

## BREAKFAST

### MADE TO ORDER

#### TOASTED

Sourdough Breakfast Donut **£3.50**

+Add extra for 50p:

Flipside butter / Berry jam / Nut butter / PB&J / Smashed avocado / Soft almond feta / Blossom honey

Toast **£3.50**

+Add extra for 50p:

Flipside butter / Berry jam / Nut butter / PB&J / Smashed avocado / Soft almond feta / Blossom honey

Organic Protein Pancake **£3.50**

Almond butter or maple syrup with blueberries or bananas

Toasted Fingers & Hot Dipping Sauce **£3.25**

Yolky Hollandaise in a little dipping pot with toasted fingers

**BREAKFAST MUFFIN £2.99**

Scramble, sticky & crispy rashers, toasted muffin

Scramble & sausage, toasted muffin

Grilled mushroom, cheddar slice, breakfast BBO sauce  
toasted muffin

+Add for 50p: Hollandaise / Avocado / Cheese slice

Breakfast protein shake **£3.25**

Date butter, banana, Aquafaba, almond butter,  
sunflower protein, oats, oat milk

**BREAKFAST POTS £2.99**

Served with baby spinach and bagel seasoning

Scramble, sticky & crispy rashers, hot beans

Scramble and grilled mushroom

Avocado & almond feta, quinoa & beans

**BREAKFAST BOWLS £4.50**

Served with baby spinach, bagel seasoning  
& buttered toast

Sunrise

Scramble, sticky & crispy rashers, tomato,  
grilled chestnut mushrooms

Easy Flip

Scramble, avocado, tomato, quinoa & beans, almond feta

Protein Feast

Grilled sausage, sticky & crispy rashers, scramble,  
quinoa & beans, Hollandaise

+Add for 50p: Hollandaise / Avocado /  
Almond feta / Roasted tomato

## DRINKS

#### ORGANIC COFFEE

Espresso **£1.65**

Flat White **£2.45**

Latte **£2.45**

Cappuccino **£2.45**

Americano **£1.99**

Bulletproof **£2.99**

Hot Chocolate **£2.45**

Mocha **£2.45**

Almond / Oat / Soya /  
Coconut

Own cup? 25p off

Extra shot 35p

### GRAB & GO

#### WEDGE SANDWICHES

All Day Breakfast **£2.99**

Chopped Scramble Mayonnaise & Baby Spinach **£2.49**

#### FRUIT POTS

Overnight Oats Apple Raisins & Cinnamon **£2.45**

Coconut Yoghurt & Fresh Berry Granola **£2.45**

Fresh Banana, Coconut Yoghurt, **£2.45**  
Granola & Honey

Melons & Berry Pot **2.45**

#### HOT OATS 2.65

Mocha Oat

Oats, oat milk, espresso shot & cocoa, garnished  
with chia & cacao nibs

Original Oats

Oats, quinoa, milled flax seed, oat milk with a choice of:

Chia & cacao nibs

Apple cinnamon compote

Blueberry & lemon compote

Banana & blossom honey

### GRAB & GO ALL DAY

#### CRISPS, BARS & POPCORN

Popcorn Kitchen Salted **£1.20**

Popcorn Kitchen Sweet Chilli **£1.20**

#### FLIPSIDE BAKERY

Pink Iced Brioche Doughnut **£2.00**

Lemon & Blueberry Muffin **£2.25**

Chocolate Muffin **£2.25**

Apple Muffin **£2.25**

Banana Bread Muffin **£2.25**

Cinnamon Roll **£2.25**

Spelt Croissant **£2.25**

Oat & Raspberry Bar **£1.99**

Chocolate Oats Bar **£1.99**

Chocolate Loaf Cake **£1.99**

Lemon Iced Loaf Cake **£1.99**

#### FRESH SMOOTHIE £4.50

Sunshine: watermelon, carrot, clementine & pineapple

Kale Blazer: kale, spinach, watermelon,  
banana, pineapple

Blush Berry: blueberry, lingonberry,  
beet, lemon & watermelon

+Add for 50p: Beet / Ginger / Spinach / Turmeric root

#### TEAS

Coco & Joe **£2.90**

Star Mint **£2.90**

Cuppa T **£1.90**

Spiced Blueberry **£2.90**

Turmeric Chai **£2.90**

#### FRESH JUICE £2.99

Apple

Carrot

Clementine

Own Blend

+Add for 50p: Beet / Ginger /  
Spinach / Turmeric root

## LUNCH

### MADE TO ORDER

#### BURRITOS £5.50

Chipotle

Lightly roasted chicken, 5 grain mix, grilled pepper &  
jalapeno salsa, pinto beans, mixed leaf, chipotle mayo,  
chipotle sauce

The Ranch

Air-fried chicken, 5 grain mix, pico de gallo, fresh slaw,  
mixed leaf, ranch dressing

Cali 'Rito

Spicy Mexican mince, 5 grain mix, pinto beans, black beans,  
pico de gallo, pepper salsa, avocado, lime crema

Caesar Wrap **£5.50**

Lightly roasted chicken, sourdough croutons, crispy cos,  
Caesar dressing

+Add sticky & crispyrashers for £1.00

#### SUPERBOWLS GLUTEN FREE £5.49

Farmhouse Fresh

Roasted butternut squash, chargrilled broccoli,  
5 grain mix, beet scoop, fresh slaw, mixed leaf,  
almond feta, bagel seasoning

Naked Cali

Tortilla chips, avocado, 5 grain mix, pinto beans,  
black beans, pico de gallo, pepper salsa, mixed leaf,  
lime crema, lime wedge

Reds & Greens

Chargrilled broccoli, skillet brussels, 5 grain mix,  
red slaw, red radish, mixed leaf, spring onions,  
fried onions, pumpkin seeds

Backyard Flippin'

Baked sweet potato, skillet brussels, 5 grain mix, butternut  
bean scoop, red slaw, lemon marinated carrots,  
curried chickpeas

#### HOT PROTEINS £1.50

Crispy Chickpea Panissa

Air-Fried Chicken

Lightly Roasted Chicken

Spicy Mexican Mince

#### LUNCH BURGERS £6.49

Who Ya Callin'

Flipside grilled chicken patty with pickle, aioli, little  
gem, soft glazed bun

Flipside Quarter Pounder

Flipside Quarter Pounder patty with pickle, grilled onions,  
little gem, mustard, ketchup, mayo, soft glazed bun

That Thick Malty Shake **£4.50**

(lunch size 10oz)

#### LUNCH SIDES

Buffalo Tenders **£3.99**

Fresh Slaw **£1.50**

Air-Baked Fries **£3.50**

Sticky & Crispy Rashers **£1.50**

#### ALLERGENS: BE AWARE

Food and Drinks sold here may have come into contact with these allergens: SESAME, PEANUTS, TREENUTS, SOY, CELERY, DAIRY, EGGS, FISH, MOLLUSCS, GLUTEN, WHEAT, BARLEY, LUPIN, MUSTARD, SUPHLUR DIOXIDE. We have an open kitchen where cross contamination can occur. Please do not to take the risk if you suffer from allergic reaction or intolerance. Please ask the Store Manager for more information

## LUNCH

### GRAB & GO

#### WEDGE SANDWICHES

All Day Breakfast **£2.99**

Chopped Scramble Mayonnaise & Baby Spinach **£2.49**

Cheese & Tomato with Cracked Black Pepper **£2.49**

BLTA **£3.65**

Lightly Roasted Chicken & Apple Slaw **£3.45**

Ploughman's Farmhouse Pickle **£3.45**  
with Smoked Ham & Cheese

Chipotle Chicken **£3.45**

#### BAGUETTES

Flipside Super Club **£3.65**

Buffalo Chicken & Red Slaw **£3.85**

Chicken & Sweetcorn **£3.25**

Ham & Cheese Salad **£3.45**

#### WRAPS

Butternut & Beets **£3.95**

Chicken & Avocado **£3.95**

#### MELTS

Avocado & Cheese Melt with Smashed Chickpeas **£3.95**

Avocado & Tomato & Cheese Melt **£3.95**

Tomato & Cheese Melt & Cracked Black Pepper **£3.75**

Smoked Ham & Cheese Melt **£3.75**

#### SALADS

Flipside Nicoise **£5.50**

Kale Chicken Caesar **£5.50**

Fresh Five Gluten Free **£5.50**

Flipside Club **£5.65**

#### SIDE SALADS

Little Fresh Side Salad **£2.95**

Avocado & Almond Feta side salad **£4.25**

#### FRUIT POTS

Overnight Oats Apple Raisins & Cinnamon **£2.45**

Coconut Yoghurt & Fresh Berry Granola **£2.45**

Fresh Banana, Coconut Yoghurt, Granola & Honey **£2.45**

Melons & Berry Pot large **£2.45**

Melons & Berry Pot small **£1.99**

#### HOT MAC BAR

Mac n' Cheese **£4.75**

Choose garnish from the counter for 1.00 each

Char grilled broccoli & peas / Sticky & crispy rashers /  
Baked shiitake / Caramelised onions / Thyme roasted  
cherry tomatoes

#### HOT SOUPS

Leek & Potato **£3.45**

Tomato **£3.45**

Velvet Butternut **£3.45**

Alphabet Minestrone **£3.45**

New England Chowder **£3.65**

Meatballs Marinara **3.65**

+Add garnish coconut yoghurt, fresh parsley & pumpkin  
bagel seasoning for £1

# ORDER YOUR FLIPSIDE TODAY!

T: 0207 2501003

W: WWW.FLIPSIDEFOOD.COM

E: FRESH@FLIPSIDEFOOD.COM

100% PLANT-BASED



SEE YOU ON  
THE OTHER  
SIDE!

LATE

## MADE TO ORDER

**BURGERS** Double up for £3.50

All burgers come with fries

**Flipside Quarter Pounder £9.50**

Choose Beyond Burger or Flipside Quarter Pounder patty with pickle, grilled onions, little gem, mustard, ketchup, mayo, soft glazed bun

**Midwest Double Melt £11.00**

Choose Beyond Burger or Flipside Quarter Pounder patty with melted double gouda, grilled onions, sticky & crispy rashers, Baconnaise, soft glazed bun

**BBQ Chipotle £11.00**

Choose Beyond Burger or Flipside Quarter Pounder patty with melted gouda, grilled onions, tomato, Flipside special sauce, chipotle chilli jam, fresh slaw, sesame bun

**Queso Fundido £10.50**

Choose Beyond Burger or Flipside Quarter Pounder patty with tomato, jalapeno pepper salsa, grilled onions, queso fundido sauce, baby spinach soft, glazed bun  
Double up for £3.50

+Add spicy Mexican mince for £1.00

**Who Ya Callin' £9.50**

Flipside Grilled Chicken patty with pickle, aioli, little gem, soft glazed bun

**New York Minute £10.50**

Any grilled patty with grilled onions, oak smoked apple butter, New York blue cheese dressing, little gem, pretzel bun

+Add sticky & crispy rashers £1.00

+Add extra cheese £1.00

## THE FLIP SIDES

**Buffalo Tenders £4.50**

**Fresh Slaw £2.50**

**Air-Baked Fries £3.50**

**Sweet Potato Fries £3.50**

**Sticky & Crispy Rashers £1.50**

**Side Soup £2.50**

**Meatballs Marinara £5.50**

**Loaded Nachos £4.50**

**MAC BAR reg £3.00 large £5.00**

+Add garnish for £1.00: Baked Shiitake / Caramelised Onions / Sticky & Crispy Rashers / Chargrilled Broccoli & Peas / Thyme Roasted Cherry Tomatoes

## SWEET FLIPS £3.99

Warm Caramel Brownie with vanilla ice cream

Cone Of Silence with vanilla & raspberry ripple ice cream

Sticky Toffee Pudding with vanilla ice cream

Baked Alaska

## SUPERBOWLS £6.49

Farmhouse Fresh

Roast butternut squash, chargrilled broccoli, beet, scoop, fresh slaw, quinoa, mixed leaf, almond feta, ranch dressing, bagel seasoning

Naked Cali

Quinoa, pinto beans, black beans, rice, pico de gallo, pepper salsa, avocado, lime wedge, tortilla chips, lime crema dressing

LATE

Red & Greens

Chargrilled broccoli, red slaw, red radish, skillet brussels & quinoa, spring onions fried onion, pumpkin seeds, peanut chilli lime dressing

Backyard Flippin'

Baked sweet potato, skillet brussels, butternut bean scoop, red slaw, lemon marinade carrots, curry chickpeas turmeric tahini dressing

Kale Caesar

Fresh kale, sourdough seeded croutons, cracked black pepper, avocado, cherry tomato, shaved parmesan, caesar dressing

Hot Proteins £1.50

Crispy Chickpea Panissa / Air-Fried Chicken / Lightly Roasted Chicken / Spicy Mexican Mince

## DRINKS

### ORGANIC COFFEE

Espresso £2.50

Flat White £2.90

Latte £3.00

Cappuccino £2.90

Americano £3.00

Bulletproof £3.50

Hot Chocolate £3.00

Milk: Almond, oat, soy or coconut

### TEAS

Coco & Joe £2.90

Star Mint £2.90

Cuppa T £1.90

Spiced Blueberry £2.90

Turmeric Chai £2.90

**FRESH JUICE £2.99**

Apple

Carrot

Clementine

Own Blend

+Add for 50p: Beet / Ginger / Spinach / Turmeric root

**FRESH SMOOTHIE £4.50**

Sunshine: watermelon, carrot, clementine & pineapple

Kale blazer: kale, spinach, watermelon, banana, pineapple

Blush berry: blueberry, lingonberry, beet, lemon & watermelon

**SHAKES £5.50**

That thick malty shake

Blush berry

Honey crisp vanilla

Peanut rock

**COCKTAIL CHILLIN' £6.50**

Coachella Valley

Lemonade, fresh lime, with coconut rum & berries

WEEKDAY

100% PLANT-BASED



MENU

BREAKFAST  
LUNCH  
LATE