



BREAKFAST

Served Mon - Sat | All day Sunday

BREAKFAST

Served 8am - 11am

Full Flourish [*GF] 13.50

Our own butcher's sausages, house cured bacon, 2 free range fried eggs, slow roasted baby vine tomatoes, mushrooms with thyme, baked beans, hash brown and Hobbs House sourdough toast

Vegetarian Delight (V) [*GF, V] 13.50

2 free-range fried eggs, Halloumi, avocado, slow roasted baby vine tomatoes, mushrooms with thyme, baked beans, hash brown, pesto, seeds and sourdough toast

Brioche French Toast 11.50

served with your choice of topping:

Bacon and maple syrup

Berry compote and Greek yogurt with fresh seasonal fruits (V)

Biscoff sauce, whipped cream and lotus biscuit crumb (V)

Eggs on Toast (V) [*GF] 7.50

2 free-range eggs, fried, poached or scrambled. Served on 2 slices of toasted sourdough

+Add A free-range fried egg 0.70

+Add Cornish smoked salmon 3.60

+Add House cured bacon 2.50

+Add Hash brown 1.00

+Add Halloumi 2.00

+Add Black pudding 1.50



BREAKFAST OFFER MON-SUN

All Reward Card Holders

1 full Flourish breakfast + 1 hot drink
+ 1 glass of juice for £15

BRUNCH

Served 8am - 12pm

Shakshuka (V) [*GF] 12.50

Tomato, onion and chilli, baked with a free-range egg on top. Topped with Greek feta, drizzled with pesto and served with Hobbs House focaccia

Avocado on Toast (V) [*GF, Ve] 10

Grilled sourdough topped with smashed avocado and peas, mint, and spring onion, drizzled with pesto and a crumble of Greek feta

Yogurt Bowl (V, N) [*Ve] 7.95

Greek style yogurt or coconut yogurt (Ve), topped with berry compote, granola and fruit

Flourish Bun [*GF] 12

Our own butcher's sausage, house cured bacon, 1 free-range fried egg and a hashbrown with Stokes Bloody Mary ketchup, all served in a toasted bun

Vegan Bun (Ve) [*GF] 10

Avocado, houmous, tomato, basil pesto and a hash brown, all served in a toasted bun

CHILDREN'S MEALS

Please speak to a member of our team
for a children's menu

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

How much CO2 is emitted
cooking our tasty
breakfast menu?



[*] 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 | Ask the team for today's specials!

SPRING MENU

Soup of the Day (Ve) [*GF] 7.50

The very best of the season made into a delicious soup, served with Hobbs House focaccia. Please ask a member of the team for today's soup

Flourish Beef Burger [*GF] 16

Our own butcher's free-range beef burger, bacon, Emmental, crispy onion ring, mustard mayo and onion marmalade. Served in a Hobbs House ultimate burger bun with skin on fries

Spicy Quinoa, Beetroot & Edamame Burger (Ve) [*GF] 15

Spicy plant-based burger, with vegan dill mayo, lettuce, sliced tomato, pickled cucumber and crispy onion ring. Served in a Hobbs House ultimate burger bun with skin on fries

+Add Halloumi 2.00

Chicken, Bacon and Mushroom Pie 18

Original Baker Pie, served with mashed potato, wilted spring greens and a creamy mushroom and white wine sauce

Harissa Salmon (N) 18

Harissa salmon, served with a cous cous, roasted carrot, onion and radish salad. Toasted flaked almonds and a harissa yoghurt dressing

Hot Steak & Onion Ciabatta Sandwich 16.50

Rump steak from Stilman's Farm Taunton (available to purchase from the Flourish butchery), sweet fried red onions, pickled cucumber, mustard mayo and rocket all inside a Hobbs House ciabatta roll. Served with a portion of skin on fries

Warm Chicken Salad (N) 16

Warm free-range chicken breast served with a green bean, hazelnut and orange salad and parmentier potatoes

OPEN FLATBREADS

Moroccan Spiced Lamb Flatbread [*GF] 15.50

Slow cooked Moroccan spiced lamb with chickpeas and apricots. Served with houmous, fresh red onion, pomegranate seeds and toasted flaked almonds. Served on a stone baked flatbread with skin on fries

Spiced Falafel Flatbread (Ve) [*GF] 14

Warm spiced falafel, Floursh houmous, carrot, cucumber, tomato, mint, parsley, leaves and pomegranate seeds. Served on a stone baked flatbread with skin on fries

CHILDREN'S MEALS

Please speak to a member of our team for a children's menu

AFTERNOON TEA

Available Monday - Saturday, 3pm - 5pm.
Pre-bookings only. Please give us at least 1 week before your preferred booking time

Flourish Afternoon Tea [*GF, V, Ve] 25pp

A selection of cakes from La Crème Pâtisserie, homemade cheesecake and a selection of sandwiches

Served with freshly baked scones with clotted cream and jam and a cup of tea or coffee

Sparkling Afternoon Tea [*GF, V, Ve] 30pp

Upgrade to a Sparkling Afternoon Tea for an extra £5 per person and treat yourself to a glass of bubbles!

Speak to our kitchen team today to book, or email kitchen@flourishatglenavon.co.uk with your phone number and any dietary requirements.

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LUNCH

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

LIGHT LUNCHES

Served 12pm - 3pm

Seasonal Tart of the Day (V) 10.50

Please ask a member of the team for today's seasonal tart flavours. Served hot or cold with a side salad

Picnic Lunch [*V, *Ve] 10

Homemade sausage roll, served with a side salad and Flourish chutney (vegetarian and vegan options available)

Smoked Mackerel Pate [*GF] 11.50

With horseradish butter, apple slaw and grilled brioche

Fresh Spring Salad (V) [*GF, *Ve] 13

Quinoa, chickpea, pea, radish, cucumber, onion and feta salad. Mixed with a lemon, dill and fresh horseradish dressing

+Add Chicken 3.50

+Add Smoked salmon 3.60

+Add Halloumi 2.00



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



Did you know you can buy all of the meat on our menus at the Flourish butchery counter?

Avocado and Greek Feta Sandwich 9.95 [*Ve, *GF]

Avocado, Greek feta, Stokes chilli jam and spinach in Hobbs House white or granary bread. Served with a side salad and Flourish coleslaw

Chicken and Bacon Sandwich [*GF] 9.95

Free-range chicken with crispy bacon, basil pesto, mayonnaise and spinach in Hobbs House white or granary bread. Served with a side salad and Flourish coleslaw

Flourish Ham & Ogelshield Cheese Sandwich [*GF] 9.95

Flourish ham, mustard mayo, pickles, Ogelshield cheese and rocket in Hobbs House white or granary bread. Served with a side salad and Flourish coleslaw

SIDES

Add a tasty side dish to your meal

+Add Coleslaw [*GF] 2.50

+Add Quinoa salad [*GF] 2.50

FUNDRAISING FRIES

+Add Skin on fries 3.75

50p from every pot of fries sold will be donated to our charity of the year, Community of Purpose to fund their 'Break Free' project which helps tackle school holiday hunger for kids in Bristol



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PIZZA

Served Mon - Sat 12 noon - 3pm | Takeaway available

PIZZA

Classic Margherita (V) 10 / 13
Tomato sauce with mozzarella, basil and olive oil

The Flourish 15.50
Tomato sauce with mozzarella, red onion, chorizo sausage, dressed with chilli honey, rocket and parmesan

Dolce Prosciutto 15.50
Tomato sauce with mozzarella, Trealy Farm air dried ham, blue cheese and caramelised onion

Diavola 15.50
Tomato sauce with mozzarella and Trealy Farm pepperoni slices

Ortolana (V) 13.50
Tomato sauce with mozzarella, roasted peppers, goat's cheese and caramelised onion

Regina (V) 13.50
Tomato sauce with mozzarella, sun dried cherry tomatoes, baby spinach and mascarpone

Montanara 14.50
Tomato sauce with mozzarella, ham, artichoke and mascarpone



PIZZA OFFER MON-SAT

All Reward Card Holders

Free soft drink (inc. hot drinks) with any pizza
Excludes alcohol, smoothies & milkshakes



WE CAN MAKE OUR VEGETARIAN PIZZAS VEGAN

Just ask your server

PUCCIAS

Classic Italian Street Food

A stone baked pitta bread baked in our wood-fired pizza oven then filled with seasonal produce. Served with a side salad and Flourish coleslaw. Choose from the following:

Flourish ham, mozzarella, cherry tomatoes, balsamic glaze and rocket 13

Falafel, roasted vegetables, pesto and feta (V) 13

TREAT YOUR LOVED ONE TO A TASTY MEAL

Pick up a gift card at the till or buy a voucher on our website



Speak to a member of staff for more gift card options

[*] Can be made – **GF** Gluten Free (*Gluten free pizza bases are available but due to the nature of the kitchen and pizza oven there is a very high risk of cross-contamination*) – **(V)** Vegetarian – **(Ve)** Vegan – **(N)** Contains Nuts.
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DRINKS

From delicious coffee to cocktails, mocktails and smoothies!

HOT

Brew Tea Co. 3.10

English Breakfast Tea
Earl Grey
Peppermint
Lemon & Ginger
Green Tea

Easy Jose Coffee

Americano 3.15
Cappuccino 3.30
Latte 3.40
Flat White 3.30
Espresso 2.65
Cortado 3.10
Mocha 4.05
Hot Chocolate 3.75
+Add marshmallows 0.50
Iced Coffee 3.50

*Oat milk and almond milk
are available on request*

SPECIALITY HOT DRINKS

Hazelnut Hot Chocolate 5.20
with Cream and Marshmallows
Salted Caramel Latte 4.55



CAKE OFFER MON - FRI
3pm - 5pm
All reward card holders

Order any coffee and a slice of
cake for just £6

SOFT

One Water

Still 300ml 2.00
Still 750ml 3.25
Sparkling 300ml 2.00
Sparkling 750ml 3.25

Folkingtons

Apple Juice 2.75

Fresh Orange Juice 3.15

Freshly squeezed from
oranges in our foodhall

Cawston Press

Elderflower Pressé 3.10
Ginger Beer 3.10
Sparkling Rhubarb 3.10

Fentimans

Rose Lemonade 3.25
Victorian Lemonade 3.25
Curiosity Cola 3.25

MARSHFIELD ICE CREAM SHAKES

Delicious & refreshing, these
decadent shakes are made with
yummy ice cream and served in
a kilner jar with a cream & sauce
topping

Strawberries & Cream 7.50
Salted Caramel Fudge 7.50
Chocolate Fudge 7.50
Brownie

SMOOTHIES

Raspberry Heaven 6.25

Raspberries, Mango, Blueberries
and Apple

Berry Blast 6.25

Blueberries, Blackberries,
Blackcurrants and Banana

Passion Storm 6.25

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

Green Reviver 6.25

Kale, Banana, Lemongrass
and Mango

Pineapple Sunset 6.25

Pineapple, Papaya and Mango

COCKTAILS

Bloody Mary 7.25

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

Mimosa 6.25

Kir Royale 7.25

Espresso Martini 7.95

MOCKTAILS

Mojito Lemonade 5.50

Sugar, mint, lime, elderflower,
soda

FOR KIDS

Pip Organic Drinks 2.75

Pineapple & Mango
Cloudy Apple
Strawberry & Blackcurrant

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DRINKS

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

BEER – DRAUGHT (568ml)

Kettlesmith Brewery

Raven Lager **5.95**
5.4% Abv

Timeline, IPA **5.95**
5.4% Abv

BEER – CANS (440ml)

Moor Beer

Illumination, Golden
Best Bitter **5.95**
4.3%, Abv
Raw and untraditional

Nano Cask, Session
Bitter **5.95**
3.8% Abv
Modernised with
British hops

BEER – CANS (440ml)

Moor Beer

Kellerbier, Lager
4.0% Abv **5.95**
Rustic & full of character

Resonance, Citra
Golden Pale **5.95**
4.1% Abv
Vibrant Citra Hops

Distortion, IPA
4.7% Abv **5.95**
Juicy with bitterness

Stout **5.95**
5.0% Abv
Richly decadent
roasted malt

CIDER - BOTTLES (500ml)

Somerset Dabinett **5.10**

Dragonfly Cider
5.6% Abv, 500ml

Bee Sting **6.25**

Lilley's Cider 6.8% Abv,
500ml

Cherries & Berries **6.50**

Lilley's Cider 4.0% Abv,
500ml

Tropical **6.50**

Lilley's Cider 4.0% Abv,
500ml

GIN & TONIC

25ml Gin **6.50**

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

BUBBLES

125ml Bottle

1. Montello Prosecco Extra Dry, Veneto, Italy **6.00** **30**

WINE

125ml 175ml 250ml Bottle

ROSE

2. La Voile Rosé, Pays d'Oc, France **5.00** **6.40** **8.50** **25.50**

WHITE

3. Paparuda Pinot Grigio, Timis, Romania **4.80** **6.00** **8.00** **24**

4. Muscadet, AOP Drouet, Loire, France **6.30** **7.90** **10.60** **31.50**

5. Perfect Cut Sauvignon Blanc, Marlborough,
New Zealand **6.70** **8.40** **11.20** **33.50**

RED

6. Amanti del Vino Primitivo, Puglia, Italy **4.95** **6.20** **8.20** **24.50**

7. Arjona Sin Crianza Rioja Bodegas Navajas, Spain **5.80** **7.20** **9.60** **29**

8. Uvas del sol Malbec, Mendoza, Argentina **6.20** **7.80** **10.30** **30**



FRIDAY HAPPY HOUR 5PM - 7PM

2-FOR-1 ON DRAUGHT BEERS AND GLASSES OF WINE



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