

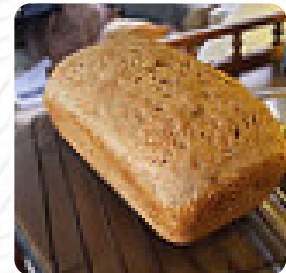


Flint Owl Bakery Menu

<https://menuweb.menu>

5 Middle Row, Mid Sussex, United Kingdom

+441342327721 - <http://www.flintowl.com/>



On this homepage, you can find the **complete [menu](#) of Flint Owl Bakery** from Mid Sussex. Currently, there are **23** courses and drinks available. Nestled in East Grinstead, this cafe and bakery offers an impressive selection of quality pastries, artisan breads, and excellent coffee. While many visitors rave about the delicious food—including standout sourdough and savory rolls—service has emerged as a point of contention. Patrons report a lack of warmth and attentiveness from the staff, detracting from an otherwise enjoyable experience. Although the atmosphere could benefit from a cozier ambiance, the overall quality of the products and the café's popularity make it a worthwhile stop. For those seeking a delightful culinary break, be prepared for a mixed bag of service and satisfaction.

Flint Owl Bakery Menu



Vegetarian Dishes

CARROT CAKE

Fresh Juices

CARROT JUICE

Hot Drinks

COFFEE

Italian Specialties

FOCACCIA

French

CROISSANT

Mexican-American Food

EMPANADAS

Salads

SIDE SALAD

SALAD

Dessert

BANANA BREAD

CHOCOLATE CROISSANT

These Types Of Dishes Are Being Served

SALAD

BREAD

Coffee

DECAF

ESPRESSO

DOUBLE ESPRESSO

LONG BLACK

Ingredients Used



CHOCOLATE

BANANA

CHEESE

TOMATO

SAUSAGE

AVOCADO

MILK

Flint Owl Bakery

5 Middle Row, Mid Sussex,
United Kingdom

Opening Hours:

