

SALADS

SOBA NOODLE SALAD - VEG/ NON VEG ₹330/ ₹360

Buckwheat noodles with fresh veggies & flavourful peanut sauce dressing

CHICKPEA SALAD ₹280

Fresh greens, cucumbers, tomatoes with tangy chickpeas

TUSCAN SALAD VEG/ NON VEG ₹360/ ₹380

Salad with toasted bread, tomatoes , onions and salad greens

DUMPLING SALAD VEG/ NON VEG ₹350/ ₹380

Salad with dumplings, veggies with an umami packed dressing

PESTO SALAD VEG/ NON VEG ₹340/ ₹370

A healthy mix of Millets, chickpeas, paneer or chicken and crunchy vegetables with a delicious and healthy pesto lemon dressing.

SMOOTHIE BOWLS

BERRY SMOOTHIE BOWL ₹380

Blend of Berries & Bananas topped with fresh fruits, granola and chia seeds (No added sugar)

CHOCOLATE SMOOTHIE BOWL ₹380

Blend of Bananas, chocolate, peanut butter and dates topped with fresh fruits, granola and chia seeds(No added sugar)



BANOFFEE FRENCH TOAST

₹ 350

Thick bread dipped in egg custard topped with banana slices, drizzled with caramel, topped with a dollop of whipped cream and roasted almond.

STUFFED CHICKEN OMELETTE

₹ 320

Egg omelette stuffed with minced chicken, cheese & chimichurri sauce served with & salad

EGGCELLENT SANDWICH

₹ 230

A creamy filling of hard-boiled eggs, Kewpie mayo, Gochujang, and scallions sandwiched between soft, butter-toasted, house-made milk bread.

CORNFUSION SANDWICH

₹ 230

A creamy filling of paneer, sweet corn, spinach, garlic mayo, and Gochujang sandwiched between soft, butter-toasted, house-made milk bread.

ENGLISH BREAKFAST PLATTER VEG/ NON VEG

₹ 480

Eggs of choice served with sausages and bread, along with baked beans, house made raspberry jam, caramalised onion relish and fresh fruits

MEDITERRANEAN BREAKFAST PLATTER VEG/ NON VEG

₹ 480

Hummus served with bread, fresh carrots, cucumbers, red grapes, olives, prunes, feta and veg/chicken kheema.

TACO TOAST-CHICKEN/VEG

₹ 280

House-made crusty bread topped with cottage cheese spread, lettuce, taco seasoned chicken/paneer, Nachos and a house-made sour cream sauce.

ALL DAY BREAKFAST

TURKISH EGGS

₹ 320

Yogurt , poached eggs, chilli & basil oil served with a side of bread

SHAKSHOUKA

₹ 385

Minced chicken & eggs baked in a tangy marinara sauce served with bread

KOREAN OMELETTE ROLLS

₹ 265

Korean style rolled whole egg & vegetable omelette

EGG WHITE OMELETTE

₹ 250

Fluffy egg white omelette with a side of salad & bread

PESTO AUBERGINE TOAST

₹ 265

House-made crusty bread topped with hummus, pesto, greens, aubergine, chilli basil oil & feta

MEDITERRANEAN CHICKEN TOAST

₹ 280

House-made crusty bread topped with hummus, greens, spiced minced chicken, olives and feta

EGGS & HAM TOAST

₹ 270

House-made crusty bread topped with Ham, soft scrambled egg and a creamy mustard sauce

MUSHROOM TOAST

₹ 260

House-made crusty bread topped with cottage cheese spread and Herbed mushrooms

FRENCH TOAST

CREAM CHEESE BLUEBERRY/ NUTELLA

₹ 330

Thick bread dipped in egg custard stuffed with blueberry cream cheese or Nutella served with a dollop of whipped cream (Ask for vegetarian option)



THE BURGER - CHICKEN/VEG

₹320

Fried crisp chicken / house-made mixed vegetable & soya chunk patty with lettuce, onions, tomatoes and a house made creamy sriracha onion sauce, all layered between our delicious in house baked buns.

SPAGHETTI AGLIO CRÉMA- VEG/ CHICKEN/PRAWN ₹430/460/550

Spaghetti in a creamy butter garlic white sauce served with either mushrooms/ chicken/ prawns with a slice of bread on the side

SPAGHETTI SICILIANA- VEG/ CHICKEN/PRAWN ₹430/460/550

Spaghetti in an smoky oven-roasted red bell pepper & tomato sauce served with either mushrooms/chicken/ prawns with a slice of bread on the side

MAINS

MILLET BOWL VEG/ NON VEG ₹370/ ₹395

Nutritious bowl with millet, curried chickpeas/chicken, roasted sweet potatoes, salad & cashew tahini sauce

MEXICAN FAJITA BOWL VEG/ NON VEG ₹400/ ₹420

Veg/chicken fajita, rice, spiced kidney beans, sweet corn, salsa & avocado mash

ASIAN RICE BOWL VEG/ NON VEG ₹370/ ₹395

Veg/Chicken in Asian style sweet & spicy sauce served with jasmine rice and cucumber salad topped with a fried egg(optional)

CHICKEN/PANEER STEAK IN LEMON GARLIC SAUCE ₹395/ ₹360

Chicken/Paneer steak served with a lemon garlic sauce, mashed potatoes and salad

HERBED CHICKEN/PANEER & SHROOMS ₹395/ ₹360

Chicken/Paneer & Mushrooms in an aromatic rosemary & thyme sauce served with a side of salad

STUFFED CHICKEN ₹450

Chicken breast stuffed with spinach, mushroom and cheese served with chefs special sauce & rice

FOCACCIA SANDWICH VEG/NON VEG ₹360/380

In house focaccia bread with red & green pesto, lettuce, caramelised onions, chicken/paneer, fresh tomatoes and bocconcini cheese

SHEPHERD'S PIE VEG/ NON VEG ₹350/380

Minced chicken/vegetable casserole layered with creamy mashed potatoes and baked.

MATCHA LATTE

₹ 250

Matcha flavoured Latte (contains no coffee)

SPANISH LATTE

₹ 230

Espresso topped with milk and sweetened with condensed milk with a touch of cinnamon

CARAMEL LATTE

₹ 230

Caramel flavoured latte

CAFE MOCHA

₹ 230

Espresso with chocolate and steamed milk

ORANGE ZEST MOCHA

₹ 240

Espresso with orange zest infused chocolate and steamed milk

FILTER KAAPU

₹ 90

South Indian Filter coffee



5% GST applicable

HOT COFFEE

ESPRESSO

₹ 120

Single shot intense coffee

DOPPIO

₹ 140

Doubled up espresso shot

AMERICANO (BLACK COFFEE)

₹ 150

Espresso & hot water

FLAT WHITE

₹ 200

Espresso with steamed milk & micro-foam

MACCHIATO

₹ 130

Espresso with a dash of foamed milk

CAPPUCCINO

₹ 190

Espresso with steamed milk & thick foam

CAFE LATTE

₹ 200

Espresso with steamed milk & thin foam

HAZELNUT LATTE

₹ 230

Hazelnut flavoured Latte

BISCOFF LATTE

₹ 250

Lotus biscoff flavoured latte





5% GST applicable

HOT BEVERAGES

MASALA CHAI

₹ 90

Spiced Milk-based chai

BELGIAN HOT CHOCOLATE

₹ 285

Rich hot chocolate made with the finest Belgian chocolate

ORANGE HOT CHOCOLATE

₹ 285

Belgian hot chocolate flavoured with fresh orange peel

OOLONG TEA

₹ 165

Tea with freshness of green tea and earthy tones of black tea

TURMERIC GREEN TEA

₹ 175

Turmeric flavoured infusion tea

CHOCOLATE EARL GREY TEA

₹ 175

Chocolate flavour infusion tea

LONG ISLAND GREEN TEA

₹ 175

Green tea with citrus and mint notes



FRESH ORANGE JUICE

₹ 210

Freshly squeezed orange juice

APPLE BEET CARROT JUICE

₹ 220

A healthy blend of apple, carrots and beetroot with a hint of lemon.

No added sugar.

GREEN GODDESS SMOOTHIE

₹ 240

A healthy blend of banana, orange, kale and spinach

BLUE PEA LEMONADE

₹ 180

Lemon soda & butterfly pea tea with a hint of lavender

SUNRISE GLOW

₹ 220

A healthy blend of carrots & oranges with a hint of ginger

PASSIONFRUIT ICED TEA

₹ 220

Iced black tea with Passionfruit syrup

RASPBERRY ICED TEA

₹ 220

Iced black tea with House-made raspberry syrup

ISPAHAN

₹ 220

Raspberry, lychee & rose

SUMMER BARBIE

₹ 220

Lemon, Malta orange & pink dragonfruit soda

50 SHADES OF YELLOW

₹ 230

Pineapple and Passionfruit syrup flavoured with fresh basil
& topped with soda

YUZU SODA

₹ 180

A refreshing soda based drink made with bright, citrusy Japanese Yuzu

YUZU MATCHA SODA

₹ 240

A refreshing soda based drink made with bright, citrusy Japanese yuzu
topped with ceremonial grade matcha

GINGER LEMONGRASS SPRITZ

₹ 220

A refreshing soda based drink with flavours of ginger, lemongrass and basil

COLD BEVERAGES

COLD BREW ON ICE	₹ 190
24 hours brewed black coffee , served on the rocks	
RASPBERRY COLD BREW	₹ 235
24 hours brewed black coffee, house-made raspberry syrup on the rocks	
CARAMEL COLD BREW	₹ 250
24 hours brewed black coffee, caramel sauce, topped with vanilla foam	
COFFEE & TONIC	₹ 225
24 hours brewed black coffee and tonic water on the rocks	
ICED AMERICANO	₹ 160
Espresso & water on the rocks	
ICED CAFE LATTE	₹ 210
Espresso and milk on the rocks	
ICED BISCOFF LATTE	₹ 250
Espresso, biscoff & milk on the rocks	
ICED HAZELNUT LATTE	₹ 240
Hazelnut flavoured espresso & milk on the rocks	
ICED CAFE MOCHA	₹ 250
Espresso , Chocolate and milk on the rocks	
ICED MATCHA LATTE	₹ 250
Matcha & milk on the rocks (contains no coffee)	
AFFOGATO VANILLA/CHOCOLATE	₹ 230
Hot espresso poured over vanilla/ chocolate ice cream	
TIRAMISU COLD BREW	₹ 250
24 hours brewed black coffee, topped with a creamy Tiramisu cold foam and dusted with cacao powder	
ICED SPANISH LATTE	₹ 235
Espresso with a dash of cinnamon, sweetened with condensed milk served on the rocks	
ICED CARAMEL LATTE	₹ 250
Caramel flavoured espresso and milk on the rocks	
ICED ORANGE ZEST MOCHA	₹ 250
Espresso , orange zest infused chocolate and milk on the rocks	

We use edible rice straws for our beverages



CAFE *Flourista*

When Pooja started Flourista in 2018, it was purely a home based baking venture. But all the love you gave us over the last five years ignited our desire to fuse it with our passion for travel and bring you this bespoke cafe.

Culinary treats we've experienced all over the world deserve a home in our very own city. The opportunity felt ripe once Kasharp Fitness expressed their desire to build it as a combined passion project. Here we are today - your very own gateway to food and drink from the world over, at your very own Cafe Flourista!

From baking our own bread to sourcing the finest ingredients from the world over, we settle only for the best and ensure that each dish is authentic to its origins.

We hope you relish your experience with us and look forward to hearing your suggestions to bring more incredible delicacies to our Mangalorean palettes.

Have a memorable time!

Love,

Pooja and Roshan

