



# BREAKFAST

Served Mon - Sat 8am - 11am | See the board for today's specials!

- Full Flourish [\*GF]** 10  
Our butcher's sausages, house cured bacon, 2 free range fried eggs, slow roasted baby vine tomatoes, mushrooms with thyme, baked beans, hash brown and sourdough toast
- Vegetarian Delight (V) [\*GF]** 10  
2 free range fried eggs, British halloumi, sliced avocado, slow roasted baby vine tomatoes, mushrooms with thyme, baked beans, hash brown, rocket leaves, seeds and sourdough toast
- Full Vegan [\*GF]** 9  
Sliced avocado, slow roasted baby vine tomatoes, mushrooms with thyme, roasted chickpeas, rocket leaves, seeds and sourdough toast
- Shakshuka (N) [\*GF]** 9  
Baked tomato and eggs, topped with Greek feta, drizzled with homemade pesto and served with a chunk of bread
- Eggs [\*GF]**  
Toasted muffin, 2 poached eggs, hollandaise and pea shoots. Choose your topping:
- Home cooked ham 8
  - Cornish oak smoked salmon 9
  - Smashed avocado with chives and spinach (V) 8

- Brioche French Toast** 8  
French toast served with your choice of topping:
- Crispy house cured bacon, bacon jam and maple syrup
  - Banana, candied pecans and rum and raisin drizzle (V, N)
  - Homemade berry compote and seasonal fresh fruit (V)
- Mushrooms on Toast (V) [\*GF or Ve]** 7  
Mushrooms creamed with garlic and thyme, served on toasted sourdough, with rocket leaves and seeds
- Avocado on Toast (Ve) [\*GF]** 7  
Grilled sourdough, topped with smashed avocado, dressed with rocket leaves, seeds, chilli flakes and drizzled with vegan pesto
- +Add a free range fried egg** 0.50

- Yogurt Jar (N)** 6  
Greek style yogurt or coconut yogurt (Ve), topped with seasonal compote, granola and fruit



See the Drinks Menu for Smoothies, Softs and Hot Drinks.

**[\*]** Can be made – **(GF)** 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.



# LUNCH

Served Mon - Sat 12 noon - 3pm | See the board for today's specials!

## SEASONAL SPECIALS

**Flourish Burger** 13  
Our butcher's free range beef burger, in house cured bacon, lettuce, mustard mayo and tomato relish. Served in a brioche bun with chips

**The Ultimate Veggie Burger (Ve)** 12  
Homemade beetroot and chickpea falafel burger, houmous, lettuce and sliced tomato. Served in a roll with chips and side salad

**+Add Farmhouse cheddar, Stilton, British Halloumi or Maple Wood Smoked cheese (Ve)** 1

**+Add a pot of Coleslaw** 1.5

**Seasonal Pie** 13  
Please ask a member of the team for today's seasonal pie

**Celebrate the Season Risotto** 12  
Please ask a member of the team for today's seasonal risotto

**Homemade Fish Cakes** 12  
Served with a choice of 2 freshly made salads and homemade tartare sauce

**Soup of the Day (V) [\*GF]** 7  
Please ask a member of the team for today's seasonal soup. Served with homemade focaccia



See the Drinks Menu for Softs and Alcoholic Drinks.

## THE BEST OF THE DELI

**Grazing Plate (Ve, N) [\*GF]** 7  
Seasonal dip, homemade houmous, crudité's and stonebaked dough sticks

**Deli Board [\*GF]** 12  
Little Jack Horner's sausage roll, Trealy Farm cured meats, Westcombe cheddar, Silver and Green olives, homemade focaccia and a choice of a freshly made salad

**Garden Board (Ve) [\*GF]** 11  
Vegan roll, Maple Wood Smoked cheese (Ve), Silver and Green olives, seasonal dip, crudité's, homemade focaccia and a choice of a freshly made salad

**Flourish Pâté [\*GF]** 8  
Homemade pâté, served with grilled brioche and homemade seasonal chutney

**Homemade Tart of the Day (V)** 10  
Please ask a member of the team for today's seasonal tart. Served hot or cold with a choice of 2 freshly made salads

## PASTA

**Spaghetti Meatballs [\*GF]** 8 / 12  
Our butcher's homemade meatballs braised in a tomato and red wine sauce

**Prawn and Courgette Tagliatelle (N)[\*GF] 6 / 9**  
Pan fried prawns and courgette, with a chilli and garlic butter, parsley, lemon and pine nuts

**Penne Arrabiata (V) [\*GF]** 14  
Rich tomato sauce with garlic, fresh basil and a little chilli

*All our pasta dishes can be served with gluten free pasta.*

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# LUNCH

Served Mon - Sat 12 noon - 3pm | See the board for today's specials!

## SANDWICHES AND TOASTIES

### Open Steak Sandwich [\*GF] 12

Rump steak from Stilmans Farm, mustard mayo, rocket leaves, onion and pickled cucumber. Served on a toasted ciabatta with chips

### Open Fish Goujon Sandwich 11

Homemade cod goujons, lettuce and tartare sauce. Served on a toasted ciabatta with chips

### Open Flatbread (Ve, N) 9

Falafel, homemade houmous, avocado, tomato, lettuce and a drizzle of pesto. Served on a warm flatbread with chips.

### Sourdough Sandwiches

All served with a side salad and crisps, choose your filling:

#### Ham and Cheese [\*GF] 7

Cooked ham, farmhouse cheddar and homemade seasonal chutney

#### Prawn Mayonnaise [\*GF] 8

Prawns, garlic & chive mayonnaise and lettuce

### Sourdough Toasties [\*GF]

All served with a side salad and crisps, choose your filling:

#### Trealy Farm chorizo, roasted peppers and Baron Bigod soft cheese 8

#### Roasted vegetables, Silver and Green olives, Neal's Yard creamery goat's curd and spinach (V) 8

#### Maple Wood Smoked cheese, tomato and vegan pesto (Ve, N) 8

## SALAD

### Superfood Bowl (N, Ve) [\*GF] 8

Quinoa, roasted beetroot, grilled broccoli, chilli, toasted nuts and seeds, salad leaves and house dressing

### Fresh Bowl (Ve, N) [\*GF] 8

Grilled peach, avocado, tomato, salad leaves, nuts and seeds and tahini dressing

### Buddha Bowl (Ve) 8

Lemon cous cous, roasted seasonal vegetables, spiced chickpeas, cucumber, radishes and fresh spinach. With a coconut, lime and mint dressing

### Salad Bowl 6

A selection of 3 salads freshly made in the kitchen

#### +Add Cornish smoked salmon, prawns or falafel 2

#### +Add British halloumi, Neal's Yard Creamery goat's curd or Trimmia greek style cheese (Ve) 1

*All our salads are served with homemade dough sticks, fresh from the pizza oven.*



See our Pizza Menu for more options including Puccias, classic Italian street food.

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# PIZZA

Served Mon - Sat 12 noon - 7pm | See the board for today's specials!

## PIZZA

### Classic Margherita (V) 8 / 12

Tomato sauce, fresh mozzarella, basil, olive oil

### Diavola 13

Tomato sauce, fresh mozzarella, Trealy Farm pepperoni slices

### Campagnola (V) 14

Tomato sauce, fresh mozzarella, Neal's Yard creamery goat's curd, courgette, roasted peppers, rocket leaves

### Cacciatore 14

Tomato sauce, fresh mozzarella, sun dried cherry tomatoes, caramelised red onion, sausage from our Butchery

### Boscaiola 13

Tomato sauce, fresh mozzarella, smoked cheese, bacon, wild mushrooms, truffle breadcrumbs

### Rustica (V) 13

Tomato sauce, fresh mozzarella, ricotta, mushroom, olives, artichoke

### Fresca (V) 12

Tomato sauce, then once cooked topped with fresh buffalo mozzarella, cherry tomatoes, basil, balsamic glaze

### The Flourish 15

Guest pizza of the day, please ask a member of the team for today's toppings



See our Lunch Menu for more options including sandwiches and pasta, served Mon - Sat 12 noon - 3pm

## PUCCIAS

### Classic Italian Street Food

Made with pizza dough baked in our wood-fired pizza oven then sliced and filled with seasonal produce. Choose from the following:

Flourish ham, fresh mozzarella, cherry tomatoes, balsamic glaze and rocket 10

Trealy Farm fennel salami, parmesan, homemade pesto and rocket 10

Summer roasted vegetables, beetroot, houmous and rocket (Ve) 9

+Add a homemade salad 3

+Add a portion of chips 3

## TREAT YOUR LOVED ONE TO A NIGHT OUT

Pick up a gift card at the till



Speak to a member of staff for more gift card options

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# SUNDAY

Breakfast served 10am - 11am | Lunch served 12 noon - 3pm

## BREAKFAST

**Full Flourish [\*GF] 10**  
Our butcher's sausages, house cured bacon, 2 free range fried eggs, slow roasted baby vine tomatoes, mushrooms with thyme, baked beans, hash brown and sourdough toast

**Vegetarian Delight (V) [\*GF] 10**  
2 free range fried eggs, British halloumi, sliced avocado, slow roasted baby vine tomatoes, mushrooms with thyme, baked beans, hash brown, rocket leaves, seeds and sourdough toast

**Full Vegan (\*GF) 9**  
Sliced avocado, slow roasted baby vine tomatoes, mushrooms with thyme, roasted chickpeas, rocket leaves, seeds and sourdough toast

**Mushrooms on Toast (V) [\*GF or Ve] 7**  
Mushrooms creamed with garlic and thyme, served on toasted sourdough, with rocket leaves and seeds

**Avocado on Toast (Ve) [\*GF] 7**  
Grilled sourdough, topped with smashed avocado, dressed with rocket leaves, seeds, chilli flakes and drizzled with vegan pesto

**+Add a free range fried egg 0.50**

**Yogurt Jar (N) 6**  
Greek style yogurt or coconut yogurt (Ve) topped with seasonal compote, granola and fruit



See the Drinks Menu for Smoothies, Softs and Hot Drinks.

## LUNCH

**2 courses for 18**

## MAIN

**Flourish Sunday Roast [\*GF] 15**  
A choice of locally sourced meat served with goose fat roast potatoes, homemade Yorkshire pudding, cauliflower cheese, roasted beetroot, local honey roasted carrots and parsnips, seasonal greens and gravy

**Roast Salmon (GF / N) 15**  
Responsibly farmed salmon, roasted with a herb crust, served with crushed new potatoes, spinach and capers, seasonal greens and a pesto sauce

**Cauliflower Steak (Ve / GF / N) 13**  
Cauliflower roasted in chilli butter, served with crushed new potatoes, toasted cashews and seasonal vegetables

**Celebrate the Season Risotto (V) 12**  
Please ask a member of the team for today's seasonal risotto

## PUDDING

**Chocolate Brownie**  
Homemade chocolate brownie served with Jude's vanilla ice cream and ginger parkin

**Flourish Cheesecake**  
Please ask a member of the team for today's flavour

**Zesty Mess (GF)**  
Flourish meringue, lime cream, orange curd and summer fruits

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# DRINKS

See the board for today's cocktails, mocktails and smoothies!

## HOT

<b>Brew Tea Co.</b>	<b>2.50</b>
English Breakfast Tea	
Earl Grey	
Peppermint	
Lemon & Ginger	
Green Tea	

## Easy Jose Coffee

Americano	<b>2.75</b>
Cappuccino	<b>3.00</b>
Latte	<b>3.10</b>
Flat White	<b>2.95</b>
Espresso	<b>2.35</b>
Cortado	<b>2.60</b>
Mocha	<b>3.25</b>
Hot Chocolate	<b>3.10</b>
<b>+Add marshmallows</b>	<b>0.50</b>
or a flake	

*Oat milk and almond milk are available on request*

## SOFT

<b>One Water</b>	
Still 300ml	<b>2.00</b>
Still 750ml	<b>3.25</b>
Sparkling 300ml	<b>2.00</b>
Sparkling 750ml	<b>3.25</b>

## Folkingtons

Apple Juice	<b>2.25</b>
Orange Juice	<b>2.25</b>

## Cawston Press

Elderflower Pressé	<b>2.75</b>
Ginger Beer	<b>2.75</b>
Sparkling Rhubarb	<b>2.75</b>

## Fentimans

Rose Lemonade	<b>2.95</b>
Victorian Lemonade	<b>2.95</b>
Curiosity Cola	<b>2.95</b>

## SMOOTHIES

### Raspberry Heaven **4.50**

Raspberries, Mango, Blueberries and Apple

### Berry Blast **4.50**

Blueberries, Blackberries, Blackcurrants and Banana

### Passion Storm **4.50**

Passion Fruit, Papaya, Guava, Peach, Pineapple and Aloe Vera

### Green Reviver **4.50**

Kale, Banana, Lemongrass and Mango

### Pineapple Sunset **4.50**

Pineapple, Papaya and Mango

## COCKTAILS

<b>Bloody Mary</b>	<b>5.25</b>
50ml Broken Clock vodka, tomato juice, celery, celery salt, Worcestershire sauce, Tabasco sauce & cracked black pepper	
<b>Mimosa</b>	<b>5.25</b>
Orange juice & prosecco	
<b>Peach Bellini</b>	<b>5.25</b>
Peach puree & prosecco	

## MOCKTAILS

<b>Mojito Lemonade</b>	<b>3.95</b>
Sugar, mint, lime, elderflower, soda	
<b>Mango &amp; Pineapple Sunrise</b>	<b>3.95</b>
Mango, pineapple, orange juice, fresh lime	

## GIN & TONIC

<b>25ml Gin</b>	<b>6.00</b>
Served with Fever Tree tonic (classic, light, elderflower or Mediterranean) or ginger ale	
<b>Conker Dorset Dry Gin</b>	
<b>English Drinks Co. Cucumber Gin</b>	
<b>Edinburgh Gin Lemon &amp; Jasmine</b>	
<b>Edinburgh Gin Rhubarb &amp; Ginger</b>	

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# DRINKS

See the board for today's cocktails, mocktails and smoothies!

## BEER – DRAUGHT (568ml)

<b>Kettlesmith Brewery</b>	
Coastline, Kolsch 4.9% Abv	<b>4.50</b>
Timeline, IPA 5.4% Abv	<b>4.75</b>

## BEER – CANS (440ml)

<b>Kettlesmith Brewery</b>	<b>4.00</b>
Streamline, Blonde Ale 1.2% Abv (low alcohol), 440ml	
<b>Lost and Grounded</b>	<b>4.10</b>
Running with Sceptres 5.2% Abv, 440ml	
<b>The Wild Beer Co</b>	<b>4.50</b>
Oak-Aged Millionaire Stout 4.7% Abv, 440ml	

## CIDER - BOTTLES (330ml - 500ml)

<b>Oak, Pears &amp; Apples</b>	<b>3.95</b>
Dragonfly Cider 5.5% Abv, 330ml	
<b>Somerset Dabinett</b>	<b>4.50</b>
Dragonfly Cider 5.6% Abv, 500ml	

## BUBBLES

	125ml	Bottle
1. Ca' del Console Prosecco Extra Dry	<b>5.00</b>	<b>22</b>

## WINE

	125ml	175ml	250ml	Bottle
<b>ROSE</b>				
2. M de Minuty Côtes de Provence Rosé	<b>3.75</b>	<b>5.75</b>	<b>7.95</b>	<b>28</b>
<b>WHITE</b>				
3. Terre del Noce Pinot Grigio	<b>3.50</b>	<b>4.50</b>	<b>6.50</b>	<b>22</b>
4. Babich Classics Marlborough Sauvignon Blanc	<b>3.75</b>	<b>4.75</b>	<b>6.75</b>	<b>24</b>
5. Joel Gott Chardonnay, California	<b>3.95</b>	<b>4.95</b>	<b>7.75</b>	<b>26</b>
<b>RED</b>				
6. Perdriel Malbec, Norton	<b>3.75</b>	<b>5.25</b>	<b>7.50</b>	<b>26</b>
7. Côtes-du-Rhône-Villages, Château d'Aigueville	<b>3.50</b>	<b>5.00</b>	<b>6.50</b>	<b>23</b>
8. Montepulciano d'Abruzzo, (Organic)	<b>3.50</b>	<b>5.00</b>	<b>6.50</b>	<b>24</b>

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