HUMMUS WITH PITA	305
GARLIC MUSHROOMS	315
TRIO DIPS WITH PITA AND LAVASH	315
SPINACH AND GOAT CHEESE TARTLETS	315
TOMATO AND MOZZARELLA BRUSCHETTA	315
GRANOLA BHEL	325
QUINOA CHAT	325
SPICED CHICKPEA AND NUT MIX	325
MINI OATS AND VEG BURGERS	335

### NON-VEGETARIAN

MINI CHICKEN BURGER	445
MINI BEEF BURGER	445
BEEF MEATBALLS AND SAUCE	445
BBQ TOSSED SAUSAGE WITH BROCCOLI AND POTATOES	445
BEEF PAPRIKA	455
PULLED PORK CROQUETTES	455
SALT AND PEPPER SQUID	475
SPICY CHICKEN WINGS	475
STIR FRIED CHICKEN WITH BALSAMIC GLAZE	475
GARLIC CHICKEN	475
PRAWNS WITH LEMON GARLIC BUTTER	515
JALAPEÑO PARSLEY PRAWNS	515
TEMPURA PRAWNS	515





## *Pizza*

### VEGETARIAN

CLASSIC MARGHERITA	425
MUSHROOM, ROAST ONION AND MASCARPONE PIZZA	425
GRILLED PEPPER AND FETA CHEESE WITH BASIL PESTO	425
SUNDRIED TOMATO PESTO WITH ZUCCHINI AND BELL PEPPERS	425
FOUR CHEESE AND BASIL AND SUNDRIED TOMATO	475

### NON-VEGETARIAN

PESTO CHICKEN AND BELL PEPPER PIZZA	475
BBQ CHICKEN PIZZA	475
BACON JALAPENO SAUSAGE	515
PEPPERONI PIZZA	555
SEAFOOD PIZZA	555



## Pasta

### VEGETARIAN

PASTA TOSSED WITH A SPICY FRESH TOMATO SAUCE	445
PASTA TOSSED IN A CREAMY PARMESAN SAUCE	445
PASTA TOSSED IN PINK SAUCE	445
PASTA AGLIO OLIO	445
<i>(PASTA TOSSED IN GARLIC, CHILLI FLAKES, PARSLEY AND PARMESAN CHEESE)</i>	445
PASTA WITH SUNDRIED TOMATO PESTO	445
GNOCCHI WITH SAUTÉED VEGETABLES AND SAGE BUTTER	445
SPAGHETTI WITH PESTO	445
MAC AND CHEESE	445
BALSAMIC MUSHROOM RISOTTO	455
RED CHILLI PESTO RISOTTO	455
PESTO AND GOAT CHEESE RISOTTO	455
WHITE WINE RISOTTO WITH SUNDRIED TOMATOES	455
RICOTTA & GOAT CHEESE RAVIOLI WITH BROWN BUTTER & SAGE SAUCE	475
SUNDRIED TOMATO OLIVE AND FETA CHEESE TORTELLINI	475

### NON-VEGETARIAN

GARLIC CHICKEN AND ASPARAGUS RISOTTO	525
BOLOGNESE	525
BACON AND SUNDRIED TOMATO RISOTTO	545
PASTA CARBONARA, PASTA IN A CREAM & EGG SAUCE WITH BACON	545
SAFFRON AND SEAFOOD RISOTTO WITH PRAWNS, FISH AND SQUID	585
SEAFOOD PASTA	590
PRAWN, ASPARAGUS AND CHILLI RISOTTO	590
SPAGHETTI WITH PRAWNS IN A WHITE WINE SAUCE	595
SMOKED SALMON & CREAM CHEESE TORTELLINI	775



## Main Course

### VEGETARIAN

RATATOUILLE	455
SPINACH AND CORN CREPES	455
ROAST VEGETABLE CRUMBLE WITH GARLIC BREAD	455
TOFU TOSSED CARROTS, BEANS AND MUSHROOMS	455
VEGETABLE SHEPHERD'S PIE	455
CREAMY POLENTA WITH MUSHROOM AND GREEN PEA RAGOUT	475
SPINACH, MUSHROOM AND GOAT CHEESE CANNELLONI	475

### NON-VEGETARIAN

PAN SEARED FISH WITH A PEPPERY CAULIFLOWER MASH, SAUTÉED BEANS <i>A LEMON, CAPER PARSLEY SAUCE / WHITE WINE SAUCE</i>	
CLASSIC BRITISH FISH AND CHIPS	
FISH-EN-PAPILLOTE	
CHILLI AND FENNEL-ENCRUSTED FISH WITH OLIVES <i>BABY POTATOES &amp; ORANGE SAUCE</i>	

#### IN YOUR CHOICE OF FISH

BASA - 515
SNAPPER - 695
SALMON - 885

## Main Course

### NON-VEGETARIAN

GRILLED CHICKEN BREAST <i>SPICY CARAMEL OR ARRABBIATA SAUCE &amp; ROASTED VEGETABLES</i>	545
ROAST CHICKEN WITH CAULIFLOWER MASH AND SAUTÉED VEGETABLES	595
CHICKEN ROULADE <i>ASPARAGUS AND CHERRY TOMATO SALAD</i>	545
LEMON PEPPER CHICKEN WITH QUINOA SALAD AND ASPARAGUS	545
WHITE WINE CHICKEN STEW	545
SPICE RUBBED STEAK <i>MASHED POTATOES AND SAUTÉED GREENS</i>	595
PEPPER STEAK WITH ASPARAGUS <i>RUCOLA &amp; CHERRY TOMATO SALAD &amp; HOLLANDAISE</i>	595
BEEF STEW	595
PORK STEAK STUFFED WITH FETA AND RAISINS <i>KALE MASH AND SPINACH</i>	595
PORK BELLY WITH A SPICED PLUM SAUCE <i>CORN AND LEEK MASH &amp; ASPARAGUS</i>	595
GORGONZOLA STUFFED BEEF STEAK WITH COUSCOUS SALAD	625
BEEF RIBS WITH CAULIFLOWER MASH AND RED WINE SAUCE	625
5 SPICE PORK SPARE RIBS WITH CREAMY BEETROOT MASH	625
BBQ PRAWNS WITH CREAMED MASH POTATO	675
PRAWN AND LEEK GRATIN WITH GARLIC BREAD	675
LAMB BOURGUIGNON	675
LAMB SHEPHERD'S PIE	675



## Desserts

CRÈME BRULEE	210
CARAMEL PANACOTTA WITH GINGER BREAD	225
VANILLA PANACOTTA WITH SEASONAL FRESH FRUITS	225
HOT CHOCOLATE (CLASSIC, ROSE, ORANGE, SPICED)	225
CHOCOLATE FONDANT WITH VANILLA ICE CREAM	245
DARK CHOCOLATE MOUSSE WITH ORANGE CARAMEL FILLING	275
<i>CREAMY ORANGE SAUCE</i>	
CREPE SUZETTE	295
CHOCOLATE TERRINE SERVED WITH SALTED CARAMEL CREAM	335





## Beverages

### COFFEE

AMERICANO	150
ESPRESSO	150
CAPPUCINO	155
CAFE LATTE	155
CAFE ORANGE	160
MEXICAN MAGIC	160
CAFE MOCHA	170

### ARTISANAL COFFEE

MYSORE NUGGET	155
THOGARIHUNKAL ESTATE	155
BYNEMARA ESTATE	155
PEA BERRY	155
PLANTATION	155

*OPT FOR FRENCH PRESS, V60 POUROVER OR COLD BREW*

### COLD COFFEE

MOCHA LATTE	175
FLAVOURED MOCHA LATTE	185
CARAMEL COFFEE	185
VIETNAMESE COFFEE	190



## Beverages

### GREEN TEA

JASMINE	155
SENCHA	155
LEMONGRASS GINGER	155
MOROCCAN MINT	155
CHAMOMILE	155

### BLACK TEA

EARL GREY	155
ENGLISH BREAKFAST	155
DARJEELING FIRST BLUSH	155
MASALA CHAI	155
CEYLON BLACK	155
CHAI LATTE	155

### ICED TEA

CLASSIC LEMON	155
BOSTON	165
GINGER LEMON	165
APPLE	165
VIETNAMESE	175

### REFRESHERS

FLAVOURED LEMONADES <i>(CRANBERRY, MINT, BASIL, CUCUMBER, CHILLI)</i>	155
SNOW LEMONADE	155
FROSTED	155
MELON BREEZER	165
COOL CUCUMBER	165
GINGER JOLT	165
HONEY TWIST	175