FLOW FOODBAR

EAT. DRINK. FLOW.

Breakfast/lunch

09.30 - 16.30

BREAKFAST BOWL 15
savoury and healthy start of the day with cauliflower quinoa, a fried egg, sautéed spinach and courgette, tomato antiboise, avocado, and dukkah
- vegan with tofu scrambled egg (V)

AMERICAN PANCAKES (V) 14
served with blueberry compote, yoghurt, mango caramel, and oat cookie crumble

BANANA BREAD SPECIAL 14
with cinnamon yoghurt cream, poached pear, pecan nuts and crunchy banana

CHIA TRIFLE (V) 13,50
with chocolate, almond milk and orange, served with vanilla yoghurt, sea buckthorn gel, blueberries, Flow's granola and cacao nibs

FRIED EGGS 16
on sourdough bread from Meneer Leffers, served with a herb yoghurt cream, rice paper 'bacon', chilli butter, avocado, and dukkah

PITA HALLOUMI 16
with smoked paprika hummus, charred baby carrots, roasted pumpkin, olive salsa, marinated kale, crispy chickpeas and vadouvan mayonnaise

Also possible as a salad, with freekeh 19

'CROQUETTE BUN' 14
from oyster mushrooms, on brioche bread, served with truffle mayonnaise, arugula, garden cress, and a marmalade from shallots and chestnut mushrooms
- vegan on multigrain bun 1

CELERIAC CARPACCIO 16
on sourdough bread from Meneer Leffers, with mushrooms, black garlic cream, parmesan cheese, purslane, roasted hazelnuts and a truffle madeira vinaigrette - vegan with garlicky breadcrumbs crunch

KIMCHI TOASTIE 9,50
on wholegrain sourdough bread, with aged cheese, Flow's kimchi, served with sriracha vegannaise

FLOW'S TOASTIE 10,50
made with brioche bread, cheddar, olive salsa, harissa and bell pepper, served with roasted onion dip

extra options with the kimchi and flow's toastie
- rice paper 'bacon' 1,50
- fried egg 1,50

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

Extra lunch

From 12.00

JAPANESE BOWL (V) 26,50
with sesame rice, confit aubergine, miso-vegannaise, edamame, fried Brussels sprouts, roasted mini cucumber, radish, carrot and ponzu vinaigrette, furikake and crispy tofu

MEXICAN BEAN BURGER 23,50
on multigrain bun, with chipotle sauce, deep-fried onion rings, spicy avocado, tomato salsa, cheddar cheese, and red onion compote, served with fries and vegan lime mayo

DAYTIME

Sweets

From 09.30

BROWNIE 6,50
with pistache ganache

BANANA BREAD 5
with walnuts and raisins

OAT COOKIE (V) 4,50
special recipe from Amsterdam's sourdough bakery Fort Negen

CARROT CAKE 5,80
with a fresh and creamy frosting

LEMON BLUEBERRY CAKE (V) 5,50
with poppyseeds

ENERGY BALL (V) 3,20
from cacao, nuts, dates, and coconut

MINI MANDARIN TARTLET (V) 4,80
with coconut and pecan nuts

CHOCOLATE BAR (V) 4,80
with crunchy peanuts and caramel

FLOW'S TIRAMISU IN A GLASS 11,50
with coffee mousse, mascarpone cream, lady fingers, almond crumble and coffee granita

APPLE CRUMBLE (V) 9,50
with apple and apricot, vanilla cream, marinated grapes and apple chips

AFFOGATO 7
double espresso with vegan vanilla ice cream

Bites/snacks

12.00 - 21.30

PAPPADUMS (V) 6,50
served with a roasted onion dip
and garden cress

SWEET POTATO FRIES (V) 9,80
served with harissa and vegan lime mayo

BUFFALO CAULIFLOWER WINGS (V) 8,50
served with sriracha dip and powdered
lovage

ARANCINI
from pumpkin risotto, sage and gorgonzola
cheese, served with saffron aioli
- 1 piece 6
- 2 pieces 11,50
- 3 pieces 16,50

DUMPLINGS (V) 13,50
with vegetables, soy-sesame vinaigrette,
vegan kimchi mayo and spring onion.
6 pieces

BITTERBALLEN (V) 8
served with a herb mustard dip
6 pieces

FOREST MUSHROOM CROQUETTES 9,50
served with a truffle dip
6 pieces

MINI SPRING ROLLS (V) 8
served with sriracha sauce
8 pieces

FLOW'S SNACK PLATTER 14,80
combination of bitterballen (4),
forest mushroom croquettes (4),
and mini spring rolls (4)

SWEETS & SNACKS

Evening

17.00 - 21.00

Bites/starters

PAPPADUMS (V) 6,50
served with a roasted onion dip
and garden cress

SWEET POTATO FRIES (V) 9,80
served with harissa and vegan lime mayo

BUFFALO CAULIFLOWER WINGS (V) 8,50
served with sriracha dip and powdered lovage

ARANCINI
from pumpkin risotto, sage and gorgonzola cheese, served with saffron aioli
- 1 piece 6
- 2 pieces 11,50
- 3 pieces 16,50

CELERIAC CARPACCIO 15,50
with mushrooms, black garlic cream, parmesan cheese, purslane, roasted hazelnuts and a truffle madeira vinaigrette
- vegan with garlicky breadcrumbs crunch

HALLOUMI SALAD 15
with freekeh, smoked paprika hummus, charred baby carrots, roasted pumpkin, olive salsa, marinated kale, crispy chickpeas and vadouvan-mayo

CHINESE PANCAKES (V)
served with hoisin jackfruit, paksoi, cucumber, wasabi, sweet and sour radish, lemony onion crunch, and sesame vegannaise
- 2 pieces 14,50
- 3 pieces 21

ROASTED BEETROOT AND POTATO RÖSTIS
with smoked carrot tartare, horseradish cream, oyster leaf and cucumber chutney
- 2 pieces 14,50
- 3 pieces 21

To Share for 4 people 54,50

Choice between 4 pancakes or 4 röstis
- with pappadums, buffalo cauliflower wings and celeriac carpaccio
- extra pancake or rösti 7

Main courses

JAPANESE BOWL (V) 26,50
with sesame rice, confit aubergine, miso-vegannaise, edamame, fried Brussels sprouts, roasted mini cucumber, radish, carrot and ponzu vinaigrette, furikake and crispy tofu

ROASTED BEETROOT TARTE TATIN 27
with roasted parsnip, potato and tarragon cream, marinated white cabbage, purslane, dill and goat's cheese yoghurt cream and beetroot beurre blanc

TIKKA MASALA (V) 27,50
with roasted cauliflower, beluga lentils, sautéed king oyster mushrooms, green asparagus, radicchio and fennel salad, ranch dressing, naan bread and curry granola
- vegan with herb oil (V)

PORCINI RAVIOLI 27,50
with truffle jus, roasted portobello, Jerusalem artichoke, confit leek, red endive, marinated cavolo nero, pangrattato and parmesan foam

MEXICAN BEAN BURGER 23,50
on multigrain bun, with chipotle sauce, deep-fried onion rings, spicy avocado, tomato salsa, cheddar cheese, and red onion compote, served with fries and vegan lime mayo

Sweets

FLOW'S TIRAMISU IN A GLASS 11,50
with coffee mousse, mascarpone cream, lady fingers, almond crumble and coffee granita

APPLE CRUMBLE (V) 12
with apple and apricot, vanilla cream, marinated grapes, apple chips and vanilla ice cream

'POIRE BELLE-HÉLÈNE' 12
poached pear with dark chocolate espuma, sea buckthorn gel, peanut biscuits and salted caramel ice cream

AFFOGATO 7
double espresso with vegan vanilla ice cream

EVENING

Herbal & wild teas

Delicious mixes from herbs and wild weeds from Wilder Land

OPKICKER BLEND 4,40
Dandelion, plantain, sage, fennel, and marigold

OFFLINE BLEND 4,40
Chamomile, caraway, linden blossom, elderflower, and rose leaves

BACK TO BLACK BLEND 4,40
Fireweed, blackcurrant and strawberry leaves, cornflower

Fresh infusion

MINT AND SAGE 4,40
GINGER AND ORANGE 4,40
LEMON THYME 4,40

Organic teas from Thee van Sander

LADY GREY 3,80
Aromatic black tea from China, scented with bergamot oil

BI LUO CHUN 4,20
Lovely green tea from the fresh grassy taste of early harvests

JASMIJNPARELS 4,60
Deliciously fragrant and flavourful jasmine tea made from green tea leaves that are rolled into pearls and scented with jasmine blossoms after harvesting

WHITE PHOENIX 4,20
Lovely, fresh full white tea from China (Yunnan) with young leaves and tops from the tea plant

RWANDA RUKERI 3,80
A deliciously aromatic black tea from the Sorwatha tea plantation in Rwanda

ROOIBOS NEEDLE 3,80
Pure taste of rooibos since this version consists mainly of needles

GABA OOLONG 4,40
Refined Oolong tea with a softer base and a subtle roasted edge

Coffee

From Bocca Coffee Roasters
Soulmate Brazilian coffee: dark chocolate, nuts, sweet
Farm-fresh milk from De Zuivelboerderij

Coffee	3,40
Espresso	3,40
Dubbele espresso	4,40
Cappuccino	4,40
Cortado	4,20
Flat white	4,80
Espresso macchiato	3,80
Latte macchiato	4,90
- extra espresso shot	1

Iced coffee

Homemade cold brew	3,60
- with coffee syrup	0,50
Iced cappuccino	4,40
- with coffee syrup	0,50
Espresso tonic with orange	4,90

Hot specials

SPICY DARK CHOCOLATE 5,40
Deliciously spicy and warming, with raw cacao, spices, and rice milk
- extra espresso shot 1

MATCHA LATTE 5,80
Creamy and umami, from Japanese ground green tea leaves, with your favourite milk

MAPLE TAHINI LATTE 6,80
Sweet and nutty flavours with your favourite milk and a shot of espresso or rooibos tea

CHAI LATTE 5,80
Warm Asian tea drink with e.g., cardamom, cloves, cinnamon, and ginger, with your favourite milk
- dirty chai (with one espresso shot) 1

Warm drinks can also be made iced

Juices

SUNNY ORANGE 6
Carrot, orange, lemon, and ginger

RED BOOST 6
Beetroot, apple, carrot and lime

GREEN DETOX 6
Celery, cucumber, spinach, apple, lemon

TOMATO 6
Tomato, carrot, celery

Smoothies

GREEN POWER 7
Spinach, kale, pineapple, cucumber, ginger, apple

BERRY-BEET 7
Forest fruits, beetroot, banana and coconut milk

SUPER CHOCOLATE 7
Raw cacao, peanut butter, banana, blueberry, almond milk

Homemade lemonades

Lemon and mint lemonade
glass/carafe 4,80 / 19

Fig and rosemary lemonade
glass/carafe 5,20 / 20,50

- with sparkling water 0,50

Homemade iced teas/coffees

ICED TEA
- Hibiscus and grapefruit 4,90
- Green tea and lime 4,90

ICED COFFEE
Homemade cold brew 3,60
- with coffee syrup 0,50
Iced cappuccino 4,40
- with coffee syrup 0,50
Espresso tonic with orange 4,90

Fresh & fizzy

Kombucha | 250 ml	5,20
Kola Fritz | 200 ml	4
Tonic | 200 ml	4,40
Ginger beer | 200 ml	4,40
Mandarin and bergamot | 200 ml	4,40
Passion mama | 330 ml	4,80
Rhubarb soda I 250 ml	4,80
Sparkling water Marie Stella Maris I 250 ml	3,80
Sparkling water Marie Stella Maris I 750 ml	7,80
Appelaere apple juice | 200 ml	3,80
Coconut water | 320 ml	6,50

Cocktails

GIN MANDARIN 11
The fresh and spiced circular gin from Full Circle with mandarin and bergamot soda

YUZU-GINGER SPRITZ 10,50
Yuzu liqueur from Full Circle, Cava, sparkling water, lemon and ginger syrup

SMOKEY KOMBUCHA 10,50
Smoked herb kombucha, bourbon and orange

HAZELNUT ESPRESSO MARTINI 11
Flow's version of the well-known Espresso Martini, with one espresso shot, bourbon and coffee and hazelnut liqueurs

Mocktails

GIN MANDARIN 0.0 9
Gin 0.0 with mandarin and bergamot soda

YUZU-GINGER SPRITZ 0.0 9
Yuzu syrup, Cava 0.0, sparkling water and lemon

Beers with alcohol

PILSENER | Brand (5%) 4,20
Strong in flavour, soft aftertaste,
and wonderfully refreshing

ZATTE TRIPPEL | Brouwerij 't IJ (8%) 6,50
A true summer beer, this tropical lager
is refreshing and easy to drink

BLOESEM BLOND 6,80
Gebrouwen door Vrouwen (6,2%)
A fresh blond beer, slightly sweet
and deliciously fruity

WEIZEN | Delftse Brouwers (5,1%) 6
Refreshing and easy to drink, with
a subtle fruity tone

IPA | Brouwerij 't IJ (6,5%) 6,80
A dark blond beer with grapefruit
and flower aromas, fruity and bitter

KNOLLAERT | Delftse Brouwers (6,1%) 6
A traditional amber beer, malty
and lightly spiced

Alcohol-free beers

PILSENER | JEVER (0,3%) 4,20
Well-hopped, pleasantly bitter,
refreshing and dry

STARCHASER WIT | Oersoep (0,0%) 5,80
A true 0.0 with notes of yuzu and
elderflower, refreshing and unique

PLAYGROUND IPA | Vandestreek (< 0,5%) 6,50
This low-alcohol IPA has a pleasant
bitterness and flavours of citrus
and tropical fruits

Liqueurs

YUZUCELLO 4,40
From Full Circle

COFFEE LIQUEUR 4,40
From Full Circle

FRANGELICO 4,40
Liqueur made with hazelnuts, cacao
and vanilla berries

Wines

All our wines are organic
or biodynamically-grown

Sparkling

CAVA FUNAMBUL BRUT NATURE 8 38,50
Spain | Penedés
Citrus and stone fruit with vibrant bubbles

CODORNÍU ZERO 0,0% 6,50 31,50
Spain | Penedés
Citrus and tropical fruits with fine bubbles

CRÉMANT DE LOIRE BRUT ROSÉ 38,50
France | Pinot Noir & Grenache
Delicate bubbles, ripe strawberry, berries and grapefruit

White

L'AURATAE 6,20 31,50
Italy | Pinot Grigio & Catarratto
Citrus with a tropical hint, juicy and fresh

NITTNAUS GRÜNER VELTLINER SELECTION 7,20 36,50
Austria | Grüner Veltliner
Ripe, green and yellow fruit, nicely spiced

ANNE DE JOYEUSE VERY CHARDONNAY LIMOUX 7,80 38,80
France | Chardonnay
Citrus, white peach with a hint of salted farm-fresh butter

RIESLING 0,0% 7,50 37,50
Germany | Riesling
Citrus, dry, fruity

Rosé

GREG & JUJU 6,20 31,50
France | Grolleau & Cabernet
Beautiful, rich Provence-style rosé

Red

MIOPASSO PRIMITIVO 6,20 31,50
Italy | Primitivo
Jam, chewing tobacco and cherry

PINOT NOIR 7,20 36,50
Chili I Pinot Noir
Velvety, cherry, flowers

QUINTO ARRIO RIOJA CRIANZA 7,80 38,80
Spain | Tempranillo
Rich, wood-aged and dried fruit

DRINKS

FLOW FOODBAR

EAT. DRINK. FLOW.

WIFI

Flow Food Guest

welcomeguest

Follow us on social media!

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Check out our upcoming events >

flowfoodbar.nl