

# Flow

a state of mind



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

## ALL DAY

### Eggs Any Style <sup>E, V, GF, LF</sup>

Choice Of Plain Omelette, Scrambled Or Sunny Side Up

30

### Vegetable Omelette <sup>E, V, GF, LF</sup>

Choice Of Egg White Or Whole Hen's Egg With Herb Dressing

30

### Shakshuka <sup>E, D, V, S</sup>

Spinach, Kalamata Olives, Salted Ricotta, Harissa Yoghurt, Coriander Crisps,  
Whole Wheat Flat Bread

Small 34

Extra Egg 46

### Fūl <sup>V, E, S, D</sup>

Signature Mashed Foul, Feta Cheese, Flatbread

35

Add on

2 Poached Eggs

9

4 Pcs Ube Falafel

12

### Eggs Baladi <sup>D, E, N</sup>

2 Poached Eggs, Skillet Veal Sausages & Peppers, Fermented Yoghurt, Paprika Oil, Herb Oil, Granary Bread

55

### Eggs Arlington <sup>E, D, SE, R</sup>

Hen's Egg, Activated Charcoal Waffle, Smoked Salmon, Avo Rose, Avodaise, Sesame Seeds

Small 42

A Little Extra 62

### Eggs Benedict With Wholewheat Croissant <sup>D, E</sup>

Hen's Egg, Whole Wheat Croissant, Turkey Ham, Beetroot Purée, Sautéed Spinach, Yoghurt Hollandaise

50

### Flow Keto Breakfast <sup>E, D, R, GF</sup>

California Avocado, Scrambled Eggs, Smoked Salmon, Halloumi Cheese, Heirloom Tomato,  
Sautéed Spinach

66

### Flow Vegan Breakfast <sup>S, VG, LF</sup>

Scrambled Tofu, Vegan Sausage, Grilled Portobello Mushrooms, Balsamic Glazed Heirloom  
Cherry Tomatoes, Mexican Baked Beans, Guacamole, Kale And Spinach, Wholewheat Flat Bread Crisps

66

### Flow Big Breakfast <sup>E, D, R</sup>

Sliced Avocado, 2 Poached Eggs, Smoked Salmon, Halloumi Cheese, Heirloom Tomato, Brown Toast

66

Add on Sujuc

15

### Savoury Stack Pack <sup>E, N, V</sup>

Veggie Rosti, Baked Portobello Mushroom, House Guac, Sunny Side Egg, Herb Oil,  
Toasted Sunflower & Pumpkin Seeds, Tomato Tuille

90



# TARTINES

Open-Faced Sandwiches

## Smoked Salmon And Scrambled

Eggs... Oh And Avocado! <sup>R, E, D</sup>

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

48

## Avo On Toast <sup>E, LF, V</sup>

Sliced or Smashed Guac On Toast Served With A Poached Egg

30

## Smashed Avocado Bruschetta <sup>E, D</sup>

Small 44

Extra Egg 56

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

## Crusty Crostini <sup>D, N, V</sup>

Toasted Sourdough, Confit Peppers, Stracciatella, Raspberries, Rocket, Berry Dressing

50

## 'Priti Toasty! <sup>D, E, V</sup>

Vegan Sausage, Granary Bread, Scrambled Egg, Swiss Cheese, Homemade Ube Mayo,  
Sun-Blushed Cherry Tomato, Sour Cream With Lemon Zest

50

## Protein Power <sup>E, D, N, V</sup>

Beetroot Hummus, Half Avocado, Granary Bread, 2 Poached Eggs, Super Seeds, Tomato Tuille

50

## Berries & Cream <sup>D, E, V</sup>

Toasted Brioche, Cream Cheese, Strawberries, Macerated Berries, Raspberries, Mint

50

## Go Bespoke And Build Your Own Tartine With The Choices Below

### Choose Your Base

Granary Bloomer or Secret Seeded

+6

Brown Toast <sup>V, N</sup> | Glutenfree Toast <sup>GF, N</sup> or Ciabatta <sup>N</sup>

+10

### Build Your Tartine

Slow-Cooked Tomato | Akawi Cheese | House Dukkha <sup>N</sup> | Homemade Peanut Butter <sup>N</sup>  
Low-Fat Cream Cheese | Jam Of The Day, Spinach

+6 Each

Hens' Egg Any Style | Turkey Ham | Grilled Mushrooms | Kale | Ricotta | Feta Cheese

+12 Each

Sliced Avocado | House Guacamole

+4 Each

Goat's Cheese | Beef Bresaola

+15 Each

Grilled Halloumi

+18

Smoked Salmon

+20

## WHEN IT COMES TO FOOD TOLERANCE, KNOWLEDGE IS POWER

(V) Vegetarian (N) Nuts (VG) Vegan (E) Egg (SF) Shellfish (S) Soy (SE) Sesame Seeds (D) Dairy (R) Raw Food  
(LF) Lactose Free (GF) Gluten Free

Please be advised that food prepared here may contain or have come in to contact with nuts, fish, eggs, 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.

# OATS & GRANOLA

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

<b>Rolled Oats</b> <sup>V, VG</sup>	15
<b>Granola</b> <sup>V, VG, N</sup>	26
Ask Your Waiter For The Available Granolas Of The Day	
Sunflower Seeds, Flax Seeds, Sliced Green Apple, Desiccated Coconut	+2 Each
Banana, Chia Seeds, Golden Raisins	+3 Each
Walnuts, Pumpkin Seeds, Honey, Almond Flakes, Dates, Low Fat Yogurt, Cocoa Nibs, Goji Berries	+5 Each
Homemade Peanut Butter	+6
Maple Syrup	+10
Seasonal Berries	+15

**Blue My Berry Oats** <sup>N, VG</sup> 38  
 Rolled Oats With Your Choice Of Milk, Cinnamon, Vanilla, Maple Syrup, Blueberry Purée Topped With Blueberries, Seasonal Berries And Toasted Pecan Nuts

We are 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



# STARTERS

Soup Of The Day <sup>V, VG</sup>

Small 20 With Toast 25

**Flow-Cho's** <sup>VG</sup>

65

Corn Tortillas, Vegan Chili Con Carne, Red Kidney Beans, Guacamole, Pice De Gallo, Tomato Salsa, Vegan Cheeze, Coconut Sour Cream

Air-Fried Sweet Potato Fries

25

Guacamole With House Dukkah <sup>N, SE, LF</sup>

Small 34 A Little Extra 46

Whole Wheat Flatbread Crisps

# SLIDERS

Halloumi, Butternut Squash And Mushroom Slider <sup>D, SE, V</sup>

Small 32 Extra Slider 58

Charcoal Bun, Chilli Jam, Cumin Sweet Potato Wedges

Teriyaki Beef Slider <sup>S, SE, N, D, E</sup>

Small 36 Extra Slider 62

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

Grilled Lemon Pepper Chicken Slider <sup>SE</sup>

Small 34 Extra Slider 60

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

Sliders, Three Ways <sup>SE, S, E, D, N</sup>

82

Oregano Mayonnaise, Cumin Sweet Potato Wedges

# SALADS & SANDWICHES

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





## GOURMET PLATES

<b>Vegan Poke Bowl</b> <small>S, SE, VG</small>			<b>65</b>
Teriyaki Vegan Chicken, Crushed Avocado, Edamame, Cucumber, Pickled Onions, Fresh Mango, Fermented Rice, Teriyaki Sauce			
<b>Salmon Poke Bowl</b> <small>S, SE, R</small>			<b>85</b>
7 Spice Salmon, Crushed Avocado, Edamame, Cucumber, Pickled Onions, Fresh Mango, Fermented Rice, Signature Dashi			
<b>Salmon Tataki</b> <small>R, SE, S</small>			<b>80</b>
Local Salmon, Signature Teriyaki, Cucumber, Avocado, Passionfruit, Wakame, Green Apple, Roasted Sesame Dressing			
<b>Seafood Machboos</b> <small>SF</small>			
Pomegranate, Za'atar Salsa Verde			
<b>With Seabream</b>	Small	<b>54</b>	Large <b>90</b>
<b>With Seabass</b>	Small	<b>58</b>	Large <b>96</b>
<b>Mexican Burrito Bowl</b> <small>D</small>			
Mexican Rice With Black Beans, Chunky Tomato Corn Salsa, Guacamole, Sautéed Peppers And Onion, Lime Zested Yoghurt And Pickled Jalapeño			
<b>Grilled Chicken</b>			<b>70</b>
<b>Grilled Steak</b>			<b>80</b>
<b>Prawns</b>			<b>86</b>
<b>Vegetarian</b>			<b>56</b>
<b>Baked Cashew Crusted Salmon</b> <small>D, N, GF</small>	Small	<b>58</b>	Large <b>88</b>
Spiralized Zucchini, Coconut Curry, Coriander			
<b>Vegan Dawg!</b> <small>VG</small>			<b>50</b>
Vegan Bun, Vegan Frankfurter, Vegan Cheese, Maple Mustard, Coco Sour Cream, Jalapeños, Roasted Pineapple Salsa			
<b>Alfredo Pizza</b> <small>D</small>			<b>60</b>
Forest Mushrooms, Chicken Breast, Turkey Ham, Dried Cherry Tomato, Mozzarella, Crushed Black Pepper, Flourless Pizza Base			
<b>Salami Pizza</b> <small>D</small>			<b>75</b>
Beef Spianata, Tomato Sauce, Oregano, Mozzarella, Flourless Pizza Base			



## 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	16
Double Espresso	18
Single Espresso Macchiato	18
Double Espresso Macchiato	20
Piccolo	18
Babyccino	8
Honey Cinnamon Latte	22
Mushroom Latte	35

### Long

	8oz	12oz
Americano	18	20
Caffè Latte	20	22
Date Latte	23	25
Cappuccino	20	22
Flat White	20	22
Mochaccino	23	25
Iced Latte		22
Ice Mushroom Latte		30
Iced Americano		20
+ Date Syrup		+5
+ Extra Shot		+6

### Brewed Coffee

V60	25
Aeropress	25
Chemex	25

### Tap Coffee

Nitro	25
Cold Brew	25



### Loose Leaf Tea

Assam Breakfast	22
Organic Majestic Earl Grey	22
Organic Gunpowder Green	22
Jasmine Mao Jian	22
Rose White	22
Bamboo Snow White	22

### Herbal Tea

Lemon Ginger	22
Lemon Turmeric	22
Fresh Mint	22
Chamomile Blossoms	22

### Hot Drinks

	8oz	12oz
Chai Latte	22	24
Turmeric Latte	20	22
Hot Chocolate	23	25
Matcha Latte	22	24

### Special Mylk

Almond | Soy | Rice | Coconut | Oat

# JUICES

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

## FRESH HEALTHY SMOOTHIES

<b>Smoothie Of The Day</b>	28
<b>Banana Blind Date <sup>N</sup></b> Date, Banana, Almond Mylk, Oats	28
<b>Superfood Smoothie</b> Mixed Berry, Chia Seeds, Beetroot, Coconut Mylk	28
<b>Detox Smoothie</b> Lemon, Mint, Spinach, Avocado	28
<b>Peanut Butter Cup <sup>N, S</sup></b> Homemade Peanut Butter, Banana, Soy Mylk, Oats	29
<b>Minus 10 <sup>N</sup></b> Collagen powder, Banana, Almond Mylk, Mixed Berries, Honey, Vanilla, Cinnamon	40
<b>Tropical Breeze <sup>N</sup></b> Pineapple, Coconut Mylk, Lemon Juice, Fresh Mint	28
<b>Snickers Smoothie <sup>N</sup></b> Peanut Butter, Cacao, Banana, Dates, Almond Mylk, Peanuts, Cacao Nibs	35
<b>Pre-Workout Matcha Smoothie <sup>N, D</sup></b> Almond Mylk, Whey Protein, Peanut Butter, Banana, Matcha Green Tea Powder, Low Fat Yoghurt	35
<b>Cold Brew Smoothie <sup>S</sup></b> Cold Brew Coffee, Soy Milk, Dates, Banana, Avocado	30

### Add To Your Smoothie

<b>Vegan Superfood Blend</b> Pea & Brown Rice Protein, Japanese Mushroom, Bilberry, Camu Camu, Açai	15
<b>Whey Protein Muscle Mix</b> Whey Isolate, Coconut Mineral, Magnesium, Rhodoila Root, Pink Himalayan Salt	15



## FLOW TO GO

<b>Single Origins</b> Speciality Coffee Beans 250gr	85
<b>Keep Cup</b>	45
<b>Keep Water Bottle</b>	54
<b>Coconut Water</b>	18
<b>Flow Lemonade</b>	15
<b>Flow Lemonade Carafe</b>	25

## WATER AND CARBONATED WATER

<b>Al Ain Water</b>	330 ml	10
<b>San Pellegrino</b>	250 ml	12
<b>Carafe</b> Still or Sparkling Filtered Water - Free Refill		15

## NAI ICED TEAS

<b>Ginger Green Tea, Apple</b>	25
<b>Jasmine White Tea, Peach, Mango</b>	25
<b>Hibiscus Flower Tea, Pomegranate, Rose Water, Grape, Apple</b>	25
<b>Lemon, Mint Tea, Pear, Monk Fruit</b>	25
<b>Kombucha</b> Ginger & Turmeric   Raspberry Hibiscus & Basil   Peppermint	30



FLOW  
LIFESTYLE  
MEAL  
PLAN



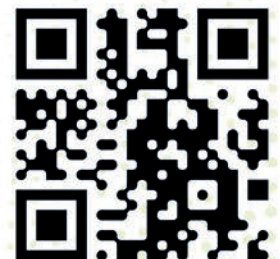
*flow*  
a state of mind



# be balanced with flow

lifestyle meal plans delivered to your desk or door  
price starting from

5 day trial	3 Meals 2 Snacks	AED 599
7 day trial	3 Meals 2 Snacks	AED 799
22 day plan	3 Meals 2 Snacks	AED 2399
30 day plan	3 Meals 2 Snacks	AED 2999



### 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 454!