



BREAKFAST

Served Mon - Sat 8am - 11am | Sunday brunch 9am - 3pm

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, hash brown, 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 leaves. Choose your topping:	
Home cooked ham	8
Cornish oak smoked salmon	9
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	

During peak times, please respect that we cannot make any swaps or changes to the dishes. Thank you.



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

[*] 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.



LUNCH

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

AUTUMN SPECIALS

Flourish Burger [*GF] 13
Our butcher's free range beef burger, deli meat, mozzarella, Flourish burger relish and a gherkin. 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

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

+Add a pot of Flourish Coleslaw 1.5

Smoked Haddock, Pea, Creme Fraiche and Horseradish Risotto [*GF] 13

Soup of the Day (V) [*GF] 7
The very best of the season made into a delicious soup, served with homemade focaccia. Please ask a member of the team for today's soup.

PASTA

Spaghetti Bolognese 8 / 12
Made using our own butcher's minced beef

Penne Pomodoro (V) 6 / 9
Rich tomato sauce with garlic and fresh basil



See the Drinks Menu for Softs and Alcoholic Drinks.



See the board by the pizza oven to find out our daily specials.

THE BEST OF THE DELI

Grazing Plate (Ve, N) [*GF] 7
Seasonal dip, houmous, crudités and homemade dough sticks

Deli Board 12
Little Jack Horner's sausage roll, Trealy Farm cured meats, Westcombe cheddar, Silver and Green olives, homemade focaccia and autumn coleslaw

Garden Board (Ve) 11
Flourish vegan roll, Maple Wood Smoked cheese, Silver and Green olives, seasonal dip, crudités, homemade focaccia, potato and vinaigrette 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 Flourish autumnal coleslaw and a potato and vinaigrette Salad

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LUNCH

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

HOT CIABATTA SANDWICHES

Open Steak Sandwich [*GF] 12
Rump steak from Stilmans Farm, mustard mayo, rocket leaves, caramelised onion and pickled cucumber. Served on a toasted ciabatta with chips

Open Fish Goujon Sandwich 11
Homemade fish goujons, lettuce and Flourish tartare sauce. Served on a toasted ciabatta with chips

OPEN FLATBREADS [*GF]

Chicken Caesar 11
Chicken, crispy bacon, tomato, lettuce and a drizzle of Caesar dressing. Served with chips.

Falafel (Ve, N) 9
Falafel, Flourish houmous, avocado, tomato, lettuce and a drizzle of pesto. Served with chips

CIABATTA TOASTIES [*GF]

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

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

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

SALAD

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

Warm Salad (N) [*Ve] 9
Goat's cheese fried in breadcrumbs, with roasted peppers, rainbow beetroot, seeds, watercress and a balsamic glaze

Superfood Bowl (N, Ve) [*GF] 8
Quinoa, roasted autumn vegetables, candied walnuts, kale and seeds with a maple syrup dressing

+Add Cornish smoked salmon, prawns or falafel 2

+Add British halloumi, Maple Wood Smoked cheese (Ve) 1

PUCCIAS

Classic Italian Street Food

A stone baked pitta bread baked in our wood-fired pizza oven then filled with seasonal produce. Choose from the following:

Flourish ham, fresh mozzarella, cherry tomatoes, balsamic glaze and rocket 9

Trealy Farm fennel salami, parmesan, pesto and rocket 9

Roasted butternut squash, beetroot, houmous and rocket (Ve) 8



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

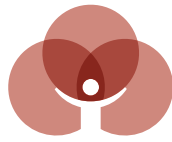
CHILDREN'S MEALS

Please speak to a member of our team about our children's options.

Many of our dishes can be served as a smaller size for little ones.

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PIZZA

Served Mon - Sat 12 noon - 6.30pm | Takeaway 3pm - 7pm

PIZZA

Classic Margherita (V) 8 / 12

Tomato sauce, fresh buffalo mozzarella, basil, olive oil

Diavola 13

Tomato sauce, fresh buffalo mozzarella, Trealy Farm pepperoni slices

Campagnola (V, N) 14

Tomato sauce, fresh buffalo mozzarella, Neal's Yard creamery goat's curd, butternut squash, pine nuts, rocket leaves

Cacciatore 14

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

Boscaiola 13

Tomato sauce, fresh buffalo mozzarella, bacon, wild mushrooms, truffle breadcrumbs

Rustica (V) 13

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

Four Cheese 13

Tomato sauce, fresh buffalo mozzarella and three guest cheeses from our deli counter

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

A stone baked pitta bread baked in our wood-fired pizza oven then filled with seasonal produce. Choose from the following:

Flourish ham, fresh mozzarella, cherry tomatoes, balsamic glaze and rocket 9

Trealy Farm fennel salami, parmesan, homemade pesto and rocket 9

Roasted butternut squash, beetroot, houmous and rocket (Ve) 8

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 BRUNCH

Served 9am - 3pm | Every Sunday

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 (Ve) [*GF] **9**
Sliced avocado, slow roasted baby vine tomatoes, mushrooms with thyme, hash brown, roasted chickpeas, rocket leaves, seeds and sourdough toast

Shakshuka (N, V) [*GF] **9**
Baked tomato and eggs, topped with Greek feta, drizzled with homemade pesto and served with a chunk of bread

Smoked Salmon Rosti [*GF] **9**
Cornish smoked salmon, potato rosti, free range poached egg and hollandaise sauce

Eggs Benedict [*GF] **8**
Toasted muffin, 2 poached eggs, Flourish ham, hollandaise and leaves

Brioche French Toast **8**
French toast served with crispy house cured bacon, bacon jam and maple syrup

Grilled Banana and Pecan Bread (N, V) 8
Grilled banana bread served with autumnal fruit compote and fresh seasonal fruit

Flourish Frittata (GF, V) 9
Served with a crisp green salad. Please ask a member of the team for today's flavour

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, V) 6
Greek style yogurt or coconut yogurt (Ve), topped with seasonal compote, granola and fruit

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DRINKS

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

HOT

Brew Tea Co.	2.50
English Breakfast Tea	
Earl Grey	
Peppermint	
Lemon & Ginger	
Green Tea	

Easy Jose Coffee

Americano	2.75
Cappuccino	3.00
Latte	3.10
Flat White	2.95
Espresso	2.35
Cortado	2.60
Mocha	3.25
Hot Chocolate	3.10
+Add marshmallows	0.50

Oat milk and almond milk are available on request

SOFT

One Water	
Still 300ml	2.00
Still 750ml	3.25
Sparkling 300ml	2.00
Sparkling 750ml	3.25

Folkingtons

Apple Juice	2.25
Orange Juice	2.25

Cawston Press

Elderflower Pressé	2.75
Ginger Beer	2.75
Sparkling Rhubarb	2.75

Fentimans

Rose Lemonade	2.95
Victorian Lemonade	2.95
Curiosity Cola	2.95

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

Bloody Mary	6.25
50ml Broken Clock vodka, tomato juice, celery, celery salt, Worcestershire sauce, Tabasco sauce & cracked black pepper	

Mimosa	5.25
Orange juice & prosecco	

Peach Bellini	6.25
Peach puree & prosecco	

MOCKTAILS

Mojito Lemonade	3.95
Sugar, mint, lime, elderflower, soda	

Mango & Passion Fruit Sunrise	3.95
Mango, Passion Fruit, orange juice, fresh lime	

GIN & TONIC

25ml Gin	6.00
Served with Fever Tree tonic (classic, light, elderflower or Mediterranean) or ginger ale	

Conker Dorset Dry Gin

English Drinks Co. Cucumber Gin

Edinburgh Gin Lemon & Jasmine

Edinburgh Gin Rhubarb & Ginger

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DRINKS

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

BEER – DRAUGHT (568ml)

Kettlesmith Brewery	
Coastline, Kolsch 4.9% Abv	4.50
Timeline, IPA 5.4% Abv	4.75

BEER – CANS (440ml)

Kettlesmith Brewery	4.00
Streamline, Blonde Ale 1.2% Abv (low alcohol), 440ml	
Lost and Grounded	4.10
Running with Sceptres 5.2% Abv, 440ml	
The Wild Beer Co	4.50
Oak-Aged Millionaire Stout 4.7% Abv, 330ml	

CIDER - BOTTLES (330ml - 500ml)

Oak, Pears & Apples	3.95
Dragonfly Cider 5.5% Abv, 330ml	
Somerset Dabinett	4.50
Dragonfly Cider 5.6% Abv, 500ml	

BUBBLES

	125ml	Bottle
1. Ca' del Console Prosecco Extra Dry	5.50	24

WINE

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

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