

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
/ n = nuts

<p>SELECTION OF TOASTED SOURDOUGH vg. £4.50 served with butter v. add jam +£1.00 add eggs +£2.50</p> <p>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</p> <p>FLOURISH BREAKFAST v. £13.95 scrambled eggs, halloumi, sliced avocado, portobello mushroom, roasted peppers, roasted tomato with sourdough toast</p> <p>THE REUBEN £11.95 salt beef brisket, homemade sauerkraut, pickles, swiss cheese and spiced russian dressing on caraway bread</p> <p>EGGS BENEDICT / FLORENTINE / ROYALE poached eggs and hollandaise on our toasted english muffin benedict - with bacon £9.95 florentine - with spinach v. £9.00 royale - with smoked salmon £10.95</p> <p>SHAKSHUKA v. £11.95 rich, sweet and smokey tomato sauce, with roasted mix peppers, onions and two baked eggs. Served with toasted sourdough to scoop up every last drop</p> <p>MUSHROOM & CHEESE TOASTIE v. £8.80 truffled chestnut mushrooms, crispy onions and mature cheddar served in our sourdough</p> <p>SLICED AVOCADO ON TOAST vg. £9.85 freshly sliced avocado, vegan pesto (n), roasted tomatoes, & toasted seeds on our toasted sourdough add burrata v. + £3.00 add eggs + £2.50</p> <p>FALAFEL WRAP vg. £8.80 crumbled falafel, hummous, sundried tomatoes, mixed peppers, mixed leaves and sriracha with a side of coconut tzatziki</p> <p>BRIOCHE FRENCH TOAST £9.95 with bacon, blueberries and maple syrup</p>	<p>HARISSA CHICKEN BAP £8.80 marinated chicken thigh, bacon, slaw, salad and old bay aioli in our brioche bun</p> <p>GRILLED CHEESE TOASTIE £8.00 vintage cheddar, gruyere with red onion chutney in our country sourdough add ham +£1.00</p> <p>TUNA SALAD CIABATTA £9.95 tuna mayo with roasted red onion, gherkins cucumber and dill. Wild rocket salad, pink pickled onions, served on toasted ciabatta</p> <p>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</p> <p>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</p> <p>BUBBLE AND SQUEAK (v) £9.50 Our infamous patty, topped with a fried egg. Back on the menu by popular demand! add smoked streaky bacon + £2.75 add hollandaise + £1.50</p> <hr/> <p>FLOURISH GRANOLA & GREEK YOGHURT v. £6.50 drizzled with honey (contains nuts) swap for coconut yoghurt +£2.50 add banana and berries +£2.00</p> <hr/> <p>COLD SANDWICHES</p> <p>ham & cheese £6.50 bacon, lettuce and tomato £6.50 egg, mustard mayo & cress £6.50</p> <hr/> <p>KIDS MENU</p> <p>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</p>
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MENU open Wednesday to Sunday from 12pm - 9pm

to place an order for collection please call **01923 831055** please ask or check the board for current specials

PIZZA ROSSA

MARINARA vg. tomato sauce, oregano, garlic, extra virgin olive oil and fresh basil £8.00

MARGHERITA v. tomato sauce, fior di latte mozzarella, parmesan, extra virgin olive oil and fresh basil £10.00

VEGAN MARGHERITA vg. tomato sauce, vegan mozzarella, extra virgin olive oil and fresh basil £10.00

DIAVOLA tomato sauce, fior di latte mozzarella, parmesan, ventricina salami, 'nduja and fresh basil £13.00

CAPRICIOSA tomato sauce, fior di latte mozzarella, parmesan, mushrooms, smoked ham, artichokes, kalamata olives and fresh basil £13.50

NAPOLETANA tomato sauce, fior di latte mozzarella, anchovies, capers, kalamata olives, oregano, garlic oil and fresh basil £13.00

GIARDINIERA v. tomato sauce, fior di latte mozzarella, parmesan, roasted aubergines, courgettes, mixed peppers, fresh basil and gremolata £13.00

BUFALINA v. tomato sauce, buffalo mozzarella, parmesan, sun-dried tomato, caramelised red onion, fresh basil and pesto £13.00

COPPA DI PARMA tomato sauce, fior di latte mozzarella, rocket, coppa, shaved parmesan, cherry tomatoes, extra virgin olive oil and fresh basil £13.00

COTTO E FUNGHI tomato sauce, fior di latte mozzarella, parmesan, smoked ham, mushrooms and fresh basil £12.50

AMERICANA tomato sauce, fior di latte mozzarella, parmesan, hungarian gyula (pepperoni) and fresh basil £12.50

POLLO PICANTE tomato sauce, fior di latte mozzarella, harissa-marinated chicken, fresh red chilli and basil £13.50

POLLO tomato sauce, fior di latte mozzarella, roasted chicken, mixed peppers, red onion and fresh basil £13.50

PIZZA BIANCA

PORTOBELLO v. fior di latte mozzarella, parmesan, gorgonzola, portobello mushrooms, baby spinach and truffle paste £13.50

4 FORMAGGI v. fior di latte mozzarella, gorgonzola, smoked scamorza, parmesan and fresh basil £13.00

SALSICCIA E FRIARIELLI fior di latte mozzarella, parmesan, fennel pork sausage, friarielli, smoked scamorza, roquito chilli, and fresh basil £13.50

ADDITIONAL TOPPINGS

artichokes, aubergine, capers, red onion, red chilli, courgette, friarielli, kalamata olives, mixed peppers, mushrooms, parmesan, rocket, roquito chilli, san marzano tomato sauce £1.50/ea

anchovies, coppa, fennel sausage, fior di latte mozzarella, gorgonzola, 'nduja, pesto, smoked scamorza, smoked ham, sun-dried tomatoes, ventricina salami, hungarian gyula (pepperoni), roast chicken, Harissa chicken £2.50/ea

vegan 'nduja, vegan mozzarella, vegan sausage £2.25/ea buffalo

mozzarella, burrata £3.50/ea

STARTERS & SIDES

GARLIC BREAD

with rosemary and olive oil vg. £5.00

with mozzarella v. £7.00

with Vegan mozzarella vg. £7.00

NOCELLARA OLIVES vg.

£4.00

ROCKET & PARMESAN SALAD

v. with balsamic dressing £6.50

BURRATA & ROASTED PEPPER SALAD

£8.00

burrata served on a bed of roasted peppers and mixed leaves

DIPS

smoky garlic mayo vg.

pesto mayo vg. £1.50

spicy marinara sauce vg.

hot honey v. £2.00

v. = vegetarian / vg. = vegan

(please note that we use vegetarian parmesan as standard)

see reverse for allergen statement

DESSERTS

SAMMONTANA GELATO TUBS

cioccolata, creme caramel, croccantino, fragola e limone, nocciola, panna cotta, panna e cioccolato, vaniglia e amarena, vaniglia e pistacchio or vaniglia e cioccolato	£6.00
vegan nocciola, vegan fragola	£5.00

SAMMONTANA GELATO SCOOPS

please ask for available flavours

1 scoop	£2.50
2 scoops	£3.75
3 scoops	£4.95

AFFOGATO

espresso poured over scoop of vanilla gelato	£4.50
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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
matcha	£4.50
swap skimmed milk	free
swap almond, coconut, oat or soya milk vg.	+ £0.50
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
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HOT BISCOFF	£4.50
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WARM BROWNIE with scoop of vanilla gelato	£5.95
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DOLCE

chocolate brownie, salted caramel brownie, pastel de nata, raspberry bakewell, orange & almond polenta cake	From £4.25
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NUTELLA PIZZA

add banana and berries	£6.50 £2.00
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SOFT DRINK CANS

coca cola	£2.85
diet coke, coke zero	£2.85
san pellegrino orange, lemon or orange & pomegranate	£3.05
cawston press apple, elderflower or rhubarb	£2.85
kombucha original, ginger, black cherry, lime sea salt, lemon lavender	£4.15

FROBISHERS JUICE

apple or orange	£3.10
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NEW! - SMOOTHIES

strawberry split - strawberry and banana	
blueberry thrill - blueberry, banana, raspberry and flaxseed	£5.80
kale kick - kale, spinach, mango	

COOLERS

lemonade (please ask for flavours)	£4.25
peach iced tea	

MILKSHAKES

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

harrogate still	£2.00
harrogate sparkling	£2.95

BOTTLED BEER

moretti	£4.95
ichnusa (sardinian craft beer)	£5.75
peroni 0%	£4.95

CIDER

rekorderlig strawberry & lime or wild berry	£4.95
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WINE

previata sangiovese 125ml/175ml	£3.50/£5
pinot grigio delle venezie previata 125ml/175ml	£3.50/£5
previata blush pinot grigio 125ml/175ml	£3.50/£5
prosecco 200ml	£6.25

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, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, peanuts, sesame, soybeans, sulphites and tree nuts**

10% Service Charge Included