

FLOW FOODBAR

menu



EAT.
DRINK.
FLOW.

day

09.30am - 5pm

- | | |
|---|-------|
| Breakfast bowl | 14 |
| savory and healthy start of the day with a cauliflower-herb quinoa, fried egg, baked spinach and zucchini, tomato antiboise, avocado and dukkah | |
| - vegan with tofu scrambled egg (V) | |
| American pancakes (V) | 12,50 |
| with blueberry compote, coconut yoghurt, mango caramel and oatcake crumble | |
| Smoothie bowl (V) | 13,50 |
| from mango, banana, carrot and plant-based yoghurt with Flow's granola, peach compote, raspberries and coconut flakes | |
| Banana bread special | 12 |
| with lime-vanilla curd, blueberry compote and crispy banana | |

day

09.30am - 5pm

Pita 'shawarma'

of oyster mushrooms with eggplant spread, little gem, tomato-onion salsa, roasted pepper and eggplant and saffron aioli

14,50

Sandwich 'sticky tempeh'

on sourdough bread from Meneer Leffers with cucumber spread, kimchi, little gem, black garlic cream, sweet and sour cucumber and cassava chips

14,50

Fried eggs

on sourdough bread by Meneer Leffers with herbal yogurt, 'bacon' of rice paper, chili butter, avocado and dukkah

14,50

'Croquette bun'

oyster mushroom croquettes on brioche buns with truffle mayonnaise, rocket, garden cress and a marmalade of shallot and chestnut mushrooms

13

Kids

We are happy to make something special for our little guests upon request. Ask us about the options.

day

09.30am - 5pm

Kimchi toasted cheese sandwich 8,50
grilled cheese sandwich made from whole wheat sourdough bread
with aged cheese and Flow's kimchi and siracha veganaise

Sourdough toasted cheese sandwich 9,80
grilled cheese sandwich made from whole wheat sourdough bread with
cheddar, eggplant spread, roasted eggplant, bell pepper and harissa

Extra options with Kimchi toasted cheese sandwich
and Sourdough toasted cheese sandwich

'Bacon' from rice leaf + 1,50

Fried egg + 1,50

Gado gado bowl 22,50
with crunchy tofu, sweet and sour cucumber, bean sprouts, green beans,
roasted cauliflower, boiled egg, light peanut sauce, roasted potatoes
and emping
- vegan with tofu scrambled eggs

Mexican bean burger 21,50
on a multigrain bun with chipotle sauce, fried onion rings, spicy avocado,
tomato salsa, cheddar and red onion compote with fries and lime-chili
veganaise

between 12pm - 5pm

sides en snacks

12pm - 9pm

Sourdough bread from Meneer Leffers 6,50
with tomato-chili butter and puffed buckwheat

Nachos from the oven 9
with guacamole, pico de gallo, cheddar, sour cream and pickled jalapenos

Sweet potato fries (V) 9,80
with lemon veganaise, spring onion and harissa

Buffalo cauliflower wings (V) 7,80
with lavas powder and sriracha veganaise

Arancini
Tomato risotto and mozzarella balls with basil cream
- 2 pieces 6
- 3 pieces 8,50

tot 22.00 uur

'Bitterballen' (6 pieces) (V) 7,80
with herbal mustard

Forest mushroom croquettes (6 pieces) 9,50
with truffle dip

Mini spring rolls (8 pieces) (V) 7,20
with sriracha sauce

Flow appetizer 14
combination of 'bitterballen' (4), forest mushroom croquettes (4)
and mini spring rolls (4)

diner

5pm – 9pm

starter

Beet gazpacho 13
with burrata, roasted beets, radicchio, blackberries and
balsamic-beet vinaigrette

Salad with 'shawarma' of oyster mushrooms (V) 13
with baba ganoush, little gem, freekeh, roasted chickpeas, sweet and sour
red cabbage and saffron aioli and a mini sourdough pita

Chinese pancakes (V)
with hoisin-jackfruit, bok choy, mini cucumber, pickled rettich,
lemon-onion crunch and sesame mayonnaise
- 2 pieces 13
- 3 pieces 18

Bao buns 'sticky tempeh' (V)
with cucumber spread, kimchi, little gem and black garlic cream
- 2 pieces 13
- 3 pieces 18

diner

5pm – 9pm

main

Rendang

of pointed cabbage and mushrooms with nasi kuning, homemade sambal, cassava chips, seroendeng and a sweet and sour salad of black radish, carrots and long beans

25,50

Crispy pimentos

with paella of pearl barley, peas, mojo rojo, 'chorizo' of tempeh, saffron aioli and a salad of marinated fennel and cucumber

25,50

Mexican bean burger

on a multigrain bun with chipotle sauce, deep fried onion rings, spicy avocado, tomato salsa, cheddar and red onion compote, with fries and lime-chili veganaise

21,50

Gado gado bowl

with crunchy tofu, sweet and sour cucumber, bean sprouts, green beans, roasted cauliflower, boiled egg, light peanut sauce, roasted potatoes and emping
- vegan with tofu scrambled eggs

22,50

Flow's summer pizza

with fried chard, gremolata, spicy tomato compote, candied cherry tomatoes, zucchini, green asparagus, burrata cream and pistachio parmesan crunch

22,50

sweet

9.30 am - 10pm

Panna cotta with ginger and lemongrass 11,50
with marinated strawberries, macadamia coconut crumble, strawberry gel,
strawberry and pink pepper meringue and blood orange ice cream

Flow's Dame blanche (V) 11,50
vanilla ice cream and chocolate ice cream with crispy almonds,
warm chocolate espuma, almond cake and caramel sauce

Cheesecake in a glass 10
of raspberries and Ruby chocolate with peach compote, yoghurt crumble
and raspberry crisp

Summertime 8,50
with pistachio, crème suisse, red fruit and cherry

Affogato (V) 6,60
double espresso with vegan vanilla ice cream

Brownie 5
with miso caramel

Strawberry cake (V) 4
with cinnamon crumble and strawberries

Lime pie (V) 4,80
with lemon and almond (from Sharp Sharp)

White chocolate cake (V) 4,80
With chocolate caramel and almond

Banana bread 4
with walnuts and raisins

Oat cookie (V) 4
amazing recipe by Amsterdam's sourdough bakery, Fort Negen

Energy ball (V) 3
with cacao, dates, nuts and coconut

between 5pm - 10pm extra



drinks

coffee

From Bocca Coffee Roasters

Soulmate Brazilian coffee: dark chocolate, nuts, sweet

Farmer's milk from 'Heerlijk van Dichtbij' from Midden Delfland

Coffee	3,30
Espresso	3,30
Double espresso	4,20
Cappuccino	4,20
Cortado	4,20
Flat white	4,60
Espresso macchiato	3,60
Latte macchiato	4,70
Extra shot espresso + € 0,90	
Oat milk + € 0,60	

Iced coffee

- Bocca's Soulmate coffee, ice cubes and coffee syrup	3,80
- Iced cappuccino	4,40
Oat milk + € 0,60 Coffee syrup + € 0,50	
- Espresso tonic with orange	4,90

drinks

hot specials

Spicy dark chocolate 4,90
Delicious spicy and warming with raw cacao, spices and rice milk
+ extra shot espresso + € 0,80

Ruby chocolate 4,90
Sweet and fruity with pink chocolate, raw cacao and rice milk

Matcha latte 5,20
Creamy, sweet and umami due to the Japanese ground green tea leaves
with your favorite milk

Golden Milk 5,20
The healthy combination of spices as curcuma, black pepper and
cinnamon with your favorite milk

Chai latte 5,30
Warming Asian tea with spices as cardamom, cloves, cinnamon,
ginger with your favorite milk
- dirty chai with extra shot espresso + € 0,80

Oat milk + € 0,60



drinks

Weed tea

Delicious blends of the weeds of Wilderland

Booster blend	4,20
Dandelion, plantain, sage, fennel, marigold	
Offline blend	4,20
Chamomile, caraway, lime blossom, elderflower and rose leaf	
Feeling fresh blend	4,20
Yarrow, sorrel, lemon balm, spearmint, cornflower	

fresh tea

Mint and sage	4,40
Ginger and orange	4,40
Lemon thyme	4,40

drinks

Organic tea from Sander

Lady Grey

Delicious, aromatic black tea from China scented with oil from the bergamot lemon. The added cornflowers give this tea a softer and sweeter taste.

3,80

Bi Luo Chun

Nice green tea with a fresh grassy taste. From an early harvest and consisting of fine leaves and many tips, which are visible as white needles.

4,20

Jasmine pearls

Green tea that is rolled into small pearls after picking, after which jasmine blossom is placed in between. This process is repeated 5 times. The result is a wonderfully fragrant and tasty jasmine tea.

4,60

White Phoenix

Beautiful white tea from China (Yunnan). Tea with young leaves and many tops of the tea plant, which is only dried and not further processed. Full and fresh tea.

4,20

Rwanda Rukeri

A delicious aromatic black tea from the Rwandan tea plantation Sorwatha.

3,80

Rooibos Needle

Rooibos comes in different qualities, depending on the ratio between the needles and twigs. This version consists mainly of needles, this creates the clean and pure taste.

3,80

Gaba Oolong

Oolong tea is partially oxidized and this Oolong is then medium roasted, which creates a subtle toasted edge.

4,40

drinks without alcohol

juices (200ml)

Sunny orange Carrot, orange, lemon, ginger	5,20
Red boost Beetroot, apple, carrot and lime	5,20
Green detox Celery, cucumber, spinach, apple, lemon	5,20
Tomato Tomato, carrot, celery, parsley	5,20

smoothies (250ml)

Green power Spinach, kale, pineapple, cucumber, ginger	6
Strawberry beet Strawberry beet, banana, almond milk	6
Super chocolate Raw cacao, peanut butter, banana, blueberries, almond milk	6
Summerdream Pineapple, mango, passion fruit, coconut water	6

lemonades

Lemonade from mint and lemon glass / carafe	4,40 / 17,50
Lemonade of strawberry, watermelon, lime and verveine glass / carafe	5,20 / 19,50

drinks without alcohol

iced tea/coffee

Iced tea

- Hibiscus and grapefruit 4,90
- Green jasmine and lemon 4,90

Iced coffee

- Bocca's Soulmate coffee, ice cubes and coffee syrup 3,80
- Iced cappuccino 4,40
 - Oat milk + € 0,60 | Coffee syrup + € 0,50
- Espresso tonic with orange 4,90

sparkling fresh

- Kombucha Kombucha varying flavor | 250 ml. 5,50
- Afri cola | 330 ml. 4,40
- Tonic | 200 ml 4,20
- Ginger beer | 200 ml 4,20
- Pineapple soda | 200ml 4,20
- Passion mama | 330ml 5
- Sparkling water Marie Stella Maris | 250 ml. 3,50
- Sparkling water Marie Stella Maris | 750 ml. 7,20
- Non sparkling:
 - Appelaere apple juice | 200 ml. 3,60

mocktails

- 'Palomacello' Soda 0.0 8
 - Rhubarb and grapefruit syrup with fresh lemon and grapefruit juice and sparkling water
- Ginger beer 0.0 7,50
 - with lime, apple and mint

drinks

beers with alcohol

Pilsener Brand (5%) Strong in flavor, soft in aftertaste, and wonderfully refreshing	3,60
Tinderende Tapir Delftse Brouwers (5,2%) A real summer beer, tropical lager, refreshing and drinkable	5,80
Bloesem Blond Gebrouwen Door Vrouwen (6.2%) A fresh blond beer brewed with elderflower, slightly sweet and nice and fruity	6,60
Weizen Delftse Brouwers (5,1%) Refreshing and easily drinkable, with soft fruity tones	5,80
IPA Brouwerij 't IJ (6.5%) A dark blond beer with delicious aromas of grapefruit and flowers, and a fruity, bitter aftertaste that lingers on	6,60
Knollaert Delftse Brouwers (6.1%) A traditional amber beer, malty and slightly herbal, with paradise seed, coriander seed and orange peel	5,80
Zatte Tripel Brouwerij 't IJ (8%) A bright golden yellow tripel with fruity aromas and a light hop bitterness	6,60



drinks

beers without alcohol

- Cool Earth Lager Lowlander (0,3%) 5,50
Botanically brewed pilsner, slightly hoppy, with the fresh taste of lemongrass
- White Lowlander (0,0%) 5,80
A real 0.0% with the natural flavors of orange and lemon peels, super fresh and very fruity
- Playground IPA Vandestreek (< 0,5%) 6,50
This low alcohol IPA has a pleasant bitterness and flavors of citrus- and tropical fruits

cocktails

- Gin Gingerale 10,50
The fresh herbal circular gin of Dik & Schil with ginger ale, lemon and cardamom leaf
- alcohol free 7,50
- Palomacello Soda 9,50
The summer liqueur from Dik & Schil made from grapefruit and rhubarb with fresh lemon and grapefruit juice and sparkling water
- alcohol free 8
- Aperol Spritz 9,50
Bittersweet with Aperol, Cava, sparkling water and grapefruit
- Rosé Spritz 10,50
Summer Spritz of rosé, sparkling water and watermelon liqueur

wines

All our wines are available by glass and are grown organically or bio

sparkling

Cava Funambul brut nature Spain Penedés Citrus fruit and stone fruit with a firm sparkle	7,50	37,50
Codorníu zero 0,0% Spain Penedés Citrus, tropical fruits, and a nice bubble	6	32
Crémant de Loire brut rosé France Pinot Noir & Grenache Soft bubble, ripe strawberry, berries and grapefruit	7,50	37,50

white

L'Auratae Italy Pinot Grigio & Catarratto Citrus with a tropical hint, juicy and fresh	6	31
Nittnaus Grüner Veltliner Selection Austria Grüner Veltliner Ripe, green and yellow fruits, beautifully spicy	7,20	36,50
Anne de Joyeuse Very Chardonnay Limoux France Chardonnay Citrus, white peach with a hint of salted farm butter	7,80	38,80

wines

rosé

Greg & Juju 6 31
France | Pinot Noir & Grenache
Beautiful, rich Provence style rose

red

Miopasso Primitivo 6 31
Italy | Primitivo
Confiture, plum tobacco, cherry

Ca' Bolani 7,20 36,50
Italy | Refosco dal peduncolo
Powerful, herbal and sour cherries

Quinto Arrio Rioja Crianza 7,80 38,80
Spain | Tempranillo
Rich, wood aged and dried fruit

liquors

Limoncello from Dik & Schil 4,40
from rescued organic lemons

Bakkie Pleur' coffee liquor from Dik & Schil 4,40
Pure flavors of coffee, nuts, citrus and vanilla

Frangelico 4,40
Liquor based on hazelnuts, cacao and vanilla berries

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English menu

no cash, cards only |  network: Flow Food Guest
pass: welcomeguest