

# BREAKFAST & BRUNCH

Served Monday to Saturday | 9am – 3pm Sunday



## BREAKFAST OFFER All Reward Card Holders

1 Full Flourish breakfast + 1 hot drink  
+ 1 glass of juice for £17.50



**UPGRADE**  
Swap out your juice for a Mimosa or  
Bloody Mary for an extra £4

## BREAKFAST

Served 8am – 11am

### Full Flourish [\*GF] 14.95

Our own butcher's sausages, house-cured bacon, 2 free-range fried eggs, slow roasted baby vine tomatoes, mushrooms with thyme, baked beans, hash brown and Hobbs House sourdough toast

### Baby Flourish [\*GF] 12.95

1 butcher's sausage, 1 rasher of house-cured bacon, 1 free-range fried egg, slow roasted baby vine tomatoes, mushrooms with thyme, baked beans, 1 hash brown & 1 slice of Hobbs House sourdough toast

### Vegetarian Delight (V) [\*GF] 14.95 (MAKE ME VEGAN)

2 local free-range fried eggs, halloumi, avocado, slow roasted baby vine tomatoes, mushrooms with thyme, baked beans, hash brown, basil oil, seeds and sourdough toast

### Mushrooms on Toast (V) [\*GF] 12.50

Pan-fried mushrooms and spinach served on Hobbs House sourdough toast with slow roasted baby vine tomatoes, 1 free-range poached egg & drizzled with pesto

### Brioche French Toast 12.50

Served with your choice of topping:

Crispy bacon and maple syrup

Fruit compote with Greek yoghurt and fresh seasonal fruits (V)

Chocolate hazelnut spread, whipped cream and banana (V, N)

### Eggs on Toast (V) [\*GF] 7.50

2 free-range eggs – fried, poached or scrambled. Served on 2 slices of toasted sourdough

## BRUNCH

Served 8am – 12pm

### Shakshuka (V) [\*GF] 13.50

Tomato, onion and chilli baked with a free-range egg on top topped with Greek feta, drizzled with basil oil and served with sourdough

### Avocado on Toast (V) [\*GF] 11 (MAKE ME VEGAN)

Grilled sourdough topped with smashed avocado, pickled red onions, mint and chilli jam, seeds and a crumble of Greek feta

### Yoghurt Bowl (V, N) 7.95 (MAKE ME VEGAN)

Greek-style yoghurt topped with berry compote, granola and fruit

## BREAKFAST CIABATTAS

### Flourish Ciabatta [\*GF] 13

Our own butcher's sausage, house-cured bacon, Monterey Jack cheese, 1 free-range fried egg and hash browns

### Veggie Ciabatta (V) [\*GF] 13

1 free-range fried egg, halloumi, hash browns, chilli jam and rocket

### Vegan Ciabatta (Ve) [\*GF] 10

Avocado, hummus, tomato, red pepper dressing, hash browns and rocket

### Bacon or Sausage Ciabatta [\*GF] 8.50

A choice of house-cured bacon or our own butcher's sausages

## BREAKFAST EXTRAS

Free-range poached or fried egg 1.50

Free-range scrambled egg (2 eggs) 3

Mushrooms, tomatoes or baked beans 1.50

Slice of sourdough toast 1.50

Butcher's sausage 2

2 rashers of house-cured bacon 2

Black pudding 2

Avocado 2

Hash brown 1.50

Halloumi 2.50

Smoked salmon 3.50

[\*] Can be made – **GF** Gluten Free (Gluten free ingredients are available but due to the nature of an open kitchen we cannot guarantee that the finished product will be gluten free) – **(V)** Vegetarian – **(Ve)** Vegan – **(N)** Contains Nuts

Please inform us of any allergies or intolerances before placing your order.

Detailed information on allergens is available on request.

PLEASE ASK A MEMBER OF THE TEAM FOR A CHILDREN'S MENU

## LUNCH

Served 12pm – 3pm

### FLOURISH CLASSICS

<b>Flourish Beef Burger [*GF]</b>	<b>18</b>
Our own butcher's grass-fed beef burger (available to purchase from the Flourish butchery), monterey jack cheese, sliced tomato, pickled cucumber, crispy onion ring, mustard mayo and burger relish. Served in a Hobbs House ultimate burger bun with chunky chips	
<b>+Add bacon</b>	<b>2</b>
<b>+Add extra patty</b>	<b>3.50</b>

<b>Flourish Halloumi Burger (V) [*Ve,GF]</b>	<b>18</b>
Grilled field mushroom, halloumi, red pepper dressing, sliced tomatoes, lettuce and onion ring. Served in a Hobbs House ultimate burger bun with chunky chips	
<b>MAKE ME VEGAN</b> – swap halloumi for vegan cheese	



## MIDWEEK LUNCH OFFER

Monday – Thursday 12pm – 3pm

Add a hot drink and cake to  
any dish for just £4.95

*Excludes cream tea and afternoon tea*

<b>Hot Steak &amp; Onion Ciabatta [*GF]</b>	<b>18</b>
Westcountry grass-fed Denver steak (available to purchase from the Flourish butchery), sweet fried red onions, pickled cucumber, mustard mayo and watercress all inside a fresh ciabatta. Served with chunky chips	
<b>Honey &amp; Mustard Glazed Flourish Ham [*GF]</b>	<b>15.50</b>
Served with 2 free-range fried eggs, chunky chips and watercress	
<b>Warm Chicken, Bacon and Avocado Sandwich [*GF]</b>	<b>16</b>
Toasted sourdough filled with chicken, bacon, avocado, sliced tomato & mayonnaise. Served with chunky chips	



## WHAT'S COOKING?

PLEASE ASK YOUR SERVER FOR  
TODAY'S SPECIALS MENU

<b>Fish &amp; Chips [*GF]</b>	<b>18</b>
Cider-battered haddock served with chunky chips, peas and homemade tartare sauce	
<b>Flourish Board</b>	<b>16</b>
Flourish sausage roll, chutney, cheddar, Flourish ham, sliced apple and homemade pickles with bread and butter	
<b>Homemade Flatbread [*GF]</b>	<b>15</b>
Topped with hummus, carrot, cucumber, red onion, pomegranate seeds and tzatziki. Served on a stone-baked flatbread with chunky chips	
<b>+Add Moroccan spiced lamb koftas (GF)</b>	<b>3.50</b>
<b>+Add chicken (GF)</b>	<b>3.50</b>
<b>+Add spiced falafel (Ve)</b>	<b>2.50</b>
<b>+Add halloumi (V, GF)</b>	<b>2.50</b>
<b>+Add goat's cheese (V, GF)</b>	<b>2.50</b>

### SALADS

<b>Caesar Salad [*GF]</b>	<b>15</b>
Served with crispy bacon, white anchovy fillets, sourdough croutons and baby gem lettuce. Topped with a Caesar dressing and parmesan shavings	
<b>Buddha Bowl (Ve) [*GF]</b>	<b>14</b>
Hummus, quinoa, sweet potato, tenderstem broccoli, kale, roasted aubergine and courgette. Served with pickled red cabbage, roasted pumpkin and sunflower seeds and a spiced red pepper dressing	

### SALAD TOPPINGS

<b>+Add chicken or smoked salmon (GF)</b>	<b>3.50</b>
<b>+Add Moroccan spiced lamb koftas (GF)</b>	<b>3.50</b>
<b>+Add halloumi or goat's cheese (V, GF)</b>	<b>2.50</b>
<b>+Add spiced falafel (Ve)</b>	<b>2.50</b>



## CHILDREN'S MENU

PLEASE ASK YOUR SERVER FOR  
OUR CHILDREN'S MENU

## LIGHT BITES

Served 12pm – 5pm

<b>Soup of the Day [*GF]</b>	<b>7.50</b>
Served with Hobbs House focaccia. Please ask a member of the team for today's soup	
<b>Seasonal Tart of the Day (V)</b>	<b>13.95</b>
Served hot or cold with a seasonal salad. Please ask a member of the team for today's seasonal tart flavour	
<b>Homemade Pâté [*GF]</b>	<b>12.50</b>
Served with toast and chutney. Please ask a member of the team for today's homemade pâté flavour	
<b>Goat's Cheese, Prosciutto, Zesty Broad Beans &amp; Courgette [*GF]</b>	<b>14</b>
Brown toast topped with goat's cheese mousse, prosciutto, a mix of roasted broad beans, courgette, spring onions, lemon and herbs. Drizzled with a honey mustard dressing	
<b>Avocado, Sundried Tomato &amp; Walnut Bruschetta (V, N) [*GF]</b>	<b>12.50</b>
Avocado, sundried tomatoes and toasted walnuts served on toasted malted loaf with a balsamic glaze and basil oil	
<b>Smoked Salmon [*GF]</b>	<b>13.50</b>
Served on brown toast with a soft-boiled egg, honey and mustard dressing, lilliput capers, watercress and horseradish cream	

### SOURDOUGH SANDWICHES

Freshly-made sourdough sandwiches served with a side salad and crisps. *All sandwiches can be made gluten free, please ask a member of the team for more information*

<b>Flourish ham, cheddar &amp; mustard mayo</b>	<b>12.95</b>
<b>Smoked salmon, cream cheese &amp; pickled cucumber</b>	<b>14.50</b>
<b>Avocado, Greek feta, Stokes chilli jam &amp; fresh spinach (V) [*Ve]</b>	<b>12.95</b>
<b>Hummus, roasted Mediterranean vegetables, pesto and rocket (V) [*Ve]</b>	<b>12.95</b>



## PIZZA

Served Monday – Saturday | 12pm – 5pm

<b>Classic Margherita (V)</b>	<b>13</b>
Tomato sauce, mozzarella, basil & olive oil	
<b>The Flourish</b>	<b>15.50</b>
Tomato sauce, mozzarella, red onion and chorizo sausage, dressed with chilli honey, rocket & parmesan	
<b>Dolce Prosciutto</b>	<b>15.50</b>
Tomato sauce, mozzarella, air-dried ham, blue cheese & caramelised onion	
<b>Diavola</b>	<b>15.50</b>
Tomato sauce, mozzarella & pepperoni slices	
<b>Ortolana (V) [*Ve]</b>	<b>13.50</b>
Tomato sauce, mozzarella, roasted peppers, goat's cheese & caramelised onion	
<b>Oliva (V) [*Ve]</b>	<b>14</b>
Tomato sauce, mozzarella, red onion, sundried tomatoes & olives	
<b>Montanara</b>	<b>14.50</b>
Tomato sauce, mozzarella, ham, mushrooms & olives	
<b>Fresca (Ve, N)</b>	<b>13.50</b>
Tomato sauce, cherry tomatoes, roasted red peppers, rocket, pine nuts & balsamic glaze	

### EXTRA PIZZA TOPPINGS

<b>+Add chicken (GF)</b>	<b>3.50</b>
<b>+Add bacon or ham (GF)</b>	<b>2</b>
<b>+Add pepperoni (GF)</b>	<b>2.50</b>
<b>+Add goat's cheese (V,GF)</b>	<b>2.50</b>
<b>+Add mushrooms (V,GF)</b>	<b>1.50</b>



## WEEKDAY PIZZA OFFER

Monday – Friday 12pm – 5pm

Get any pizza for just £12 Monday – Friday!

## +ADD CHARITY CHIPS

# 3.75

*50p from every pot of chips sold will be donated to our charity of the year, Community of Purpose, to fund their 'Break Free' project which helps tackle school holiday hunger for kids in Bristol*

[\*] Can be made – **GF** Gluten Free (*Gluten free pizza bases are available but due to the nature of the kitchen and pizza oven there is a very high risk of cross-contamination*) – **(V)** Vegetarian – **(Ve)** Vegan – **(N)** Contains Nuts. Please inform us of any allergies or intolerances before placing your order. Detailed information on allergens is available on request.

SAMPLE MENU – Glenavon Farm only

HOT DRINKS		SOFT DRINKS	
Tea	3.10	Still or Sparkling Water	
	English Breakfast Tea	300ml	2
	Earl Grey	750ml	3.25
	Peppermint		
	Lemon & Ginger		
Triple Co Roast Coffee	3.15	Folkingtons Apple Juice	
	Cappuccino	3.30	2.75
	Latte	3.40	
	Flat White	3.30	
	Espresso	2.65	
Fresh Orange Juice	3.15	Cawston Press	
	Cortado	3.10	3.10
	Mocha	4.05	
	Iced Coffee	3.50	
	Hot Chocolate	3.75	
Luxury Hot Chocolate	5.25	Fentimans	
	+Add syrups	0.50	3.25
	Milk alternatives available on request		
Pip Organic Drinks		2.75	
		Pineapple & Mango	
		Cloudy Apple	
		Strawberry & Blackcurrant	

BUBBLES				
1. Montello Prosecco Extra Dry, Veneto, Italy	125ml			Bottle
	6			30
ROSÉ				
2. La Voile Rosé, Pays d'Oc, France	125ml	175ml	250ml	Bottle
	5	6.40	8.50	25.50
WHITE				
3. Paparuda Pinot Grigio, Timiș, Romania	4.80	6	8	24
4. Perfect Cut Sauvignon Blanc, Marlborough, New Zealand	6.70	8.40	11.20	33.50
RED				
5. Amanti del Vino Primitivo, Puglia, Italy	4.95	6.20	8.20	24.50
6. Uvas del Sol Malbec, Mendoza, Argentina	6.20	7.80	10.30	30

COCKTAILS

Bloody Mary	7.25
50ml Broken Clock vodka, tomato juice, celery, celery salt, Worcestershire sauce, Tobasco sauce & cracked black pepper	

Mimosa	6.25
Espresso Martini	7.95

GIN & TONIC

25ml Gin	6.50
Served with Fever Tree tonic. Please ask your server for our gin options	

LOW & NO ALCOHOL

Lilley's Mango Zero	5
0% Abv	
Lucky Saint Lager	4
0.5% Abv	
Mojito Lemonade	5.50
Sugar, mint, lime, elderflower, soda	

BEER

Hawkstone Brewery Draught	6.25
Premium Lager 4.8% Abv	
Cider 5% Abv	

Moor Beer	5.95
440ml Cans	
Illumination Golden Best Bitter 4.3% Abv	
Raw & untraditional	
Kellerbier Lager 4.0% Abv	
Rustic & full of character	
Resonance Citra Golden Pale 4.1% Abv	
Vibrant citra hops	
Distortion IPA 4.7% Abv	
Juicy with bitterness	

CIDER

Lilley's Cider	6.50
Bottles 500ml	
Select 4.8% Abv	
Lightly sparkling, medium dry	
Bee Sting 6.8% Abv	
Lightly sparkling, sweet, strong	
Cherries & Berries 4% Abv	
Lightly sparkling, sweet, fruity	
Tropical 4% Abv	
Lightly sparkling, sweet, fruity	

CAKES & TRAYBAKES

Served all day

Selection of Cakes and Traybakes

Please ask about today's selection

Baked Cheesecake	5.85
Homemade Scone	3.50
Plain or fruit with jam and butter	
+Add clotted cream	1
Flourish Cream Tea	10
Two homemade scones, clotted cream & jam. Served with your choice of tea or coffee	

Flourish Savoury Tea	10
Two homemade cheese scones, wedge of cheddar, butter, grapes and pickle. Served with your choice of tea or coffee	



WEEKDAY CAKE OFFER  
All Rewards Card Holders  
Monday – Friday 3pm – 5pm

Order any coffee and a slice of cake for £6 (excludes cream tea)

AFTERNOON TEA

Available Monday – Saturday, 3pm - 5pm. Pre-bookings only. Please give us at least 1 week's notice before your preferred booking time

Flourish Afternoon Tea [*GF, V, Ve]	27pp
A selection of artisan cakes and delicious sandwiches. Served with freshly baked scones with clotted cream and jam and a cup of tea or coffee	

Upgrade to a Sparkling Afternoon Tea for an extra 5pp and treat yourself to a glass of bubbles!

Speak to our kitchen team today to book, or email kitchen@flourishatglenavon.co.uk with your phone number and any dietary requirements.

20% OFF MIDWEEK CREAM TEA  
All Rewards Card Holders  
Monday – Thursday 3pm – 5pm

SHAKES & SMOOTHIES  
4.95

ICE CREAM MILKSHAKES

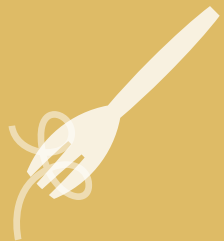
- Chocolate Chip
- Cookies & Cream
- Strawberry
- Salted Caramel (Ve)

SMOOTHIES

- Raspberry Heaven  
Raspberries, Mango, Blueberries & Apple
- Green Reviver  
Kale, Banana, Lemongrass & Mango
- Strawberry Delight  
Strawberries, Peach & Papaya
- Ginger Beets  
Beetroot, Ginger, Pineapple & Blueberries
- Mango Dream  
Mango & Pear



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# CHILDREN'S MENU



Your favourite Flourish classics – the same great product,  
just a smaller portion for our littlest visitors!

SAMPLE MENU – Glenavon Farm only

## BREAKFAST

Served 8am – 11am Monday to Saturday | 9am – 3pm Sunday

### Small Breakfast [\*V, Ve, GF]

1 butcher's sausage, 1 rasher unsmoked bacon, 1 free-range fried egg, baked beans, hash brown and Hobbs House sourdough toast

12



### French Toast [V]

Choose from any of our brioche French toast options to be had as a smaller portion

8.50

### Bacon or Sausage Bap *(Served until 12pm Mon – Sat)*

A choice of bacon or sausage in a Hobbs House bread roll

6



### Scrambled Egg on Toast (V) [\*GF] *(Served until 12pm Mon – Sat)*

Free-range scrambled egg on 1 slice of Hobbs House sourdough white or brown toast

6

### Beans on Toast (Ve) [\*GF] *(Served until 12pm Mon – Sat)*

1 slice of Hobbs House sourdough, white or brown toast, with baked beans

5



## LUNCH

Served 12pm – 3pm Monday to Saturday

### Flourish Beef Burger [\*GF]

Our own butcher's free-range beef burger, Monterey Jack cheese and lettuce. Served in a Hobbs House ultimate burger bun with a handful of chips

9



### Small Margherita (V) [\*Ve]

Tomato sauce with mozzarella, basil & olive oil

10



### Sausage, chips and peas [\*GF]

8

### Ham, Cheese or Jam Sandwich [\*GF] *(Served until 5pm)*

Served with crisps, cucumber and carrot sticks

6



### Grazing Plate (Ve) *(Served until 5pm)*

Falafel and hummus with crisps and carrot & cucumber sticks

5.50

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