

VEGGIE, VEGAN & GLUTEN FREE BREAKFAST

Served until 12pm - Order at the bar!

ANY ALLERGY REQUIREMENTS PLEASE TELL A MEMBER OF STAFF AT THE BAR!

VEGGIE BREAKFAST (V)

EGG OR VEGAN SAUSAGE SANDWICH £5.50

Choice of White, Brown or Gluten-free bread

VEGGIE LITTLE FLIRT BREAKFAST £9.25

Toast, 1 fried egg, mushrooms, 1 vegan sausage, roasted tomato, beans & hash brown

VEGGIE BIG FLIRT BREAKFAST £12.50

Toast, 2 fried eggs, mushrooms, 2 vegan sausages, roasted tomatoes, beans & 2 hash browns

VEGGIE FLIRTY SPANIARD £8.95

Toast, 2 fried eggs, vegan sausage, roasted tomato, smoked aioli & guacamole

SMASHED AVO TOAST £5.95

Choice of white, brown or GF bread with chilli & lime

Add 2 eggs +£1.95/ Add feta & balsamic glaze +£1.95

VEGGIE BREAKFAST BUN £7.95

Brioche bun, vegan sausage, Fried egg, melted cheddar & chilli jam

CINNAMON TOASTED OATS £7.50

With Greek yoghurt, berry compote, maple mixed nuts & milk on the side

FLIRT EGGS £5.50

Two eggs & 2 slices of White brown or GF toast
Fried, scrambled or poached

EGGS FLORENTINE £8.95

Poached eggs on sourdough muffins, spinach & hollandaise sauce

AMERICAN PANCAKES £6.50

Sugar dusting & maple syrup

BELGIAN WAFFLE £6.50

Sugar dusting & maple syrup

WAFFLE & PANCAKE EXTRAS £3.00

Berry compote & greek yoghurt, Chocolate bar, ice cream & chocolate sauce (see milkshakes)

VEGAN BREAKFAST (VE)

VEGAN SAUSAGE SANDWICH £4.95

Choice of White, Brown or Gluten-free bread

VEGAN LITTLE FLIRT BREAKFAST £8.95

Toast, mushrooms, roasted peppers, 1 vegan sausage, roasted tomato, beans & hash brown

VEGAN BIG FLIRT BREAKFAST £11.95

Toast, mushrooms, roasted peppers, 2 vegan sausages, roasted tomatoes, beans & 2 hash browns

SMASHED AVO TOAST £5.95

Choice of white, brown or GF bread with chilli & lime

When ordering please make sure to specify if you are celiac! we cannot guarantee there will be no cross contamination

GF FLIRT EGGS £5.45

Two eggs & 2 slices of toast

Fried, scrambled or poached on gluten free toast

GF EGGS FLORENTINE £9.45

Poached eggs on GF toast, spinach & hollandaise sauce

GF EGGS BENEDICT £10.45

Poached eggs on GF toast, smoked bacon & hollandaise sauce

GF BACON OR EGG SANDWICH £5.45

GF SMASHED AVO TOAST £6.45

GF bread with chilli & lime

- Add 2 eggs +£1.95

- Add 2 bacon +£3.00

GF FLIRTY SPANIARD £9.45

GF Toast, 2 fried eggs, chorizo, roasted tomato, smoked aioli & guacamole

GLUTEN FREE BREAKFAST (GF)

EXTRA'S

£1.50 PER ITEM

BACON RASHER (GF)
MUSHROOMS (V)(VE)(GF)

EGG (V)(GF) BEANS (V)(VE)(GF),
ROASTED TOMATO (V)(VE)(GF)

£1.95 PER ITEM

VEGAN SAUSAGE (V)(VE) **CHORIZO (GF)**
2 HASHBROWNS (V)(VE)

VEGGIE, VEGAN & GLUTEN FREE LUNCH & EVENING

Served from 12pm - Order at the bar!

ANY ALLERGY REQUIREMENTS PLEASE TELL A MEMBER OF STAFF AT THE BAR!

VEGGIE (V)

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| VEGGIE ALL DAY BREAKFAST | £8.95 |
| Toast, 1 fried egg, mushrooms, 1 vegan sausage, roasted tomato, beans & hash brown | |
| SMASHED AVO TOAST | £5.95 |
| Choice of white, brown or GF bread with chilli & lime | |
| - Add 2 eggs +£1.95 | |
| - Add feta & balsamic glaze +£1.95 | |
| FLIRT EGGS | £5.50 |
| Two eggs & 2 slices of toast (Fried, scrambled or poached)(White brown or GF toast) | |
| AMERICAN PANCAKES | £6.50 |
| Sugar dusting & maple syrup | |
| BELGIAN WAFFLE | £6.50 |
| Sugar dusting & maple syrup | |
| WAFFLE & PANCAKE EXTRAS | £3.00 |
| - Nutella & banana | |
| - Berry compote & greek yoghurt | |
| - Chocolate bar, ice cream & chocolate sauce (see milkshakes) | |
| VEGGIE HAM, EGG & FRIES | £8.95 |
| 2 fried eggs, french fries & vegan wafer ham | |
| HOMEMADE SOUP OF THE DAY | £7.50 |
| Flirts homemade soup served with bread & butter | |
| CHEESE & BEAN JACKET POTATO | £9.50 |
| Served with salad & slaw | |
| VENEZUELAN CACHAPA | £12.95 |
| Feta & sweetcorn pancake with salad, slaw & chilli jam | |
| BLUE CHEESE STUFFED MUSHROOM | £9.95 |
| Fries, salad & house slaw | |
| VEGGIE BLT SANDWICH WITH MAYO | £ |
| VEGGIE HAM & CHEESE TOASTIE | £8.25 |
| CHEESE & ONION TOASTIE | £7.75 |
| HOMEMADE FALAFEL WRAP | £9.95 |
| Served with fries & slaw | |
| SPINACH FALAFEL BURGER | £12.50 |
| Fries, slaw, pickled onion, salad, mayo & chilli jam | |
| HALLOUMI FRIES & CHILLI JAM | £4.95 |
| FRENCH FRIES | £3.95 |
| SPICY FRIES | £4.25 |
| CHEESY FRIES | £4.50 |

SANDWICHES SERVED WITH CHILLI JAM, CRISPS & SLAW - UPGRADE TO FRIES £2.50

VEGAN (VE)

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| VEGAN ALL DAY BREAKFAST | £9.25 |
| Toast, mushrooms, roasted peppers, 1 vegan sausage, roasted tomato, beans & hash brown | |
| SMASHED AVO TOAST | £5.95 |
| Choice of white, brown or GF bread with chilli & lime | |
| VEGAN CHEESE & BEAN JACKET | £9.50 |
| Served with side salad | |
| VEGAN BLT WITH MAYO | £9.50 |
| VEGAN HAM & CHEESE TOASTIE | £8.75 |
| VEGAN CHEESE & ONION TOASTIE | £8.25 |
| VEGAN FALAFEL WRAP | £9.95 |
| VEGAN SPINACH FALAFEL BURGER | £12.95 |
| FRENCH FRIES | £3.95 |
| SPICY FRIES | £4.25 |
| VEGAN CHEESY FRIES | £4.50 |

SANDWICHES SERVED WITH CHILLI JAM & CRISPS
UPGRADE TO FRIES £2.50
BURGERS & WRAPS SERVED WITH FRIES

WHEN ORDERING PLEASE MAKE SURE TO SPECIFY IF YOU ARE CELIAC!
WE CANNOT GUARANTEE THERE WILL BE NO CROSS CONTAMINATION

GLUTEN FREE (GF)

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| GF FLIRT EGGS | £5.50 |
| Two eggs & 2 slices of toast Fried, scrambled or poached on gluten free toast | |
| GF SMASHED AVO TOAST | £5.95 |
| GF bread with chilli & lime | |
| - Add 2 eggs +£1.95 | |
| - Add 2 bacon +£3.00 | |
| HOMEMADE SOUP OF THE DAY | £7.50 |
| Served with gluten-free bread | |
| JACKET POTATO & SALAD | |
| -Cheese & bean jacket | £9.50 |
| -Chilli con carne, melted cheese & sour cream | £11.95 |
| -BBQ pulled pork & melted cheese | £11.95 |
| GLUTEN FREE BLT | £9.50 |
| With crisps & vegan mayo | |
| GLUTEN FREE HAM & CHEESE TOASTIE | £8.75 |
| With crisps | |
| GLUTEN FREE CHEESE & ONION TOASTIE | £8.25 |
| With crisps | |

NOTE: ALL FRIES INGREDIENTS ARE GF HOWEVER DUE TO CROSS CONTAMINATION WITHIN THE OIL ARE NOT SUITABLE FOR CELIACS!