

## DINE-IN MENU

open everyday from 8am - 4pm , kitchen closes 3pm

**PLEASE NOTE:** during particularly busy periods we may ask you to respect a 90-minute time limit on tables to ensure that we can cater to all of our visitors in a timely manner

Be advised there is a 10% service charge for any tables 6 or over

### HOT FOOD served from 8am to 3pm

v. = vegetarian / vg. = vegan

**SELECTION OF TOASTED SOURDOUGH vg.** £4.50  
served with butter v.  
add jam +£1.00  
add eggs +£2.50

**FULL ENGLISH BREAKFAST** £14.35  
two eggs, lincolnshire sausage, back bacon,  
portobello mushroom, roasted tomato and baked beans  
with sourdough toast  
add black pudding +£1.50

**FLOURISH BREAKFAST v.** £13.95  
scrambled eggs, halloumi, sliced avocado,  
portobello mushroom, roasted peppers, roasted  
tomato with sourdough toast

**THE REUBEN** £11.95  
salt beef brisket, homemade sauerkraut, pickles, swiss  
cheese and spiced russian dressing on caraway bread

**EGGS BENEDICT / FLORENTINE / ROYALE**  
poached eggs and hollandaise on our toasted  
spelt english muffin  
benedict - with bacon £9.95  
florentine - with spinach v. £9.00  
royale - with smoked salmon £10.95

**MEXICAN BREAKFAST v.** £10.95  
mixed beans with a roasted tomato and pepper  
sauce, poached eggs, guacamole, sweetcorn  
and soured cream served with our sourdough toast

**MUSHROOM & CHEESE TOASTIE v.** £8.80  
truffled chestnut mushrooms, crispy onions and  
mature cheddar served in our sourdough

**SLICED AVOCADO ON TOAST v.** £9.85  
freshly sliced avocado, pesto, roasted tomatoes,  
& toasted seeds on our toasted sourdough  
add burrata v. + £3.00  
add eggs + £2.50

**FALAFEL WRAP vg.** £8.80  
crumbled falafel, hummous, sundried tomatoes,  
mixed peppers, mixed leaves and sriracha with a side  
of coconut tzatziki

**BRIOCHE FRENCH TOAST** £9.95  
with bacon, blueberries and maple syrup

**HARISSA CHICKEN BAP** £8.80  
marinated chicken thigh, bacon, slaw, salad and  
old bay aioli in our brioche bun

**GRILLED CHEESE TOASTIE** £8.00  
vintage cheddar, gruyere with red onion  
chutney in our country sourdough  
add ham +£1.00

**TUNA MELT** £8.80  
tuna mayo with roasted red onion and  
mature cheddar served on toasted sourdough

**SAUSAGE IN A BAP** £7.50  
cumberland sausage and caramelised red onion  
stuffed into a freshly baked seeded malted bap  
served with brown sauce  
add an egg +£1.50

**ULTIMATE BACON SARNIE** £6.50  
crispy thick cut streaky bacon and lashings of butter  
spread over our soft, freshly baked buttermilk loaf  
served with tomato chutney  
add an egg +£1.50

**SEASONAL HOMEMADE SOUP OF THE DAY** £6.95  
served with our classic sourdough

**FLOURISH GRANOLA & GREEK YOGHURT v.** £6.50  
drizzled with honey (contains nuts)  
add banana and berries +£2.00

**COLD SANDWICHES**  
ham & cheese £6.50  
bacon, lettuce and tomato £6.50  
egg, mustard mayo & cress £6.50

**KID'S MENU**  
egg on toast v. £4.50  
cheese and marmite toastie v. £4.50  
ham and cheese toastie £4.50  
eggy bread v. £4.50  
beans on toast v. £4.50

Please speak with a member of our team if you have any allergy or dietary requirements we should be aware of. We will always try to accomodate requests but please be aware our kitchen can handle any of the following allergens: celery, gluten, eggs, fish, lupin, milk, mustard, peanuts, sesame, soybeans, sulphites and tree nuts

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## FROM THE COUNTER subject to availability

### FRESHLY BAKED VIENNOISERIE

|                  |       |
|------------------|-------|
| croissant        | £3.60 |
| pain au chocolat | £3.90 |
| almond croissant | £4.30 |
| pain au rasin    | £4.30 |
| fruit danish     | £4.20 |
| cinnamon bun     | £4.20 |

### FRESHLY BAKED SAVOURIES

|                                  |       |
|----------------------------------|-------|
| cheese scone with butter         | £3.95 |
| cheese straw                     | £3.95 |
| sausage roll with tomato chutney | £5.75 |

### SWEET TREATS

|  |        |
|--|--------|
| apple pie                                  | £5.50  |
| bakewell tart                              | £4.90  |
| chocolate/salted caramel brownie           | £4.60  |
| toasted wholemeal banana bread with butter | £4.70  |
| pastel de nata                             | £3.00  |
| scone, clotted cream & jam                 | £4.95  |
| serving of vanilla ice cream/double cream  | +£1.50 |

### CAKES

|                          |       |
|--------------------------|-------|
| orange, almond & polenta | £4.20 |
| lemon drizzle            | £4.20 |
| carrot                   | £4.20 |
| lemon and blueberry      | £5.50 |
| double chocolate vg.     | £5.50 |

## THE LOADING BAY PIZZERIA wed to sun from 12pm

### MARINARA vg. £8.00

tomato sauce, origano, garlic, extra virgin olive oil and fresh basil

### MARGHERITA v. £10.00

tomato sauce, fior di latte mozzarella, parmesan, extra virgin olive oil and fresh basil

### DIAVOLA £13.00

tomato sauce, fior di latte mozzarella, parmesan, ventricina salami, 'nduja and fresh basil

### CAPRICCIOSA £13.50

tomato sauce, fior di latte mozzarella, parmesan, mushrooms, smoked ham, artichokes, kalamata olives and fresh basil

## THE LOADING BAY PIZZERIA wed to sun from 12pm

### GIARDINIERA v. £13.00

tomato sauce, fior di latte mozzarella, parmesan, aubergine, courgette, mixed peppers, fresh basil and gremolata

### BUFALINA v. £13.00

tomato sauce, buffalo mozzarella, parmesan, sun-dried tomato, caramelised red onion, fresh basil and pesto

### AMERICANA £12.50

tomato sauce, fior di latte mozzarella, parmesan, hungarian gyula (pepperoni) and fresh basil

### PORTOBELLO v. £13.50

fior di latte mozzarella, parmesan, gorgonzola, mushrooms, baby spinach and truffle paste

### 4 FORMAGGI v. £13.00

fior di latte mozzarella, gorgonzola, smoked scamorza, parmesan and fresh basil

### SALSICCIA E FRIARIELLI £13.50

fior di latte mozzarella, parmesan, fennel pork sausage, friarielli, smoked scamorza, red chilli and fresh basil

### ADDITIONAL TOPPINGS

artichokes, aubergine, capers, caramelised red onion, £1.25  
corguette, kalamata olives, friarielli, mixed peppers, mushrooms, parmesan, rocket, roquito chilli, san marzano tomato sauce

anchovies, fennel sausage, fior di latte mozzarella, £2.25  
gorgonzola, nduja, pesto, smoked scamorza, smoked ham, sun dried tomatoes, vegan nduja, vegan mozzarella, ventricina salami, hungarian gyula (pepperoni)

buffalo mozzarella, burrata £3.50

### GARLIC BREAD vg.

with rosemary and olive oil £5.00  
with fior di latte mozzarella £7.00

### NOCCELLARA OLIVES vg. £4.00

### ROCKET & PARMESAN SALAD £6.50

rocket, shaved parmesan, balsamic vinegar, extra virgin olive oil

### BURRATA & ROASTED PEPPER SALAD v. £8.00

burrata served on a bed of roasted peppers and mixed leaves.

## DRINKS MENU

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### REDEMPTION ROASTERS COFFEE

all of our coffees are served with a double shot of espresso and full fat milk as standard

|                 |       |
|-----------------|-------|
| espresso        | £2.75 |
| double espresso | £2.95 |
| macchiato       | £3.15 |
| long black      | £3.30 |
| cortado         | £3.30 |
| americano       | £3.30 |
| flat white      | £3.40 |
| cappuccino      | £3.60 |
| latte           | £3.60 |
| chai latte      | £4.25 |
| mocha           | £4.25 |

|  |         |
|--|---------|
| swap skimmed milk  | free    |
| swap almond, coconut, oat or soya milk vg.                           | + £0.60 |
| add monin syrup (caramel, cinnamon, hazelnut, toffee nut or vanilla) | + £0.50 |

### ICED COFFEE

|                 |       |
|-----------------|-------|
| iced americano  | £3.55 |
| iced latte      | £3.85 |
| iced chai latte | £4.50 |
| iced mocha      | £4.50 |
| frappe          | £4.75 |

### TEA BY BIRCHALL

|   |       |
|---|-------|
| english breakfast (+ decaf)   | £3.00 |
| peppermint, green tea, green & peach, lemongrass & ginger, redberry & elderflower, camomile, darjeeling, redbush or virunga earl grey | £3.50 |

### HOT CHOCOLATE

|  |       |
|--|-------|
| with dark, milk or white belgian chocolate buttons | £4.50 |
|--|-------|

### HOT BISCOFF

£4.50

### SOFT DRINK CANS

|  |       |
|--|-------|
| coca cola  | £2.95 |
| diet coke, coke zero                                 | £2.85 |
| san pellegrino orange, lemon or orange & pomegranate | £3.05 |
| cawston press apple, elderflower or rhubarb          | £2.85 |

### FROBISHERS JUICE

|                 |       |
|-----------------|-------|
| apple or orange | £3.10 |
|-----------------|-------|

### KOMBUCHA

|                    |       |
|--------------------|-------|
| original or ginger | £4.15 |
|--------------------|-------|

### COOLERS

|   |       |
|---|-------|
| homemade lemonade (please ask for flavours) or peach iced tea | £4.25 |
|---|-------|

### MILKSHAKES

|   |       |
|---|-------|
| made with milk & vanilla ice cream and your choice of chocolate brownie, vanilla, strawberry, fresh banana or biscoff | £4.95 |
|---|-------|

### MINERAL WATER

|                     |               |
|---------------------|---------------|
| harrogate still     | £2.95 / £4.95 |
| harrogate sparkling | £2.95 / £4.95 |

### BOTTLED BEER

|             |       |
|-------------|-------|
| moretti     | £4.95 |
| peroni      | £4.95 |
| brewdog ipa | £4.95 |
| peroni 0%   | £4.95 |

### CIDER

|   |       |
|---|-------|
| rekorderlig strawberry & lime or wild berry | £4.95 |
|---|-------|

### WINE

|                                  |                |
|----------------------------------|----------------|
| red, white or rosé 187ml / 750ml | £5.95 / £19.00 |
| prosecco 200ml / 750ml           | £6.25 / £22.00 |

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