

Flow

a state of mind






Breakfast Is Available All Day.
All Other Dishes Are Available From 11am

ALL DAY




Eggs Any Style       **25**
Choice Of Plain Omelette, Scrambled Or Sunny Side Up

Vegetable Omelette        **20**
Choice Of Egg White Or Whole Hen's Egg
With Herb Dressing

Eggs Arlington     **Small 35 A Little Extra 55**
Hen's Egg, Whole Wheat English Muffin,
Smoked Salmon, Avocado, Paprika, Yoghurt Hollandaise

Eggs Benedict    **Small 35 A Little Extra 55**
Hen's Egg, Whole Wheat Croissant, Turkey Ham,
Beetroot Purée, Sautéed Spinach, Yoghurt Hollandaise

Flow Keto Breakfast    **64**
California Avocado, Scrambled Eggs, Smoked Salmon,
Halloumi Cheese, Heirloom Tomato, Sautéed Spinach

Flow Vegan Breakfast      **64**
Scrambled Tofu, Vegan Sausage, Grilled Portobello
Mushrooms, Balsamic Glazed Heirloom Cherry Tomatoes,
Mexican Baked Beans, Guacamole, Kale And Spinach,
Whole Wheat Flat Bread Crisps




FLOW OATS & GRANOLA

Go Bespoke And Build Your Own Oats And Granola
With The Choices Below

Rolled Oats      **10**

Granola      **25**
Ask Your Waiter For The Available Granolas Of The Day







Sliced Banana, Chia Seeds, Sunflower Seeds, **+2 Each**
Flax Seeds, Sliced Green Apple, Desiccated Coconut

Walnuts  , Pumpkin Seeds, Golden Raisins, Honey, **+5 Each**
Homemade Peanut Butter  , Almond Flakes  ,
Dates, Low Fat Yoghurt

Seasonal Berries, Cocoa Nibs, Maple Syrup, **+10 Each**
Goji Berries, Homemade Almond Butter



CHEF'S RECOMMENDATION

 **Vegan Eggplant Shakshuka**      **40**
With Black Salted Tofu Served With Whole Wheat
Flat Bread, Fresh Coriander, Toasted Mustard Seeds
And Crispy Chickpeas

 **Shakshuka**     **30** **Extra Egg 40**
Spinach, Kalamata Olives, Salted Ricotta,
Harissa Yoghurt, Coriander Crisps,
Whole Wheat Flat Bread

 **Flow Big Breakfast**      **64**
Sliced Avocado, 2 Poached Eggs, Smoked Salmon,
Halloumi Cheese, Heirloom Tomato, Brown Toast



GRANOLA






 **House Muesli Mix**   **35**
With Honey Yoghurt, Wild Blueberry Jam And
Oat Clusters

 **Gingerbread Granola**   **45**
With Greek Yoghurt, Fresh Peach, Maple Roasted
Pecans, Goji Berries & Toasted Coconut Chips

OATS

 **Peanut Butter & Banana**     **12**
With Choice Of Milk

 **Blue My Berry Oats**     **35**
Rolled Oats With Your Choice Of Milk, Cinnamon,
Vanilla, Maple Syrup, Blueberry Purée Topped
With Blueberries, Seasonal Berries And
Toasted Pecan Nuts

 **Oatmeal Berry No-Bake-Crumble**     **32**
Oats, Seasonal Berries, Almond Mylk,
Granola Mix, Maple Syrup, Chia Seeds





AÇAÍ BOWLS

Available Until 11am

Nutty Buddy Bowl

Açaí Bowl Topped With House Granola, Peanut Butter, Coconut, Cacao Nibs, Banana, Chia Seeds, Goji Berries

45



Fruity Açaí Bowl

Açaí Bowl Topped With House Granola, Strawberry, Blueberry, Banana, Pomegranate, Chia Seeds, Desiccated Coconut

42



TOAST

Go Bespoke And Build Your Own Breakfast With The Choices Below

Granary Bloomer Or Secret Seeded Brown Toast   +5

Glutenfree Toast   or Ciabatta  10

Slow-Cooked Tomato, Akawi Cheese, +5 Each

House Dukkha  , Homemade Peanut Butter  , Low-Fat Cream Cheese, Jam Of The Day, Spinach

Hens' Egg Any Style, Turkey Ham, Grilled Mushrooms, +10 Each

Sliced Avocado, Kale, House Guacamole, Ricotta, Feta Cheese

Grilled Halloumi, Goat's Cheese, Smoked Salmon, +15 Each

Beef Bresaola

Smoked Salmon And Scrambled Eggs... Oh 48

And Avocado!  

Scottish Smoked Salmon, Scrambled Eggs, Crushed Avocado, Glazed Balsamic Cherry Tomatoes On Toasted Ciabatta Drizzled With Lemon Sour Cream And Pomegranate Seeds

Avo on Toast   25

Sliced, Smashed Or Guac On Toast Served With A Poached Egg

 Smashed Avocado Bruschetta   42 Extra Egg 52

Granary Bloomer, Poached Egg, Organic Ricotta Cheese Served With Choice Of Beef Bresaola or Smoked Salmon or Turkey Ham



SMOOTHIE BOWLS

Available Until 11am

Black Cacao Bowl     36

Charcoal Chocolate Banana Bowl Topped With House Granola, Banana, Blueberries, Cacao Nibs, Roasted Peanuts, Desiccated Coconut

Green Power Bowl      36

Avocado Bowl Topped With Kiwi, Blueberries, Pumpkin Seeds, Chia Seeds, Almond Flakes, Desiccated Coconut

Add Ons

Moringa powder 10 Detox protein 10
Whey protein 10 Vegan protein 10



FLOW STARTERS

Soup Of The Day      15 With Toast 20

Edamame        15

Maldon Rock Salt Or Garlic Chilli

Cumin Sweet Potato Wedges    15

Harissa Yoghurt

 Guacamole With 30 A Little Extra 45

House Dukkha  

Whole Wheat Flatbread Crisps

 Spanish A La Parrilla Vegetables    30

Seasonal Grilled Vegetables With Mozzarella, Sundried Tomatoes And Olives Tossed In Tuscan Pesto Dressing



SLIDERS

 Halloumi, Butternut Squash 30 Extra Slider 55

And Mushroom Slider    

Charcoal Bun, Chilli Jam, Cumin Sweet Potato Wedges

Teriyaki Beef Slider    34 Extra Slider 59

Carrot Bun, Asian Slaw, Peanut Lime Mayonnaise, Cumin Sweet Potato Wedges

Grilled Lemon Pepper 33 Extra Slider 58

Chicken Slider  

Beetroot Bun, Baby Gem, Cherry Tomato, California Avocado And Cucumber Relish, Cumin Sweet Potato Wedges

Sliders, Three Ways    82













Oregano Mayonnaise, Cumin Sweet Potato Wedges



SALADS, SANDWICHES AND SUSHI

Ask Your Waiter About The Daily Selection Of Fresh Salads, Sandwiches, And Sushi Available At Our Counter.

WHEN IT COMES TO FOOD TOLERANCE, KNOWLEDGE IS POWER

 Chef recommendation  Vegetarian  Nuts  Diabetic Friendly  Paleo Friendly  Gluten-Free  Diary Free
 Vegan  Egg  Shellfish  Fish  Soy  Keto

Please be advised that food prepared here may contain or have come in to contact with nuts, fish, eggs, keto, milk or gluten. Therefore, if you have a food allergy or a special dietary requirement please inform a member of staff prior to placing your order. All prices are in UAE Dirhams and inclusive of 10% service charge & 5% VAT.



CEVICHE

Thai Kaffir Lime 🌿🍋🌶️🥑🍷
Raw Salmon Ceviche With Kaffir
Ginger Dressing, Red Onion, Capsicum,
Coriander, Mint, Basil, Lime Wedge

Starter **36** Main **62**

Peruvian Passionfruit 🌿🍋🌶️🥑🍷
Raw Salmon Ceviche With Peruvian Passionfruit
Dressing, Avocado, Charred Corn, Capsicum,
Red Chilli, Maiz Morado Corn & Zested Orange

Starter **42** Main **68**

FLOW GOURMET PLATES

Seafood Machboos 🌿🍷🥑🍷
Pomegranate, Za'atar Salsa Verde
With Seabream
With Seabass

Small **52** Large **90**
Small **56** Large **95**

Mexican Burrito Bowl 🌿🌶️
Mexican Rice With Black Beans, Chunky Tomato Corn Salsa,
Guacamole, Sauteed Peppers And Onion, Lime Zested Yoghurt
And Pickled Jalapeño
Grilled Chicken **70**
Grilled Steak **80**
Prawns **85**
Vegetarian **55**

Baked Cashew Crusted Salmon 🌿🍷🥑🍷
Spiralised Zucchini, Coconut Curry, Coriander
Small **52** Large **85**

Vegan King Oyster Scallops 🌿🌶️🥑🍷
Seared King Oyster Scallops, Buckwheat Risotto
With Herb Sauce, Sundried Tomato Purée And Cresses
Small **48** Large **86**

**Seabream With Citrus
Ladolemono Dressing** 🌿🍷🥑🍷
Served With Fennel Purée, Prawns And Heirloom Tomatoes
With Seabass
Small **52** Large **90**



DESSERTS

Freshly Baked Guilt-Free Cakes,
Muffins, Cookies And More

Ask Your Waiter About The Daily Selection



OUR COFFEE PROMISE

Our coffee is our pride and passion. This is why we have partnered with Dubai based speciality coffee roasters so we can provide you with premium, small batched coffees that have been ethically sourced from across the globe, bringing you the best taste possible. Ask us about our limited editions beans.

COFFEE AND TEA

Short

Single Espresso	15
Double Espresso	17
Single Espresso Macchiato	17
Double Espresso Macchiato	19
Piccolo	18
Babyccino	5

Long	8oz	12oz
Americano	17	19
Caffè Latte	18	20
Date Latte	23	25
Cappuccino	18	20
Flat White	18	20
Mochaccino	21	23
Iced Latte	18	20
+ Date Syrup		+5
+ Extra Shot		+5

Brewed Coffee

V60	25
Aeropress	25
Chemex	25

Tap Coffee

Nitro	25
Cold Brew	25



Loose Leaf Tea

Assam Breakfast	18
Earl Grey	18
Organic And Fairtrade Gunpowder Green	18
Peppermint	18
Jasmine Pearls	18
White Peony	18
Chamomile	18

Homemade Herbal Tea

Lemon Ginger Tea	18
Turmeric Lemon Tea	22

Hot Drinks

	8oz	12oz
Chai Latte	20	22
Turmeric Latte	18	20
Hot Chocolate	22	24
Matcha Latte	20	22

Special Mylk

Almond | Soy | Rice | Coconut | Camel | Oat

JUICES

Please Ask Your Waiter About The Available Selection Of Fresh Juices And Organic Cold Pressed Juices

FLOW'S FRESH HEALTHY SMOOTHIES

Smoothie Of The Day	26
Banana Blind Date Date, Banana, Almond Mylk, Oats	26
Superfood Smoothie Mixed Berry, Chia Seeds, Beetroot, Coconut Mylk	26
Detox Smoothie Lemon, Mint, Spinach, Avocado	26
Açai My Berry Açai, Mixed Berries, Rice Mylk, Yoghurt, Flax Seeds	26
Peanut Butter Cup Homemade Peanut Butter, Banana, Soy Mylk, Oats	28

Add To Your Smoothie

Vegan Superfood Blend Pea And Brown Rice Protein, Japanese Mushroom, Bilberry, Camu Camu, Açai	10
Green Detox Shot Spirulina, Chlorella, Kelp, Wheatgrass, Match	10
Whey Protein Muscle Mix Whey Isolate, Coconut Mineral, Magnesium, Rhodoila Root, Pink Himalayan Salt	10

FLOW TO GO

Single Origins Speciality Coffee Beans 250 grams
Keep Cup
Keep Water Bottle



KOMBUCHA

30

Please Ask Your Waiter For Available Flavours

COAQUA COCONUT WATER

18

WATER AND CARBONATED WATER

Mai Dubai	330 ml	10
Can'o Water Still or Sparkling		10
San Pellegrino	250 ml	12
Carafe Still or Sparkling Filtered Water - Free Refill		15

NAI ICED TEAS

85		
45	Ginger Green Tea, Apple	25
54	Jasmine White Tea, Peach, Mango Hibiscus Flower Tea, Pomegranate, Rose Water, Grape, Apple	25
	Lemon, Mint Tea, Pear, Monk Fruit	25

We are the here, the now and the next.
 We are healthy of body and energized of mind.
 We create food that fuels the future.
 We are committed to caring for the environment.
 Our menu is organic and locally sourced wherever possible.
 Our packaging is 100% compostable and we are working with our suppliers to help them become plastic free too.
 We will reward you for bringing your own reusables.
 We proudly serve house-filtered water.



We are Flow, a state of kind

Flow
a state of mind



get healthy with flow

vegan & balanced meal plans delivered to your desk or door
price starting from

5 day trial	3 meals per day	AED 449
7 day trial	3 meals per day	AED 649
22 day plan	3 meals per day	AED 1849
30 day plan	3 meals per day	AED 2399



CLICK HERE TO KNOW MORE



Refer & save

Refer a friend and get 5 days extra on your next 22 or 30 day plan with a saving of up to AED 449!