



SERVED MONDAY – SATURDAY 8AM – 11AM | ALL DAY SUNDAY

## BREAKFAST

**Full Flourish**

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 toasted Sherston bread **[\*GF] 15**

**Vegetarian Delight**

Fricassee of wild mushroom and spinach, parmentier potato, toasted six seed malted bread, avocado, cherry vine tomato, toasted seeds and one poached egg (V) **[\*GF] 15**

**Bubble & black**

Bubble & squeak, black pudding, streaky bacon and poached egg **(GF) 12**

**Vegan Delight**

Fricassee of wild mushroom and spinach, parmentier potato, toasted six seed malted bread, avocado, cherry vine tomato, toasted seeds and vegan feta (Ve) **[\*GF] 15**

**Bubble & tomato**

Bubble & squeak, spiced tomato, spinach and avocado (Ve, GF) **12**

**Avo on toast**

1 poached egg with avocado, feta, toasted seeds, chive oil & pickled red onion on toasted six seed malted bread (V) **[\*GF] 12**

**FLOURISH EGGS**

All served on an English muffin with hollandaise sauce

**Benedict**

2 poached eggs with Flourish glazed ham **[\*GF] 13.50**

**Florentine**

2 poached eggs with spinach **[\*GF] 13.50**

**Royale**

2 poached eggs with salmon **[\*GF] 13.50**

**Foraged**

2 poached eggs with wild mushroom (V) **[\*GF] 13.50**

**WEEKDAY BREAKFAST OFFER**  
All Rewards Card Holders | Monday – Friday

**1 Full Flourish breakfast, Vegetarian or Vegan Delight + 1 hot drink + 1 glass of apple or orange juice for £17.50**

**Upgrade to a Mimosa or Bloody Mary for an extra £4**

## FRENCH TOAST

**Fresh fruit compote, cinnamon oats and Greek yoghurt 12.50**

**Biscoff® spread, banana & Biscoff® crumb 12.50**

**Streaky bacon and maple syrup 12.50**

**SERVED TILL 12PM****YOGHURT BOWL**

**Fresh fruit, compote, granola, Greek yoghurt and toasted cinnamon oats [Ve] 9**

**Biscoff® spread, sliced banana, flaxseed, biscuit crumb and dark chocolate [Ve] 9**

**CIABATTAS****The Flourish**

Our own butcher's bacon & sausage, hash brown, cheddar and free-range fried egg **[\*GF] 13**

**Vegetarian or Vegan Flourish**

Halloumi (or vegan feta), wild mushroom, spinach and tomato chutney (V) **[\*Ve, \*GF] 13**

**Bacon or sausage ciabatta [\*GF] 8.50**

**EXTRAS**

**Free-range poached or fried egg 1.50**

**2x Free-range scrambled eggs 3**

**Mushrooms, tomatoes or baked beans 1.50**

**Slice of toasted Sherston or organic wholemeal 1.50**

**Butcher's sausage 2**

**2 rashers of house-cured bacon 2**

**Black pudding 2**

**Avocado 2**

**Hash brown 2**

**Halloumi 3**

**Smoked salmon 4.50**

[\*] 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.



## HOT DRINKS

### Tea 3.10

- English breakfast
- Earl grey
- Peppermint
- Lemon & ginger
- Green tea

### Triple Co. Roast Coffee

#### Americano 3.25

#### Cappuccino 3.40

#### Latte 3.50

#### Flat white 3.40

#### Espresso 2.75

#### Double espresso 3

#### Cortado 3.20

#### Mocha 4.15

#### Iced coffee 3.60

#### Hot chocolate 3.85

#### Luxury hot choc 5.35

#### +Add syrups 0.60

- Vanilla, caramel,
- & hazelnut

Milk alternatives available on request

## SMOOTHIES 4.95

### Raspberry Heaven

Raspberries, mango, blueberries & apple



### Green Reviver

Kale, banana, lemongrass & mango



### Strawberry Delight

Strawberries, peach & papaya



### Ginger Beets

Beetroot, ginger & blueberries



### Mango Dream

Mango & pear

## BREAKFAST COCKTAILS

### Bloody Mary 7.25

Vodka, tomato juice, celery, celery salt, Worcestershire sauce, Tobasco sauce & cracked black pepper



### Mimosa 6.25

Prosecco and fresh orange juice

### Harvey Wallbanger 9.25

Vodka, fresh orange juice & Galliano liquer

## SOFT DRINKS

### Still or sparkling water

300ml 2

750ml 3.25



### Folkingtons apple juice 2.75

### Fresh orange juice

*Freshly squeezed from oranges in our Foodhall*  
250ml glass 3.15  
1L bottle 10.50

### Carrot juice 3.50



### Beetroot juice 3.50

### Cawston Press 3.10

Sparkling rhubarb  
Sparkling cloudy apple  
Elderflower pressé

### Fentimans 3.25

Rose lemonade  
Victorian lemonade  
Curiosity cola  
Ginger beer

KIDS!

### Pip Organic cartons 2.75

Pineapple & mango  
Cloudy apple  
Strawberry & blackcurrant



### Ice cream milkshakes 4.95

Chocolate chip  
Cookies & cream  
Strawberry  
Salted caramel (Ve)

SERVED MONDAY – SATURDAY 12PM TILL 3PM

## WOOD-FIRED FLATBREADS

### Homemade flatbread

Topped with hummus, carrot, cucumber, red onion, pomegranate seeds, lettuce leaf and tzatziki. Served on a stone-baked flatbread with chunky chips **[\*GF] 15**

- +Add Moroccan spiced lamb koftas **(GF) 3.50**
  - +Add chicken **(GF) 4.50**
  - +Add spiced falafel **(Ve, GF) 2.50**
    - +Add halloumi **(V, GF) 3**
    - +Add goat's cheese **(V, GF) 2.50**

## CHILDREN'S MENU

Please ask your server for our children's menu



## FLOURISH CLASSICS

### Grass-fed steak ciabatta

Caramelised onion, watercress, garlic mayo and chunky chips **[\*GF] 18**

### Flourish butcher's beef burger

Sautéed wild mushrooms, smoked applewood cheddar, lettuce, tomato, pickled red onion, garlic mayo, cornichon and chunky chips **[\*GF] 18**

- +Add extra beef patty **4**
- +Add bacon **2**

### Honey and mustard glazed ham

Watercress & pickled red onion salad, chunky chips and 2 free-range fried eggs **(GF) 16**

### Sweet potato falafel burger

With pickled cabbage, spiced tomato chutney & lettuce in a rosemary and sea salt focaccia. Served with chunky chips **(Ve) [\*GF] 18**

### Warm chicken, bacon and avocado sandwich

Toasted Hobbs House Sherston bread filled with chicken, bacon, avocado, sliced tomato & mayonnaise. Served with chunky chips **[\*GF] 16**

## Flourish board

Flourish sausage roll, chutney, cheddar, Flourish ham, sliced apple and homemade pickles with bread & butter **16**

## Buddha bowl

Hummus, quinoa, sweet potato, tenderstem broccoli, kale, roasted aubergine and courgette. Served with pickled red cabbage, roasted pumpkin & sunflower seeds and a spiced red pepper dressing **(Ve, GF) 14**

- +Add Moroccan spiced lamb koftas **(GF) 3.50**
- +Add chicken **(GF) 4.50**
- +Add spiced falafel **(Ve, GF) 2.50**
- +Add halloumi **(V, GF) 3**
- +Add goat's cheese **(V, GF) 2.50**

## +ADD CHARITY CHIPS **3.95**

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.

SERVED MONDAY – SATURDAY 12PM TILL 5PM

**WOOD-FIRED PIZZA**  
(SERVED UNTIL 3PM)

**Classic Margherita**

Fresh basil, mozzarella, tomato sauce (V) [\*Ve] 13

**The Flourish**

Tomato sauce, mozzarella, pickled red onion, wild venison chorizo, Louisebees hot honey, rocket and Parmigiano Reggiano 15

**Diavola**

Wild venison pepperoni, tomato sauce, mozzarella and drop peppers 15

**WEEKDAY PIZZA OFFER**

Monday – Friday 12pm – 3pm

Get any pizza for just £12  
every weekday!



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**LIGHT BITES**

**Soup of the day**

With rosemary & sea salt focaccia (V) [\*GF] 7.50

**Seasonal tart of the day**

Served hot or cold with a seasonal salad (V) 13.95

**Homemade pâté**

Served with toast and chutney [\*GF] 12.50

**Goat's cheese, proscuitto,  
zesty broad beans & courgette**

Toasted six seed malted bread topped with goat's cheese mousse, proscuitto, a mix of roasted broad beans, courgette, spring onions, lemon & herbs. Drizzled with a honey mustard dressing [\*GF] 14

**Chilli spiced roasted butternut squash**

With red onion, crispy chickpea and hummus on six seed malted bread. Drizzled with a honey mustard dressing [\*GF] 13.50

**Oak-smoked salmon**

Soft boiled egg, pickled radish, horseradish cream, organic wholemeal bread, lilliput capers and honey & mustard dressing [\*GF] 13.50

**WEEKDAY CAKE OFFER**

All Rewards Card Holders

Monday – Friday 3pm – 5pm

Order any hot drink & a slice of cake  
for £6 (excludes cream tea)

**SANDWICHES**

All served in a Hobbs House Sherston white or six seed malted bread with crisps

+Upgrade crisps to chunky chips 2.50

**Flourish smoked salmon**

Lemon crème fraîche, pickled cucumber and watercress [\*GF] 10

**Goat's cheese and grilled courgette**

Tomato chutney & rocket (V) [\*GF] 10

**Honey and mustard glazed ham**

Mayo, tomato and gherkin [\*GF] 10

**Coronation chickpea**

Sliced avocado, pickled red cabbage and salad (Ve) [\*GF] 10

**SOMETHING SWEET**

**Selection of cakes and traybakes**

Please ask about today's selection

**Homemade scone**

Plain or fruit with jam and butter or cheese served with butter 3.50

+Add clotted cream 1

**Flourish cream tea**

Two homemade scones, clotted cream & jam. Served with your choice of tea or coffee 10

**Flourish savoury tea**

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



# FLOURISH

GLENAVON FARM



## HOT DRINKS

### Tea 3.10

- English breakfast
- Earl grey
- Peppermint
- Lemon & ginger
- Green tea

### Triple Co. Roast Coffee

Americano <b>3.25</b>	Mocha <b>4.15</b>
Cappuccino <b>3.40</b>	Iced coffee <b>3.60</b>
Latte <b>3.50</b>	Hot chocolate <b>3.85</b>
Flat white <b>3.40</b>	Luxury hot choc <b>5.35</b>
Espresso <b>2.75</b>	+Add syrups <b>0.60</b>
Double espresso <b>3</b>	Vanilla, caramel, & hazelnut
Cortado <b>3.20</b>	

Milk alternatives available on request

## SMOOTHIES 4.95

### 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

KIDS!

## Pip Organic cartons 2.75

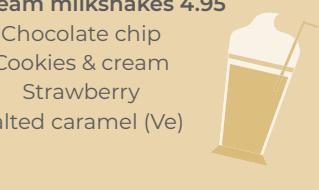
- Pineapple & mango
- Cloudy apple
- Strawberry & blackcurrant



## Ice cream milkshakes 4.95



- Chocolate chip
- Cookies & cream
- Strawberry
- Salted caramel (Ve)



- Wild Juice** 4.5% Abv  
Session juice cider
- Cloudgazer** 4.7% Abv  
Session hazy cider
- Rushwood** 4.7% Abv  
Dryish juice cider
- Stick Up** 3.4% Abv  
Rhubarb cider
- ABC** 3.4% Abv  
Fresh fruit cider
- Iford** cider 440ml cans 6



# 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

### Kids' Breakfast [\*V, Ve, GF]

1 butcher's sausage, 1 rasher unsmoked bacon, 1 free-range fried egg, baked beans, hash brown and Sherston white or organic wholemeal toast

10.50



### 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 Sherston white or organic wholemeal toast

6



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

1 slice of Sherston white or organic wholemeal 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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