

Flour

Breakfast Menu

Operation Hours:
07:00 AM - 11:00 AM

Artisanal Bakes

Choice of Breads

Sourdough, White Bread, Whole Meal Bread, Gluten Free Bread
~ Served With Butter & House Made Strawberry Jam

Choice of Pastries

Plain Croissant, Pain Au Chocolat

Healthy Breakfast

Seasonal Fruit Plater GF DF

~ Papaya, Dragon Fruit, Rock Melon & Watermelon

Balinese Tropical Granola

~ Rolled Oats, Almonds, Walnuts, Pumpkin Seeds, Grated Coconut, Dried Tropical Fruit, Coconut Oil, Palm Sugar, Cinnamon & Yogurt, Served With Mango

Spiced Apple & Date Muesli

~ Rolled Oats, Dates, Dry Apricot, Walnuts, Fresh Apple, Cinnamon, Nutmeg, Yoghurt & Milk

Berry & Chia Parfait

~ Chia Seed, Blueberries, Strawberries, Coconut Oil, & Honey Parfait, Served With Strawberry Yoghurt, Cacao Nibs & Pistachios

Blueberry Yogurt, Fresh Berries & Honey

~ Blueberry Yoghurt, Fresh Strawberries, Blueberries, Walnuts, Coconut Flakes, Honey And Berry Coulis

Pancakes

~ Pistachios, Almonds, Strawberry & Honey

Waffles

~ Glazed Banana, Berries, Dry Apricot, Berry Coulis & Maple Syrup

French Toast

~ Glazed Berries, Tiramisu Cream & Maple Syrup

Avocado Toast

~ Smashed Avocado, Feta & Sourdough

Asian Plates

Choice of

Nasi Goreng DF

~ Fried Rice With Prawns, Chicken, Vegetables, Spices, Kecap Manis, Fried Egg & Pickles

Mie Goreng DF

~ Fried Noodles With Prawns, Chicken, Vegetables, Spices, Kecap Manis, Fried Egg

Bubur Bali DF GF

~ Rice porridge, Tuna, Spinach & Corn Urab & Quail eggs

Korean Street Toast

~ Buttered Sugar Toast, Eggs, Ham, Cabbage, Carrots, Spring Onion, Cheese, Mayo & Kecap

 Vegetarian  Spicy GF Gluten Free DF Dairy Free

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Chicken Noodle Soup DF

~ Noodles, Chicken, Mushrooms, Beansprouts, Grilled Tomato, Pak Choy & Chicken Broth

Miso Noodle Soup 🌿 DF

~ Noodles, Miso Dashi Broth, Tofu, Mushrooms, Spinach & Spring Onions

Veggie Yakisoba Noodle 🌿 DF

~ Fried Noodles, Shimeji Mushroom, Bell Pepper, Vegetables, Tofu, Beansprouts & Yakisoba Sauce

Hot Plates

Choice of

Full Breakfast DF

~ Fried Eggs, Bacon, Pork Sausage, Hash Browns, Mix Mushrooms, Tomato & Baked Beans

Ham, Cheese & Eggs

~ Fried Egg, Waffle, Ham, Mozzarella Cheese & Mayo

Omelletes

A. Zucchini, Green Chilli & Mint

~ Omelette, Zucchini, Green Chilli, Mint & Feta

B. Prawn Bisque

~ Omelette, Prawns, Spring Onions & Prawn Bisque

C. Truffle Mix Mushroom

~ Omelette, Mix Mushrooms & Truffle Pate

Eggs Benedict

A. Ham, Spinach & Hollandaise

~ Poached Eggs, English Muffins, Spinach & Hollandaise

B. Smoked Salmon, Spinach & Hollandaise

~ Poached Eggs, English Muffins, Spinach & Hollandaise

C. Mix Mushrooms, Arugula & Truffle Hollandaise

~ Poached Eggs, English Muffins, Spinach & Truffle Hollandaise

Levantine - Style Eggs with Flat Breads

A. Shashuka

~ Poached Eggs, Spices, Tomato, Peppers, Zucchini, Mint & Feta

B. Egg Menemen

~ Scramble Eggs, Paprika, Tomato, Onions, Peppers Green Chilli & Mozzarella Cheese

Kids Menu

Toast

~ White Bread With Butter & Strawberry Jam

Cereals

~ Choice of Corn Flakes, Coco Pops With Fresh Milk

Croissant

A) Plain B) Ham & Cheese C) Scramble Eggs & Sausage

Eggs

~ Any Style, Hash Brown, Baked Beans & Bacon

Pancakes

~ Glazed Banana, Strawberry & Honey

Waffles

~ Glazed Banana, Berries, Dry Apricot, Berry Coulis & Maple Syrup

Coffee Selections

Espresso

Cappuccino

Americano

Latte

Long Black

Bali Coffe

Flat White

Fresh Fruit Juice

Experience The Essence Of Nature In Every Glass With Our Fresh Fruit Juices (Please Check Our Staff For The Available Seasonal Fruit Options)

Tea Selections

Chamomile Tea/Peppermint Tea/English Breakfast Tea/ Earl Grey/Jasmine Green

🌿 Vegetarian

🌶️ Spicy

GF Gluten Free

DF Dairy Free

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Flow's Signature Collection



Pork Rillion



Balinese Pork Satay



Mushroom Truffle Soy Vinaigrette



Pork Confit, Watermelon & Lychee



Norwegian Ocean Trout



Beef Bourguignon



Flow's Signature Collection



Pan Seared Baramundi



Truffle Mushroom Risotto



Japanese Hambugu



Truffle Mushroom & Mascarpone



Tiramisu



Panna Cotta



Flow's Cocktail Collection



The Sumitra Highball



The Sumitra Rush



Aperol Spritz



Sumitra Spritz



Garden Collin



Strawberry Basil Mash



Flour

All Day Dining



Salad

Mushroom Truffle Soy Vinaigrette - 180K

~ White Button, King Oyster Mushroom, Oyster Mushroom, Mix Leaves Salad, Boiled Egg, Pumpkin Seeds, Parmesan & Truffle Soy Vinaigrette

Chicken Caesar - 145K

~ Grilled Chicken Breast, Mix Leaves Salad, Bacon, Croutons, Parmesan & Caesar Dressing

Pork Confit, Watermelon & Lychee - 150K

~ Pork Confit, Watermelon, Lychee, Mix Leaves, Carrots, Red Cabbage, Mint & Spicy Shallot Thai Sweet Chilli Dressing

Prawns, Berry Tea Watermelon - 185K *GF*

~ Grilled Prawns, Berry Tea Infused Watermelon, Basil Sugar, Feta, Almond Flakes, Pumpkin Seeds, Mix Leaves Salad & Cherry Tomatoes

Soup

Minestrone Soup - 100K

~ Cabbage, Zucchini, Pasta, Carrot, Parmesan & Garlic Bread

Sweet Corn Soup - 80K *V*

~ Egg Drop Sweet Corn Soup & Garlic Bread

Miso Soup - 90K *V*

~ Tofu, Seaweed, Mushrooms & Spring Onion

Soto Ayam - 90K *GF DF*

~ Spice Turmeric Broth, Lemon Grass, Vermicelli & Chicken

Pasta

Spaghetti Carbonara - 180K

~ Spaghetti, Pork Bacon, Egg, Cream, Parmesan & Crispy Pork Confit

Spaghetti Bolognese - 170K

~ Spaghetti, Beef Ragù & Parmesan

Spaghetti Meatballs - 170K

~ House Made Beef Meatballs, Pomodoro Sauce & Parmesan

Linguine Marinara - 180K

~ Spaghetti, White Wine, Prawns, Squid, Clams, Pomodoro Sauce

Spaghetti Aglio Olio, Pork Sausage & Broccoli - 160K

~ Spaghetti, Olive Oil, White Wine, Chilli, Pork Sausage, Broccoli, Arugula & Parmesan

Truffle Mushroom Risotto - 190K

~ Risotto, King Oyster Mushroom, White Button, Oyster Mushroom, White Wine, Black Truffle Pate & Parmesan

Pizzas

Margarita - 160K

~ Tomato, Basil, Mozzarella

Pepperoni - 170K

~ Tomato, Beef Pepperoni & Mozzarella

Truffle Mushroom & Mascarpone - 180K

~ Mushrooms, Black Truffle Pate Mascarpone & Mozzarella

Small Plates

Balinese Pork Satay - 150K *DF*

~ Balinese Spice Pork Belly Skewer, Coconut Pineapple Relish & Peanut Sauce

Satay Lilit Tuna - 120K *DF*

~ Mince Balinese Spice Local Tuna on Bamboo Stick, Coconut Pineapple Relish & Thai Chili Sauce

Spring Rolls - 80K *V DF*

~ Cabbage, Carrots, Beansprouts, Mushroom, Vermicelli Spring Roll & Thai Chili sauce

Pork Rillion - 145K *DF*

~ Crispy Confit Pork Belly, Coconut Pineapple Relish & Thai Chili Sauce

Pork Salami Milano Bruschetta - 150K

~ Grilled Sourdough, Pomodoro Sauce, Pork Salami Milano, Chilli Flakes, Arugula, Cherry tomatoes & Parmesan

Barbecued Sumac

Prawns Skewer - 175K

~ Grilled Marinate Prawn with Sumac, Eggplant Tahini, Flat Bread & Yoghurt

Korean Chicken Wings - 150K *V*

~ Crispy Wings, Korean Spicy Gochujang & Pickles

Truffle Bacon Fries - 175K

~ Fries, Pork Bacon, Black Truffle Pate, Parmesan & Truffle Mayo

Hummus - 100K *V*

~ Chick Pea Hummus, Blistered Cherry Tomatoes, Paprika, Sumac, Cumin & Flat Bread

Butter Chick Pea Masala *V*

& Paratha - 100K

~ Chick Pea, Garam Masala, Tomato & Paratha Bread

V Vegetarian *V* Spicy *GF* Gluten Free *DF* Dairy Free

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Asian Plates

Nasi Goreng - 170K *DF*

~ Fried Rice, Prawns, Chicken, Vegetables, Balinese Spice, Kecap Manis, Pickles, Fried Egg & Pork Satay

Mie Goreng - 150K *DF*

~ Fried Noodles, Prawns, Chicken, Vegetables, Balinese Spice, Kecap Manis & Fried Egg

Yakisoba Noodles - 150K *DF*

~ Fried Noodles Vegetables, Tofu & Yakisoba Sauce

Japanese Hambugu - 190K *DF*

~ Grilled Beef Burger Patty, Egg Fried Rice, Fried Egg & Yakisoba Jus

Nasi Uduk - 180K *DF*

~ Beef Rendang, Coconut Rice, Bean Cake, Corn Spinach Relish, Pickles & Prawn Crackers

Ayam Panggang Berlado - 170K *DF*

~ Crispy Fried Spice Chicken leg, Green Chili Relish, Coconut Rice, Bean Cake, Corn Spinach Relish, Pickles & Prawn Crackers

Grilled Prawns - 280K *DF*

~ Grilled Jumbo Prawns, Coconut Rice, Bean Cake, Corn Spinach Relish, Pickles Basil Coconut Mango Sambal & Prawn Crackers

Burgers & Sandwiches

Pork Bacon Cheese Burger - 200K

~ Beef Patty, Pork Bacon, Cheese, Caramelized Onions, Gherkin, Apricot Mustard Mayo & Fries

Korean Chicken Burger - 170K

~ Crispy Chicken, Korean Sauce, Pickles, Garlic Mayo & Fries

Chicken, Pork Bacon

Mayo Sandwich - 150K

~ Grilled Buttered Sourdough Toast, Chicken Mayo, Pork Bacon, Salad, Tomato & Fries

Tuna Mayo Sandwich - 155K

~ Grilled Buttered Sourdough Toast, Tuna, Capers, Shallots, Mayo, Salad, Tomato & Fries

Roast Beef & Cheddar - 170K

~ Grilled Buttered Sourdough Toast, Roast Beef, Cheddar, Caramelized Onions, Apricot Mustard Mayo, Salad, Tomato & Fries

Chicken Shawarma - 160K

~ Marinated Grilled Chicken Wrap, Salad, Tomato, Onions, Sumac, Garlic Yoghurt, Sriracha Hot Sauce & Fries

Main Plates

Steak Frites - 400K *GF*

~ US Striploin 300g, French Fries or Mash Potatoes & Salad

Beef Bourguignon - 260K *GF*

~ Beef Cheek, Red wine, Pork Bacon, Mushroom, Carrot & Mash Potatoes

Classic Roast Chicken - 210K *DF*

~ Half Roast Chicken, Market Vegetables, Roast Potatoes & Chicken Jus

Pork Milanese - 240K

~ Breaded Bone In Pork Chop & Spaghetti Pomodoro

Roast Pork Belly - 250K

~ Slow Roasted Pork Belly, Mash Potatoes, Spinach & Jus

Baked Barramundi - 230K *GF*

~ Oven Roasted Barramundi, Cherry Tomato, Coriander Seeds, Ginger, Chilli, Basil, Mint, Lemon Butter Sauce, Pistachios, Spinach & Roast Potatoes

Norwegian Ocean Trout - 260K

~ Grilled Ocean Trout, Tahini, pistachios, Mint, Roast Potatoes, Spinach & Star Anise Sweet Pepper Sauce

Pan Seared Barramundi - 220K *GF*

~ Seared Barramundi, Beurre Blanc Sauce, Market Vegetables & Roast Potatoes

Fish & Chips - 200K

~ Crispy Battered Barramundi, Tartare Sauce, Salad & Fries

Sides

Garlic Bread With Cheese - 70K

~ Garlic Butter, Paprika, Parsley & Mozzarella

Garlic Roast Potatoes - 80K *GF*

~ Roast Potatoes, Butter, Garlic & Rosemary

Mash Potatoes - 80K *GF*

~ Mash Potatoes & Parmesan

Saute Broccoli - 95K *GF*

~ Broccoli, Chili, Garlic & Almonds

Saute Spinach - 80K *GF*

~ Spinach, Butter & Garlic

Market Vegetables - 95K *GF*

~ Broccoli, Cauliflower, Carrots, Peppers, Zucchini & Mushrooms



Vegetarian



Spicy



GF Gluten Free



DF Dairy Free

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Gelato

3 Scoops - 90K

~ Vanilla, Chocolate, Strawberry, Berry Sorbet

Desserts

Tiramisu - 110K

~ Sponge Fingers, Tia Maria, Coffee & Mascarpone

Panna Cotta - 110K *GF*

~ Creamy Italian Custard & Stewed Strawberry

Chocolate Mousse Slice - 120K

~ Chocolate Mousse, Berry Granita & Pistachios

Banana Fritters - 110K

~ Crispy Battered Bananas, Vanilla Gelato & Maple Syrup

Bubur Injin - 110K *DF GF*

~ Black Glutinous Rice, Coconut Milk, Palm Sugar Syrup & Mango

Dadar Gulung - 90K

~ Pandan Crepes, Grated Coconut, Palm Sugar Syrup & Vanilla Gelato

Kids Menu

Sausage & Mash - 95K

~ Pork or Chicken Sausage, Mash Potatoes & Gravy

Chicken Fingers - 150K *DF*

~ Breaded Chicken Breast & Fries

Fish & Chips - 100K *DF*

~ Battered Barramundi, Fries & Tartare Sauce

Spaghetti Bolognese - 150K

~ Spaghetti & Beef Ragu

Pasta Bake - 95K

~ Macaroni, Pomodoro & Mozzarella

Fried Noodles - 95K *DF*

~ Fried Noodles, Sausage & Yakisoba Sauce

Chicken Fried Rice - 100K *DF*

~ Egg Fried Rice, Soy, Chicken & Broccoli

Chicken Noodle Soup - 120K *DF*

~ Noodles, Chicken, Mushrooms, Tomato, Beansprouts, Pok Choy & Chicken Broth

 Vegetarian

 Spicy

GF Gluten Free

DF Dairy Free

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Beverage Menu



Coffee Selections

Espresso Coffee - 35K
Espresso Double - 50K
Americano Coffee - 50K
Long Black - 50K
Coffee Latte - 65K
Mocha Latte - 65K
Cappuccino - 65K
Flat White - 65K
Ice Cappucino - 70K
Ice Latte - 70K
Ice Mocha Latte - 70K
Iced Blended Caramel - 55K
Iced Blended Mocha - 55K

Tea Selections

Hot Herbal Tea - 45K
~ Chamomile Tea/Peppermint Tea/English Breakfast Tea/
Earl Grey/Jasmine Green
Ice Tea - 30K
Ice Mint Tea - 40K
Lemon Tea - 40K
Lychee Tea - 45K
Passion Fruit Tea - 45K

Healthy Drinks

Seaside Tonic - 100K
~ Red Apple, Banana, English Spinach, Chia Seed
X-Press - 95K
~ Strawberry, Avocado, Mint Leaf, Beet Root, Red Apple
Elixir - 80K
~ Banana, English Spinach Orange Juice, Red Dragon Fruit
Detox - 85K
~ Pineapple, Ginger, Strawberry, Lemon Juice
Abc - 60K
~ Green Apple, Beet Root, Apple
Fresh Fruit Juice - 55K
~ Experience The Essence of Nature In Every Glass
With Our Fresh Fruit Juices

Classic Cocktails

Long Island Ice Tea - 130K
~ Vodka, Tequila, Gin, Rum, Triple Sec, Lime Juice
And Coke-Cola
Caipiroska - 130K
~ Vodka, Lime Juice, Sugar Syrup, Tonic Water
Dry Martini - 130K
~ Dry Gin, Dry Martini
Negroni - 130K
~ Gin, Sweet Vermouth, Campari
Black Russian - 130K
~ Vodka, Kahlua
Whiskey Sour - 130K
~ Whiskey, Sugar Syrup, Lime Juice
Manhattan - 130K
~ Whiskey, Martini Rosso, Angostura Bitter
Cosmopolitan - 130K
~ Vodka, Triple Sec, Lime Juice, Cranberry Juice
Mojito - 130K
~ Rum, Mint Leaf, Fresh Lime, Sugar Syrup, Soda Water
Margarita - 130K
~ Tequila, Triple Sec, Lime Juice, Sugar Syrup
Screw Driver - 130K
~ Vodka, Orange Juice
Sangria - 130K
~ Red Wine, Triple Sec, Chunk Of Apple

Smoothie Bowls

Dragon Smoothie - 150K
~ Dragon Fruit, Banana, Strawberry, Granola,
Almond, Chia Seed
Mangoberry Smoothie - 150K
~ Mango, Strawberry, Banana, Granola, Milk

Milk Shakes

Vanilla / Chocolate / Strawberry - 150K

Mocktails

Virgin Mojito - 60K
~ Fresh Mint Leaf, Fresh Lime Juice, Sprite
Virgin Colada - 60K
~ Pineapple Juice, Fresh Pineapple, Coconut Cream
Passion Mojito - 60K
~ Fresh Mint, Passion Syrup, Lime, Mojito Syrup
And Soda Water
Watermelon Kafir Tree - 60K
~ Watermelon, Kafir Leaf, Cranberry Juice And honey

Specialty Cocktails

The Sumitra Highball - 135K

~ Gin, Passion Fruit, Lychee Syrup, Mint Leaf, Lime Juice And Tonic Water

The Sumitra Rush - 135K

~ Whiskey, Lime Juice and Honey

Tropical Drinks

Garden Collin - 120K

~ Gin, Elder Flower Syrup, Lemon Juice, Basil and Cucumber And Soda Water

Blue Island - 120K

~ Light Rum, Blue Curacao, Pineapple Juice, Sprite

Timber Point Cooler - 140K

~ Gin, Apperol, Lime Juice, Symple Syrup, Soda Water

Pinacolada - 120K

~ Rum, Coconut Liqueur, Fresh Pineapple, Pineapple Juice, Coconut Cream

Strawberry Basil Mash - 120K

~ Vodka, Strawberry, Basil, lemon Juice, Ginger Syrup

Spritzer

Aperol Spritz - 200K

~ Aperol, Sparkling Wine, Orange Splash of Soda

Sumitra Spritz - 200K

~ Vodka, Aperol, Strawberry, Basil, Lime Juice, Sparkling Wine

Beer

Crystal - 60K

Bintang Small - 55K

Radler - 50K

Prost Beer Pilsener - 50K

Soft Drinks

Aqua Reflection - 47K

Aqua Reflection Sparkling - 47K

Coke - Cola - 35K

Coke Zero - 35K

Sprite - 35K

Tonic Water - 35K

Whiskey

Johnnie Walker - Red Label - 120K

Johnnie Walker - Black Label - 180K

Jim Beam - 120K

Jack Daniel - 140K

Chivas Regal - 180K

Vodka

Smirnoff Red - 80K

Vodka Iceland - 65K

Absolut - 150K

Tequila

Jose Cuervo Reposado - 130K

Jose Cuervo Silver - 100K

Gin

Bombay Sapphire - 150K

Tanquary Gin - 140K

Hendrick's Gin - 230K

Cognac

Martel V.S.O.P - 300K

Rum

Bacardi Light - 110K

Myers Rum - 110K

Captain Morgan Spiced - 80K

Liquer

Kahlua - 130K

Bailey's - 100K

Cointreau - 145K

Flow's Wine

Collection

Champagne

Veuve Clicquot Yellow Label Brut, France - 4000K

Moet Chandon Imperial Brut, France - 3000K

Sparkling Wine

Tunjung Sparkling Brut - 750K

Jepun Sparkling Rose - 600K

Rose Wine

Two Island Rose - 590K

Wine By Glass

Hatten Aga Red - 125K

Hatten Aga White - 125K

White Box Yarra Valley Chardonnay - 200K

Cahillton Yarra Valley Cabernet Sauvignon
Merlot - 250K

White Wine

Penfolds Koonungahill Chardonnay - 950K

Tabali Pedregoso Gran Reserva
Sauvignon Blanc - 800K

Tabali Vetas Blancas Reserva
Chardonnay - 800K

Two Island Pinot Grigio - 590K

Two Island Sauvignon Blanc - 590K

Two Island Chardonnay - 590K

Red Wine

Penfolds Koonungahill
Cabernet Sauvignon - 950K

Benchmark Shiraz - 850K

Benchmark Merlot - 850K

Tabali Pedregoso Gran Reserva
Pinot Noir - 800K

Two Island Shiraz - 590K

Hatten Aga Red - 465K