



# FLOURISH

GLENAVON FARM

**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 spinach & parmentier potatoes, field mushroom, 1 poached egg, halloumi, avocado, cherry vine tomatoes, toasted six seed malted bread, toasted seeds and chive oil (**V**) [**\*GF**] 15

### Bubble & black

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

### Vegan Delight

Fricassee of spinach & parmentier potatoes, field mushroom, vegan cheese, avocado, cherry vine tomatoes, toasted six seed malted bread, toasted seeds & chive oil (**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

### Eggs on toast

Choose from fried, poached or scrambled (**V**) [**\*GF**] 7

## 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

## 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 cinammon 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

## 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

[\*] 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**  
Cappucino **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, Tabasco  
sauce & cracked black pepper



### Mimosa 6.25

Prosecco and fresh orange juice

### Harvey Wallbanger 9.25

Vodka, fresh orange juice & Galliano liqueur

## 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)**



# FLOURISH

GLENAVON FARM

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 pattie 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.

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# FLOURISH

GLENAVON FARM

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!



## 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, prosciutto, zesty broad beans & courgette

Toasted six seed malted bread topped with goat's  
cheese mousse, prosciutto, 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

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## HOT DRINKS

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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>	<b>+Add syrups 0.60</b>
Double espresso <b>3</b>	Vanilla, caramel,
Cortado <b>3.20</b>	& 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,  
pineapple & blueberries

**Mango Dream**  
Mango & pear

## 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**

### Cawston Press 3.10

Elderflower pressé  
Sparkling rhubarb  
Sparkling cloudy apple

### 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)



## FLOURISH OWN LABEL WINE

### Prosecco

125ml **6**  
Bottle **26**

### White

125ml **4.50**  
175ml **5.50**  
250ml **7.50**  
Bottle **22**

### Red

125ml **4.50**  
175ml **5.50**  
250ml **7.50**  
Bottle **22**

### Rosé

125ml **4.50**  
175ml **5.50**  
250ml **7.50**  
Bottle **22**

## BEER

### Hawkstone Brewery draught 6.25

Premium lager 4.8% Abv  
Cider 5% Abv

### Moor Beer cans 5.95

**Illumination** English Pale Ale  
4.3% Abv | 440ml

*Peppery, fruity, raw & untraditional*

### Kellerbier Lager

4% Abv | 330ml

*Rustic & full of character*

### Resonance Citra Golden Pale

4.1% Abv | 440ml

*Vibrant citrus hops*

### Distortion IPA

4.7% Abv | 440ml

*Juicy, refreshing with bitterness*

## CIDER

### Iford cider 440ml cans 6

**Cloudgazer** 4.7% Abv  
*Session hazy cider*

**Rushwood** 4.7% Abv  
*Dryish juice cider*

**Wild Juice** 4.5% Abv  
*Session juice cider*

**ABC** 3.4% Abv  
*Fresh fruit cider*

**Stick Up** 3.4% Abv  
*Rhubarb cider*

All the spirits in our cocktails  
are Flourish own-label!

(Available from the Flourish Foodhall)

## COCKTAILS



### Bloody Mary 7.25

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

### Mimosa 6.25

Prosecco and fresh orange juice

### Espresso Martini 9.25

Vodka, Kahlua and  
Triple Co. Roast espresso



## FLOURISH OWN LABEL SPIRITS 6.25

Choose from 25ml rum, whisky,  
vodka or gin served with your choice  
of Fever Tree tonic

Light tonic water

Indian tonic water

Elderflower tonic water

Ginger ale

### Liqueur Coffee 6.50

Choose any Flourish own label spirit  
mixed with freshly-brewed coffee, sugar  
and topped with double cream

## LOW & NO ALCOHOL

### Iford Wild & Free 5.50

Fresh juice cider 0% Abv

### Lucky Saint lager 4

0.5% Abv

### Virgin Mojito 5.50

Sugar, mint, lime,  
elderflower, soda



# 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]

10.50

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



### French Toast [V]

8.50

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

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

6

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



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

6

Free-range scrambled egg on 1 slice of Sherston white or organic wholemeal toast



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

5

1 slice of Sherston white or organic wholemeal toast with baked beans

## LUNCH

Served 12pm – 3pm Monday to Saturday

### Flourish Beef Burger [\*GF]

9

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



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

10

Tomato sauce with mozzarella, basil & olive oil



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

8

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

6

Served with crisps, cucumber and carrot sticks



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

5.50

Falafel and hummus with crisps and carrot & cucumber sticks

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