

Flour and Spoon

Menu

Breakfast

ESSEX SOURDOUGH TOAST • £3.75

served with Briddlesford butter and a choice of jams or marmite

BAKERS GRANOLA • £6.25

served with Greek yogurt & fruit compote

F&S SIGNATURE CRUMPETS • £4.25

our crumpets served with lashings of Briddlesford butter

SCRAMBLED EGGS & SPRING ONIONS • £6.95

free range creamy scrambled eggs with Isle of Wight garlic butter and spring onions on toasted Essex sourdough

HALLOUMI HASH • £11.50

crispy potatoes & roasted beetroot with Briddlesford herbed halloumi & free range poached eggs

HANGOVER BAGEL • £9.95

with smoked bacon, sausages, caramelised onions & a free range fried egg in a lightly toasted sourdough bagel

EGGS BENEDICT • £9.95

served on our toasted signature sourdough breakfast muffin with smoked bacon, free range poached eggs & paprika hollandaise sauce

EGGS ROYALE • £11.95

served on our toasted signature sourdough breakfast muffin with crushed avocado, hot smoked salmon, free range poached eggs & hollandaise sauce

THE BAKERS BREAKFAST • £14.50

sausage, smoked bacon, free range fried eggs, garlic mushrooms, heritage tomatoes, crispy potatoes, homemade beans & Essex sourdough toast

Lunch

ESSEX SOURDOUGH WITH DIPPING OIL • £3.50

served with a choice of Wild Island oils

OUR SIGNATURE SAUSAGE ROLL • £5.95

served with fresh salad & caramelised onion chutney

SEASONAL QUICHE • £5.95

served with fresh salad

HOMEMADE SEASONAL SOUP • £6.95

served with herbed sourdough croutons

HALLOUMI SALAD • £14.95

Briddlesford herbed halloumi sticks wrapped in sourdough breadcrumbs with dressed red chicory, watercress, braised shallots, nigella seeds and herbed sourdough croutons

EPIC BEANS ON TOAST • £8.95

with borlotti, cannellini and black beans in a rich tomato sauce & Isle of Wight garlic butter on toasted Essex sourdough (add Briddlesford cheddar - £1)

SHAKSHUKA • £10.25

a rich spiced tomato stew with free range poached eggs

COTTAGE PIE • £13.95

rich minced beef and onions with a creamy mashed potato topping, crisped to golden perfection! served with minted peas

F&S BURGER WITH SALT AND PEPPER WEDGES • £12.95

a Lyon Bros. Aberdeen Angus beef burger, heritage tomato slices and crisp baby gem lettuce in a buttery brioche bun with salt and pepper wedges

TRIPLE MAC & CHEESE • £13.25

the cheese lovers dream served with fresh salad and sourdough garlic bread

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