

FLO LOUNGE RESTAURANT

PRIX FIXE BRUNCH \$11

SERVED WEEKENDS & HOLIDAYS 10AM-4PM

SMALL OJ, COFFEE OR CLASSIC TEA INCLUDED
SANGRIA, MIMOSA, CHAMPAGNE, BLOODY MARY \$2.50

WE USE 100% FARM FRESH EGGS, NO HORMONES AND ANTIBIOTICS
OUR BURGERS ARE 100% GRASS FED; NO HORMONES AND ANTIBIOTICS
ALL EGGS SERVED WITH ROASTED POTATO OR ORGANIC FIELD GREENS
ALL SANDWICHES/BURGERS SERVED WITH FRENCH FRIES OR ORGANIC FIELD GREENS

FARM FRESH EGGS

EGGS BENEDICT

Canadian bacon, Hollandaise Sauce

POACHED EGG FLORENTIN

Spinach & Chipotle Hollandaise

SOUTHWESTERN BENEDICT

Homemade Biscuit Topped with
White Cheddar, Smoked Pulled Pork,
Two Poached Eggs and Chipotle
Hollandaise

CORNERED BEEF HASH

House made Corned Beef Hash,
Fresh Sunny Side up Eggs, Onions,
Peppers (**gluten free**)

SALMON TARTARE BENECICT

Two Eggs Poached on a Toasted
Butter Milk Biscuit and Dill
Hollandaise Sauce

MUSHROOM OMELET

Cremini & Shitake Mushrooms,
Cheddar Cheese

GARDEN OMELET

Baby Spinach, Roasted Peppers,
Fresh Basil and Parmesan Cheese

BACON & GOAT CHEESE OMELET

Oven Dried Tomatoes, Onions

BREAKFAST BURRITTO

Whole Wheat Tortilla, Scrambled
Eggs, Cheddar Cheese, Onions,
Peppers, Cilantro Guacamole, and
Salsa

FRENCH TOAST SANDWICH

Traditional Challah with Bacon and 2
Fried Eggs

CRUNCHY FRENCH TOAST

Challah Bread coated in crushed Oat
and Corn Cereal Crunch

TRADITIONAL FRENCH TOAST

Add mixed berries \$1.00

ADDITIONAL APPETIZERS \$10

FRIED CALAMARI

TEMPURA SHRIMP ROLL

SPICY TUNA ROLL

DRAGON ROLL

ORGANIC GREENS

GINGER-SESAME STEAK SALAD

Baby Spinach, Exotic Mushrooms,
Red Onion, Warm Balsamic
Vinaigrette

GRILLED CHICKEN TERIYAKI SALAD

Soba Noodle, Seasonal Julienne
Vegetables, Field Greens, Sesame
Ginger Dressing

GRILLED SALMON SALAD

Watercress & Herb Salad, Grape
Tomatoes, Creamy Lemon Pepper
Dressing

GRASS FED BREAKFAST BURGER

Sautéed Onions, BBQ Sauce, Cheddar
Cheese and Eggs over Easy
Choice of Apple Wood Smoked
Bacon \$1.25

SALMON BURGER

Caramelized Onions, Oven Roasted
Tomatoes and Arugula Pesto

FLO LOUNGE RESTAURANT

MEDITERRANEAN CHICKEN SANDWICH

Grilled Chicken, Basil Pesto, Oven
Roasted Tomato, Black Olives, Fresh
Mozzarella on Sour Dough

SAVORY CREPE

Brandied Mushrooms, Grilled
Chicken, Jalapeño Jack Cheese

PENNE A LA VODKA

Roasted Tomato, Vodka Sauce, Red
Chili Flakes
Choice of Chicken \$2.00

EGG WHITES \$1.50

*IF YOU HAVE ANY FOOD ALLERGY PLEASE SPEAK
TO THE MANAGER, CHEF OR YOUR SERVER"

For Parties of 8 or more a 20% gratuity will be
automatically added to the bill

No Alcohol may be served before noon on
Sundays due to NY Law

NO SUBSTITUTIONS PLEASE

**EXECUTIVE CHEF AARON BLOCK
AND STAFF WISH YOU BON
APPÉTIT**

Weekdays \$11 PRIX - FIXE LUNCH
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FLO LOUNGE RESTAURANT

QUICK LUNCH

3 COURSE PRIX FIXE BENTO..YOUR OWN CHOICE \$11

SERVED WEEKDAYS 11AM-5PM

Choose one from each Category

STARTERS	MAIN COURSE	DESSERTS
Avoglemono Soup	BBQ Pork Sliders	
Chicken Strips	Penne a la Vodka	Fried Oreos
Beef Taco	Chicken Parmigiana	Chocolate Brownie
Cheese ravioli	Spicy Tuna Roll	
Organic Salad	Chimichurri Skirt steak	

A LA CARTE MENU

FARM FRESH EGGS

GARDEN OMELET

Baby Spinach, Roasted Peppers, Fresh Basil and Parmesan Cheese \$7.5

BACON & GOAT CHEESE OMELET

Oven Dried Tomatoes, Onions \$8.5

ORGANIC GREENS

GINGER-SESAME STEAK SALAD

Baby Spinach, Exotic Mushrooms, Red Onions, Warm Balsamic Vinaigrette \$11.5

CHICKEN TERIYAKI SALAD

Soba Noodles, Seasonal Julienne Vegetables, Field Greens, Sesame Ginger Dressing \$10

GRILLED SALMON SALAD

Watercress & Herb Salad, Grape Tomatoes, Creamy Lemon Pepper Dressing \$10.5

AVOCADO AND SHRIMP SALAD

Sautéed Shrimps, Avocado, Chopped Mushrooms, Celery on a Creamy Ranch (3 Shrimps) \$11.5

SUSHI

TEMPURA SHRIMP ROLL

Avocado and Apricot Glaze \$9

CALIFORNIA ROLL

Flying Fish Roe, Crab, Avocado & Cucumber with Sesame Seeds \$8.5

DRAGON ROLL

Eel, Spicy Mayo wrapped with Avocado \$9.5

SUSHI TACO

Spicy Tuna, Avocado on Crispy Wontons \$9.5

SPICY TUNA ROLL

Minced Tuna Spicy Mayo \$9.5

*All Eggs & Sandwiches served with French Fries or Organic Greens
Sweet Fries \$1.25 extra

For Parties of 8 or more a 20% gratuity will be automatically added to the bill

*Sushi served with Organic Greens & Asian Dressing

*IF YOU HAVE ANY FOOD ALLERGY PLEASE
SPEAK TO THE MANAGER OR SERVER

**EXECUTIVE CHEF AARON BLOCK AND STAFF
WISH YOU BON APPÉTIT**

APPETIZERS

SPINACH PIE

A Greek Classic 7

CHEESE STICKS

Feta and Ricotta cheese wrapped in Phyllo Dough 7.5

ENTREES

ANGUS SKIRT STEAK

Teriyaki Glazed, Served with French Fries \$12.5

CHICKEN KEBAB

Fresh Veggies, Over Rice Pilaf \$9.5

SAVORY CREPE

Brandied Mushrooms, Grilled Chicken, Jalapeño Jack Cheese, Served with Salad \$8.5

SANDWICHES

SKIRT STEAK SANDWICH

Grilled strips, sautéed onions and peppers, chipotle mayo on Semolina, \$10.5

Add : Pepper Jack, Mozzarella, Swiss or Feta \$1

Smoked Cheddar \$1.50 , Apple Wood smoked Bacon 1.25

MEDITERRANEAN CHICKEN

Grilled & Oven Roasted Chicken, Basil Pesto, Oven Roasted Tomato, Black Olives, Fresh Mozzarella on Sour Dough \$9

CHICKEN AND BLUE CHEESE BURGER

Baby Spinach, Tomato and Tarragon Sauce 8.5

GRASS FED BLACK ANGUS BURGER

Tomatoes, Red Onions, Boston lettuce \$9

Add: Pepper Jack, Mozzarella, Swiss or Feta 1,

Smoked Cheddar 1.50 Apple Wood smoked Bacon 1.25

GRILLED CHEESE

With Roasted Tomato, Ranch Dressing and Swiss Cheese \$7

FLO WRAP

Grilled Chicken, Roasted Red Peppers, Feta , Honey Dijon Mustard \$9

**Weekends & Holidays \$11 PRIX - FIXE
BRUNCH**

WELCOME TO FLO LOUNGE RESTAURANT
MOST INGREDIENTS ARE ORGANIC OR NATURAL FROM SUSTAINABLE SOURCES,
HUMANELY FIELD -HARVEST & LINE CAUGHT WHENEVER POSSIBLE.
WE USE FRESH FARM EGGS NO HORMONES & ANTIBIOTICS AND ORGANIC GREENS
ALL ITEMS ARE FRESH MADE DAILY

APPETIZERS

CRISPY TACOS

Beef, Pico De Gallo, Sour Cream, and Monterey Jack Cheese 11.5

CHEESE STICKS

Handmade with Feta, Ricotta cheese, and wrapped in Phyllo Dough 10

BBQ PULLED PORK SLIDERS

Served with Smoked Cheddar Cheese 12

YELLOW FIN TUNA TARTARE

Ahi Tuna, Avocado Salad, Pineapple Vinaigrette 14

CALAMARI FRITTI

Domestic Squid, Seasoned with Sea Salt, Spicy Tomato Sauce 13.5

SOUTHERN FRIED CHICKEN STRIPS

Fresh Garlic, Parsley, Lemon Zest, Honey Mustard Dipping Sauce 11.5

CHIPOTLE CHICKEN QUESADILLA

Roasted Corn & Pepper Jack Cheese served with Guacamole,
Sour Cream and Tomato Salsa 13

SPINACH PIE

A Greek Classic! 9

CLASSIC JUMBO BUFFALO WINGS

In our mild Homemade Sauce with Blue Cheese Dip 11.5

DIP TRIO

Hot Pepper Feta Spread, Hummus, and Yogurt Cucumber
Served With Pita 10.5

SOUPS

AVGOLEMONO SOUP 5.5
FRENCH ONION SOUP 5.5

SALADS

BELL CHEVRES

Walnut crusted Goat cheese slightly warmed mesclun greens, Thistle honey and Cranberry vinaigrette. 12

BABY SPINACH

Apple, Toasted Walnuts, Dried Cranberries and Raspberry Vinaigrette 11.5

GREEK SALAD

Tomato, Lettuce, Green Peppers, Red Onion, Cucumber, Feta, Kalamata Olives, Red Wine Vinegar and EVOO 12

CLASSIC CAESAR

Chopped Romaine, Croutons, and Shaved Parmesano Reggiano 11.5

**Add Chicken \$3, Salmon \$4 Or Jumbo Shrimp \$5 (3)*

MAIN COURSE SALADS

GINGER-SESAME MARINATED SKIRT STEAK

Baby Spinach, Exotic Mushrooms, Red Onion Warm Balsamic Vinaigrette
15.5

AVOCADO AND SHRIMP SALAD

Sautéed Shrimps, Avocado, Chopped Mushrooms, Celery On A Creamy Ranch Dressing Served With Mesclun Greens and House Vinaigrette (3 Shrimps) 15

GRILLED TERIYAKI CHICKEN WITH SOBA NOODLE

Seasonal Julienne Vegetables, Baby Arugula, Sesame Ginger Dressing 14.5

SIDES

PARMESAN GARLIC WHIPPED POTATOES 6

CHIVE MASHED POTATO 6.5

SAUTÉED SPINACH & GARLIC 6

SWEET POTATO FRIES 7

FRENCH FRIES 5.5

SANDWICHES

All served with French Fries, Organic Mixed Greens
Or Sweet Potato Fries \$1.50

***EAT HEALTHY AND CHOOSE ANY BURGER SERVED ON A BED OF
BOSTON LETTUCE**

***BLACK ANGUS BURGER 100% GRASS FED 11**

Tomato, Red Onion Boston lettuce

Add: Pepper Jack, Mozzarella, Swiss or Feta 1, Smoked Cheddar 1.50
Apple Wood smoked Bacon 1.25

***SALMON BURGER**

Caramelized Onions, Oven Roasted Tomatoes, and Arugula Pesto 12.5

***CHICKEN AND BLUE CHEESE BURGER**

Baby Spinach, Tomato and Tarragon Sauce 10.5

SKIRT STEAK SANDWICH

Grilled Strips, Sautéed Onions, Peppers, Chipotle Mayo on Semolina 13
Choice of Pepper Jack, Mozzarella or Swiss cheese \$1.00

MEDITERRANEAN CHICKEN

Grilled & Oven Roasted Chicken, Basil Pesto, Oven Roasted Tomato, Black
Olives, Fresh Mozzarella on Sour Dough 12.5

GRILLED CHEESE

With Roasted Tomato, Ranch Dressing and Swiss Cheese 9

THE” FLO” WRAP

Grilled Chicken, Roasted Red Peppers, Feta Honey Dijon Mustard 12

**EXECUTIVE CHEF AARON BLOCK AND STAFF
WISH YOU BON APPÉTIT**

**“IF YOU HAVE A FOOD ALLERGY
PLEASE SPEAK TO THE MANAGER, CHEF OR YOUR SERVER”**

*Lunch served 11am-5pm weekdays only
For Parties of 8 or more a 20% gratuity will be automatically added to the bill*

SUSHI-N- SPECIALTY SASHIMI

We use Daily fresh, Salmon and #1 Tuna

MIXED SEAFOOD CEVICHE

Assorted Sashimi, Scallions, Cilantro and Lemon Vinaigrette 15

TEMPURA SHRIMP ROLL

Avocado and Apricot Glaze 12.5

SUSHI TACO

Spicy Tuna, Avocado on Crispy Wontons 12.5

SPICY TUNA ROLL

Minced Tuna, Spicy Mayo 12

CALIFORNIA ROLL

Flying Fish Roe, Crab, Avocado & Cucumber with Sesame Seeds 11

DRAGON ROLL

Eel, Spicy Mayo wrapped with Avocado 13

BY THE PIECE

Salmon 3.5 Eel 4 Branzino 4.5 Tuna 4.5 Shrimp 4

PIZZA

MARGARITA

Fresh Tomato Sauce, Sliced Fresh Mozzarella, Fresh Basil, Extra Virgin Olive Oil \$14.5

CHICKEN & MUSHROOMS

Roasted Garlic, Grilled Chicken, Exotic Mushrooms, Mozzarella, \$16.5

ENTRÉES

MEDITERRANEAN BRANZINO

Simply Grilled, Lemon & Herbs, Wilted Watercress Garlic Roasted Potato 23

PAN SEARED SALMON

Wilted Baby Spinach, Toasted Garlic, Grape Tomato and Garlic Smashed Potato 19

SHRIMP SCAMPI

Over Cappelini 19

STUFFED CHICKEN

Breaded and Lightly Pan Fried, Roasted Red Peppers, Spinach, Feta, Porcini Demi-Cream and Chive Mashed Potato 18

GRILLED CHICKEN PAILLARD

Lemon and Tomato-Arugula Salad 17

16 OZ RIB EYE STEAK

Au Jus, Mashed potato 25

ANGUS SKIRT STEAK

Bourbon Barbeque Gorgonzola Fondue, Belgian Pomme Frites 24

PASTA

CAVATELLI

Fresh Cavatelli in a light creamy Pesto sauce and ricotta cheese 12

SPINACH FETTUCCINI SALMON

Fresh Pasta, Salmon, Grape Tomatoes, Shallots in a light Cream Sauce 15

***CAPPELINI**

Simply delicious marinara, grape Tomatoes, Basil 11

***PENNE A LA VODKA**

Vodka Sauce and a few Red Chili Flakes 13

***FETTUCCINI CARBONARA**

Fresh Fettuccini with Apple wood Smoked Bacon, Onions, Aged Parmesan in a Light Sauce 14

**Add Chicken \$3, Salmon \$4 or Jumbo Shrimp \$5 (3)*

GRAND FINALE

Fried Oreo 8

Served with Crème Anglaise

Chocolate Lava Cake 8.75

Vanilla ice cream

Warm Crepes 8.75

Add banana, strawberries,
cookies \$.50 extra
A la mode 1.85

Warm Brownie 8

A La Mode

Warm Apple Tart 8

Cinnamon whipped cream,
caramel drizzle
A la mode 1.85

Cheesecake 8

Gram Cracker Crust

HOT

Espresso 3.60

Espresso double 5.10

Espresso Machiato 3.80

Cappuccino 4.90

Cappuccino Viennese 5.00

Cappuccino Latte 5.10

Coffee Latte 3.95

Nescafe 4.35

American Coffee 3.50

Organic Teas 3.95

Chocolate Classic 5.00 or
Viennese 5.25

ICED

Espresso Freddo 4.90

Espresso Caramel Freddo 5.40

Cappuccino freddo 5.25

Frappe 4.35

Frappe Baileys 5.20

Frappe Float 5.35

Iced American 3.95

Iced Tea 4.25

JUICES & REFRESHMENTS

Fresh Squeezed Orange Juice
6.25

Fresh Lemonade 4.95
(Up to 3)

Apple, Carrot, Orange, Banana
Strawberries 6.25

Small Mineral Water 2.75

Large Mineral water 7.00

Small Sparkling Water 3.75

Large Sparkling Water 7.50
Sodas 3.95

SHAKES & SMOOTHIES

Vanilla 5.25

Chocolate 5.25

Strawberry 5.25

Espresso Shake 5.75

Strawberry Smoothie 6.25

Mango Smoothie 6.25

Champagne & Sparkling Wines

#		<i>BTL</i>	<i>GL</i>
200	Marquis De La Tour Brut France	40	9
210	Marquis De La Tour Rose France	40	9
220	Cinzano Asti Spumante Italy	40	9
230	Moet & Chanton France	105	-
240	Dom Perignon France	380	-

White Wines

300	Danzante Pinot Grigio Veneto Italy	34	9
310	Matua Sauvignon Blanc N.Zealand	42	11
320	Roberto Mondavi Pinot Grigio Private collection CA	42	11
330	Ck Mondavi White Zinfandel Willow Springs CA	34	9
340	Richter Estate Riesling Mosel Mulheim Germany	46	12
350	Mias Chardonnay Russian River Valley CA	42	11
360	Ferrari Carano Fume Blanc Sonoma CA	44	12
370	Helfrich Gewurztraminer Alsace France	44	12
380	Terras Gauda Albarino Rias Baixas Spain	44	12
390	Yellow Tail Chardonnay South Eastern Australia	34	9

Red Wines

#		<i>BTL</i>	<i>GL</i>
400	Palacios Remondo Rioja La Vendimia Spain	42	11
410	Montes Merlot Colchagua Valley Chile	38	10
420	Mc Williams Shiraz Australia	38	10
430	Frescobaldi Castiglioni Chianti Tuscani Italy	42	11
440	Bodega Septima Malbec Mendoza Argentina	45	12
450	Cellar no 8 PINOT NOIR Central Coast CA	46	12
460	Illuminati Riparosso Montepulciano D'Abruzzo Italy	45	12
470	Chateau Bonnet Rouge Bordeaux France	42	11
480	Clos Du Bois Cabernet Sauv Sonoma County CA	46	12
490	Manyana Carinena Tempranillo Spain	38	10

FLO-tinis 11

Lychee

Peach vodka ,organic Lychee Juice and muddled lychee

Divine

Stoli Vodka, Bacardi & muddled fresh watermelon

Tropicale

Bacardi Limon, Malibu rum ,pineapple juice, touch of Blue Curacao

Mango

Peach ,vanilla and mandarin vodka with fresh mango puree

Ginger

Vanilla and regular vodka infused ginger syrup fresh lime juice

Sangria a la Flo

Pitcher 45 Glass 11

FLO-cktails 11

Passion

Bacardi Raz, muddled fresh strawberries and mint infused syrup

Fizzy

Champagne, organic pear juice and touch of Grand Marnier

Refresh

Bacardi rum, fresh lemonade and muddled fresh strawberries

Exotique

Malibu Rum, all natural organic Passion Fruit Juice, pineapple juice and touch of coco Lopez

Spicy cherry margarita

Our house recipe

Beers

Duvel Belgium 9
Modelo Negra Mexico 8
Blue Moon Belgium 8
Coors Light USA 7
Amstel Light Holland 8
Heineken Holland 8
Corona Mexico 8
Chimay Blue Belgium 10
Schneider Weisse Germany 9
Sierra Nevada California 8

Bottle List

Vodka

Absolut 160 Stoli 160
Ketel One 170 Grey Goose 200
Belvedere 200

Gin

Tanqueray 150 Bombay Sapphire 160

Rum

Bacardi 140

Tequila

Patron Silver (chilled) 220
Jose Quervo 140

Whiskey

Johnny Walker Red Label 150
Johnny Walker Black Label 220
Johnny Walker Blue Label 450
Chivas Regal 210
Glenfiddich 12 220
Crown Royal 210
Jack Daniels 180

Cognac

Hennessey VS 180 Hennessey XO 350
Remy VSOP 210 Remy XO 350

