



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.



FLOURISH

GLENAVON FARM



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

SAMPLE MENU – Glenavon Farm only

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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SAMPLE MENU – Glenavon Farm only

SERVED MONDAY – SATURDAY 12PM TILL 4:30PM

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

Tea 3.10

English breakfast
Earl grey
Peppermint
Lemon & ginger
Green tea

Triple Co. Roast Coffee

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

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

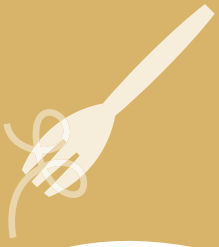
Fresh juice cider 0% Abv

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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