

CONSCIOUS CATERING

We provide catering services for private and corporate events of all sizes.



HOME CATERING

We deliver your catering orders to your doorstep in all locations across Dubai



SELF PICKUP

We can prepare your catering order to be picked up directly from Flow at Emirates Towers & Internet City



SERVICED CATERING

We provide a full catering set-up including furniture and presentation



ECO-OBSSESSED

We are fiercely committed to caring for the environment



SPECIAL DIETARY REQUESTS

We can prepare flourless, keto-friendly, paleo-friendly, vegan and any other dietary requests



COMPLIMENTARY WATER

We provide complimentary water for caterings of all sizes

Flow

conscious catering & events

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BY **Jumeirah**
RESTAURANTS

Flow

a state of mind

We will be happy to take your order at the counter



ALL DAY

- Flow Big Breakfast** 🍌🍳🥑 66
Sliced Avocado, 2 Fried Eggs, Tomato, Halloumi, Brown Toast, Smoked Salmon Or Turkey Ham
- Flow Keto Breakfast** 🍌🥑🥒 66
California Avocado, Scrambled Eggs, Smoked Salmon, Halloumi Cheese, Heirloom Tomato, Sautéed Spinach
- Eggs Any Style** 🍳🥑🥒🥔🥕🍌 30
Choice Of Scrambled Or Sunny Side Up

FLOW OATS & GRANOLA

Go Bespoke And Build Your Own Oats And Granola With The Choices Below

- Rolled Oats** 🍳🥑🥒🌱 15
- Granola** 🍳🥑🥒🌱 26
Ask Your Waiter For The Available Granolas Of The Day
- Sunflower Seeds +2 Each
Flax Seeds
Desiccated Coconut
Sliced Green Apple
- Golden Raisin +3 Each
Banana
Chia Seeds
- Walnuts +5 Each
Pumpkin Seeds
Honey
Dates
Almond Flakes
Low Fat Yoghurt
Cocoa Nibs
Goji Berries
- Homemade Peanut Butter +6
Maple Syrup +10
Seasonal Berries +15

- Oatmeal Berry No Bake Crumble** 🍳🥑🥒🌱 34
Oats, Seasonal Berries, Almond Mylk, Granola Mix, Maple Syrup, Chia Seeds

AÇAÍ & SMOOTHIE BOWLS

Available until 11am

- Nutty Buddy Bowl** 🍳🥑🥒🌱🥔🍌 46
Açaí Bowl Topped With House Granola, Homemade Peanut Butter, Coconut, Cacao Nibs, Banana, Chia Seeds, Goji Berries
- Fruity Açaí Bowl** 🍳🥑🥒🌱🥕🍌 44
Açaí Bowl Topped With House Granola, Strawberry, Blueberry, Banana, Pomegranate, Chia Seeds, Desiccated Coconut

TOAST

Go Bespoke And Build Your Own Breakfast With The Choices Below

- Build Your Toast** 🍳🥑 6
Secret Seeded Brown Toast
- Glutenfree Toast** 🍳🥑🌱 Or Ciabatta 🍳 10
- Banana +3 Each
Tomato, Sundried Tomato, Akawi Cheese, Homemade Peanut Butter, Jam, Almond Flakes +6 Each
Turkey Ham, Fried Egg, Feta Cheese, Scrambled Egg +12 Each
Avocado, Guacamole +14 Each
Grilled Halloumi +18 Each
Smoked Salmon +20 Each

- Smoked Salmon And Scrambled Eggs... Oh And Avocado!** 🍳🥑🥒🌱🥔🍌 48
Scottish Smoked Salmon, Scrambled Eggs, Crushed Avocado, Glazed Balsamic Cherry Tomatoes On Toasted Ciabatta Drizzled With Lemon Sour Cream And Pomegranate Seeds

- Avo On Toast** 🍳🥑 30
Sliced, Smashed Or Guac On Toast Served With A Scrambled Egg

PICK ME UP

Please see our selection in the grab and go chiller

Sandwiches | Croissant | Stuffed Croissants | Wraps

Please See Our Selection In The Grab And Go Chiller

WHEN IT COMES TO FOOD TOLERANCE, KNOWLEDGE IS POWER

- 🍳 Chef Recommendation 🍌 Diabetic Friendly 🌱 Dairy Free 🐠 Shellfish 🍌 Keto
🥑 Vegetarian 🌱 Paleo Friendly 🍌 Vegan 🐠 Fish
🥔 Nuts 🍌 Flourless 🍌 Egg 🍌 Soy

Please be advised that food prepared here may contain or have come in to contact with nuts, fish, eggs, milk or gluten. Therefore, if you have a food allergy or a special dietary requirement please inform a member of staff prior to placing your order.

All prices are in UAE Dirhams and inclusive of 10% service charge & 5% VAT.



We are the here, the now and the next.
We are healthy of body and energized of mind.
We create food that fuels the future.
We are committed to caring for the environment.
Our menu is organic and locally sourced wherever possible. Our packaging is 100% compostable and we are working with our suppliers to help them become plastic free too. We will reward you for bringing your own reusables. We proudly serve house-filtered water.

We are Flow, a state of kind