

FLANNERY'S

ORGANIC & WHOLEFOOD MARKET

We are a passionate bunch of foodies who love nothing more than a nourishing meal.

Eating wholefoods – grown in the earth & touched by the sun. We select the best fruit & veg to make nourishing goodness for you & your family.

Everything on our menu can be made Gluten Free & if you have any dietary requirements, please let us know.

We are more than happy to help.

We support our local farmers, whom work with sustainable & environmental practices.

+
our food is made with love.

Free wifi available - just ask our team.

 keep in touch with us on
instagram @flannerysorganic



BREAD OPTIONS

Your choice of sourdough, fruit & nut, gluten free or paleo.

Your choice - at no extra charge

LITTLE FOODIES

[All day]

TOAST + TOPPING



5

Your choice of bread with jam, nut butter, Bush honey or *Everymite* spread.

EGG ON TOAST

Poached, scrambled or fried - your choice!

MINI MUESLI

Gluten free blend of puffed rice, nuts, dried fruit & seeds all topped with a little yoghurt.

CHEESE TOASTIE

Tasty cheddar cheese on your choice of bread.

BURGER FUEL

Juicy burger filled with Certified Organic chicken, beef or veggies

BANANA OR STRAWBERRY SMOOTHIE

Fresh fruit blended with your choice of milk.

BREAKFAST

[All day]

HOUSE MUESLI

9

Our Gluten free blend of macadamia nuts, seeds, puffed ancient grains and dried fruit. Topped with fresh fruit & yoghurt / *COYO* coconut yoghurt

ACAI GOODNESS



16

Acai Flow blended acai topped with seasonal fruit & yoghurt / coconut yoghurt. [contains guarana]
Prefer a smaller serve? Small: \$8 / Medium \$12

TOAST - YOUR CHOICE



8

2 slices of sourdough, fruit & nut, gluten free or paleo. Served straight up with butter, jam, bush honey, nut butter or *Everymite* spread.

EGGS ON TOAST

14

2 free range eggs [poached or fried] on your choice of toast. Served with wilted greens & pepita pesto.
+ nitrate free bacon / \$5
+ avo / \$3
+ extra egg / \$3

SMASHED AVO



14

Your choice of toast with creamy avocado & topped with feta or vegan cheese.

FRENCH TOAST

14

Freshly made, we serve this one with maple syrup, seasonal berries, chia seeds & *COYO* Coconut yoghurt.

SCRAMBLED TOFU



14

Served with home-made beans, mushrooms & sauerkraut on toast.

OMELETTE

14

3 free range egg omelette, filled with goodness on your choice of toast.
9 Choose 3 fillings: Cheddar cheese, tomato, onions, nitrate free ham, avocado, spinach.

BACON & EGGS

16

3 The classic - nitrate free bacon served with your choice of poached, scrambled or fried eggs (2) on toast. Tomato salsa on the side.

LUNCH

[All day]

NOURISHING BROTH

5

Good for the soul & the gut. Choose from:
Miso based with shitake & seaweed OR;
Best of the Bone Broth grass-fed bone broth with turmeric & ginger

THE BURGER

15

Sweet potato & chickpea pattie
or;
17 Certified Organic Grass fed free range chicken breast
or;
17 Certified Organic Grass fed free range beef
- all burgers come with fresh organic beetroot, lettuce, tomato, aioli, BBQ sauce and a side of organic corn chips

CURRY OF THE DAY



14

Nourishing plant based bowl of curry, served with rice.

VEGAN NACHOS



15

Crunchy organic corn chips served with a delicious bean mix, fresh salsa & topped with vegan cheese.

GRASS-FED BEEF NACHOS

15

Salty Certified Organic pulled beef & spiced beans, served over crunchy organic corn chips, fresh salsa & cheese.

FUNDIES BIG BOWL



17

Nutritious bowl of basmati rice, spiced beans, sweet potato, wilted greens, beetroot, avocado, tomato, shitake & topped with **Peace Love & Vegetables** sauerkraut, toasted seeds, nori & sprouts.
- Topped with your choice of eggs, mushrooms, scrambled tofu, smoked salmon, Certified Organic free range chicken or pulled beef.

THE ALL IMPORTANT SIDES:

Eggs / avocado / homemade beans / mushrooms / Sauerkraut 3

Scrambled Tofu / Toast (2 slices) 4

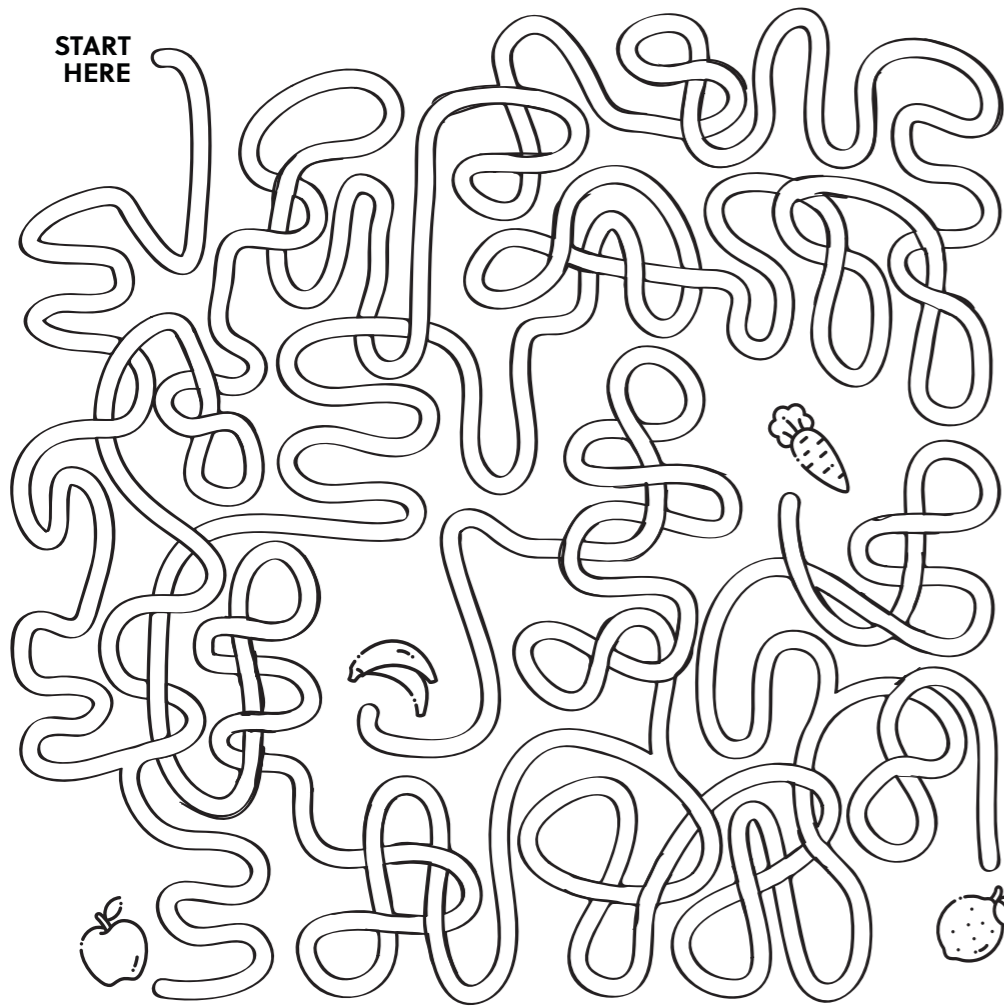
Smoked Salmon 5

Nitrate Free Bacon 6

DIETARY KEY: Vegan All our meals can be made Gluten Free.

Let us know if you have dietary or allergy requirements...we're only too happy to help!

START
HERE



FIND YOUR WAY
TO THE CERTIFIED
ORGANIC FRUITS
& VEGETABLES

EAT
Your
GREENS &
Fill up on the
GOOD
STUFF

NO EXTRA
FOR MILK
OPTIONS

U	P	E	P	P	E	R	B
C	U	C	U	M	B	E	R
A	M	E	O	Z	E	T	O
U	P	L	R	R	A	O	C
L	K	E	F	X	N	M	C
I	I	R	C	I	Q	A	O
F	N	Y	O	W	B	T	L
L	K	N	Z	B	H	O	I
O	J	C	A	R	R	O	T
W	U	G	T	O	Z	U	Q
E	E	Z	C	H	I	L	I
R	A	D	I	S	H	W	A

FIND THE FRUIT & VEGETABLES



100% Australian
Organic Milk

WE'RE PROUD TO USE
BARAMBAH ORGANIC MILK

Locally produced from their own QLD farms,
Barambah ensures every aspect of their farming
practice is as close to nature as possible.

From organic grain and grassy pastures, the milk
produced is of the highest organic quality & taste.

The taste: a delicious rich, creamy flavour,
the way milk should taste.

BARAMBAH CERTIFIED ORGANIC MILK

Full cream, skim & lactose free

MILK ALTERNATIVES

BONSOY Soy & almond, coconut,
rice & oat

ORGANIC JUICES

GREENS

Organic spinach, celery, cucumber, parsley & lemon.

MARTHA

Organic orange, carrot, pineapple, apple & lemon.

GIVEN

Organic beetroot, cucumber, carrot, apple, ginger & lemon

LEMONADE

Organic coconut water, lemon & a dash of maple syrup.

CREATE YOUR OWN - Up to 4 ingredients
Watermelon, apple, mint, pineapple, orange,
carrot, celery, cucumber, kale, spinach, ginger,
beetroot, cayenne, lemon, coconut water.

PLANT BASED SMOOTHIES

MANGO MADNESS

Organic mango, banana, passionfruit, coconut & turmeric.

BERRYLICIOUS

Organic watermelon, mixed berries,
pomegranate, beetroot powder & coconut water.

BLUE MOUNTAINS

Organic banana, blueberries, chia,
coconut & blue spirulina.

CHOC ALMOND DECADENCE

Organic raw cacao, cacao nibs,
banana, almond butter & dates.

KETO BLAST

Organic raw cacao, blueberries, peanut butter,
avocado & protein powder

GREEN POWER

Organic kale, spinach, cucumber, spirulina, banana & dates.

ALL MADE WITH YOUR CHOICE OF MILK
OR COCONUT WATER. ADD ME:

Vegan or Whey protein powder / Spirulina / Raw Cacao
Maca Powder / Chia / Reishi or Chaga mushroom powder

9 **ORGANIC FAIR
TRADE COFFEE** _____ small 4 mug 5

Flat white, cappuccino, piccolo, latte, mocha

Espresso, long black, macchiato, ristretto.
All available on decaf - at no extra charge. 3

PLUS - if you BYO your own cup,
we'll give you 50 cents off your order

HEART WARMERS _____ small 4 mug 5

ORGANIC HOT CHOC

Velvety smooth cacao hot chocolate with your choice of milk.

DANDYCHINO

A caffeine-free, delicately spiced latte made with
dandelion root to sooth your stomach any time of day.
Or try a dandelion soy latte (LSD) with Soy Milk!

SPICY CHAI

Spicy chai mix with hints of ginger & citrus.

MATCHA HEAVEN

Matcha green tea powder sweetened with a little raw
honey and coconut milk.

BETROOT POWER

A blend of beetroot, vanilla bean and cacao powder,
alongside a dash of coconut sugar to maximise satisfaction.

MUSHROOM MAGIC

Choose your medicinal mushroom from:
Chaga / for an energy & immune boost or;
Reishi / calm the mind & nervous system + immune boost

TEA _____ 4 / Pot for 2 6

English breakfast, earl grey, peppermint,
chamomile, green, lemongrass, rooibos,
hibiscus, nettle, passionflower & yerba mate.
Ask us about our decaf options.

ALL BEVERAGES CAN BE MADE ON YOUR CHOICE OF MILK...FREE OF CHARGE. JUST ASK.

Let us know if you have dietary or allergy requirements...we're only too happy to help!