

**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 a discretionary 10% service charge will be added

hot food served from 8am to 3pm

v. = vegetarian / vg. = vegan  
/ n = nuts

**FULL ENGLISH BREAKFAST** £14.50

two eggs, lincolnshire sausage, back bacon, portobello mushroom, roasted tomato and baked beans with sourdough toast  
add black pudding +£2.00

**FLOURISH BREAKFAST v.** £14.00

scrambled eggs, halloumi, sliced avocado, portobello mushroom, roasted peppers, roasted tomato with sourdough toast

**SELECTION OF TOASTED SOURDOUGH vg.** £4.50

served with butter v.  
add jam +£2.00  
add eggs +£2.50

**EGGS BENEDICT / FLORENTINE / ROYALE**

poached eggs and hollandaise on our toasted spelt english muffin  
benedict - with bacon £10.00  
florentine - with spinach v. £9.00  
royale - with smoked salmon £13.00

**SHAKSHUKA v.** £12.00

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

**SLICED AVOCADO ON TOAST v.** £10.00

freshly sliced avocado, pesto (n), roasted tomatoes, & toasted seeds on our toasted sourdough  
add burrata v. + £5.00  
add eggs + £2.50

**BUBBLE AND SQUEAK (v)** £9.50

Our infamous patty, topped with halloumi and a fried egg.  
add smoked streaky bacon + £2.75  
add hollandaise + £1.50

**FLOURISH FRENCH TOAST** £11.50

Caramelised raisin, croissant loaf with bacon, blueberries and maple syrup

**FLOURISH GRANOLA & GREEK YOGHURT v.** £7.50

drizzled with honey (contains nuts)  
add banana and berries +£2.00

**THE REUBEN** £13.00

salt beef brisket, homemade sauerkraut, pickles, swiss cheese and spiced russian dressing on caraway bread

**HARISSA CHICKEN BURGER** £11.50

marinated chicken thigh, bacon, slaw, salad and old bay aioli in our brioche bun

**MUSHROOM & CHEESE TOASTIE v.** £9.00

truffled chestnut mushrooms, crispy onions and mature cheddar served in our sourdough

**GRILLED CHEESE TOASTIE** £8.00

vintage cheddar, gruyere with red onion chutney in our country sourdough  
add ham +£1.00

**SAUSAGE IN A BAP** £8.00

cumberland sausage and caramelised red onion stuffed into a freshly baked seeded malted bap served with brown sauce  
add a fried egg +£1.50

**ULTIMATE BACON SARNIE** £8.00

crispy thick cut streaky bacon and lashings of butter spread over our soft, freshly baked buttermilk loaf served with tomato chutney  
add a fried egg +£1.50

**COLD SANDWICHES** can be lightly toasted on request

**ROAST CHICKEN & TARRAGON MAYO** £10.50

slow roast chicken, tarragon & lemon mayonaise, with pickles and crunchy lettuce served on a demi baguette

**BACON LETTUCE & TOMATO** £9.00

smoked streaky bacon, baby gem lettuce, tomato & mayonaise served on white sourdough

**EGG MAYO & CRESS** £7.80

free range egg mayonaise, wholegrain mustard & cress served on our award winning ancient.

**MEDITERRANEAN VEGETABLES & PESTO** £10.50

roasted peppers, roasted red onion, sun dried tomato, hummous and green pesto served on rosemary focaccia