

Flour and Spoon  
House Blend Coffee

**ESPRESSO • £2.05**

**DOUBLE ESPRESSO • £2.50**

**AMERICANO • S. £2.65 L. £2.95**

**LATTE • S. £2.95 L. £3.25**

**FLAT WHITE • £2.95**

**CAPPUCCINO • S. £2.95 L. £3.25**

**MACCHIATO • £2.25**

**MOCHA • S. £3.25 L. £3.65**

A SELECTION OF FLAVOURED SYRUPS + 45P

Artisan Tea

**SPEEDY BREAKFAST**

**RARE AFTERNOON TEA**

**EARL GREY**

**EMERALD GREEN**

**MALAWI WHITE PEONY**

**RARE MINT TEA**

**WILD ROOIBOS**

**HIBISCUS FLOWERS**

ALL TEAS - £3.25

**HOT CHOCOLATE • £3.95**

CREAM • MARSHMALLOWS • CHOCOLATE SHAVINGS +60P

**DAIRY ALTERNATIVES - SOYA • OAT • COCONUT +40P**

Soft Drinks

**A SELECTION OF MAYNARDS FRUIT JUICES FROM SUFFOLK (250ML) • £2.90**

**COKE/DIET COKE (200ML) • £2.00**

**STILL/SPARKLING WATER (330ML) • £2.00**

**A SELECTION OF FLAVOURED SAN PALLEGRINO SPARKLING DRINKS (330ML) • £2.00**

We are a small family run Artisan bakery where everything we do is done with passion and pride. We take great care to ensure we deliver an exceptional dining experience.

**Please allow up to 20 mins to prepare certain dishes as everything is prepared fresh.**

**Veggie, Vegan, Intolerances or Allergies?**

No problem. Speak to a member of the team who will be happy to advise the best options for you. Everything is made fresh in the kitchen and can easily be adapted to suit your requirements.

# Flour and Spoon<sup>®</sup>

ARTISAN BAKERY | PATISSERIE | KITCHEN

WELCOME TO FLOUR AND SPOON.  
OUR BREAD, CAKES AND BAKES ARE ALL INDIVIDUALLY  
HAND CRAFTED AND BAKED BY US USING THE BEST  
INGREDIENTS WE CAN SOURCE. OUR HOME-COOKED  
FOOD IS MADE FRESH EVERYDAY USING SEASONAL  
LOCAL INGREDIENTS.



FLOUR\_AND\_SPOON\_BAKERY



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FLOURANDSPOON.COM

# 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 SOURDOUGH 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 & spring onions on toasted Essex sourdough*

## HALLOUMI HASH • £12.50

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

## HANGOVER BAGEL • £10.25

*with beer & treacle dry-cured back bacon, butchers sausage, caramelised onion chutney & a free range fried egg in a lightly toasted sourdough bagel*

## EGGS BENEDICT • £9.95

*served on our toasted signature sourdough breakfast muffin with beer & treacle dry-cured back 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*

## POACHED EGGS & AVOCADO • £9.50

*with crumbled feta, seeds & pea shoots on toasted Essex sourdough*

## THE BAKERS BREAKFAST • £14.50

*butchers sausage, beer & treacle dry-cured back bacon, free range fried eggs, garlic mushrooms, heritage tomatoes, crispy potatoes, homemade beans & Essex sourdough toast*



# Sandwiches, Rolls & Bagels

## **BIG BACON SARNIE • £6.95**

*beer & treacle dry-cured back bacon in our classic Essex sourdough served with fresh salad & tomato relish (add 2 fried eggs - £2)*

## **SAUSAGE BRIOCHE • £8.95**

*butchers pork sausages in a buttery brioche roll with a choice of caramelised onion chutney, mustard or tomato relish*

## **AVOCADO, CREAM CHEESE & CHIVE • £8.75**

*served in a lightly toasted sourdough bagel or Essex sourdough with fresh salad and homemade slaw*

## **SCOTTISH SMOKED SALMON, CREAM CHEESE & DILL • £8.95**

*served in a lightly toasted sourdough bagel or Essex sourdough with fresh salad and homemade slaw*

## Lunch

## **OUR SIGNATURE SAUSAGE ROLL • £5.95**

*served with fresh salad & caramelised onion chutney*

## **SEASONAL HASH BROWN CRUSTED QUICHE • £5.95**

*served with fresh salad*

## **HOMEMADE SEASONAL SOUP • £6.95**

*served with herbed sourdough croutons or Essex sourdough*

## **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)*

## **'THE REUBEN' SOURDOUGH MELT • £8.95**

*with pastrami, Briddlesford gouda, gherkins, sauerkraut & Dijon mustard served with fresh salad & seasonal homemade slaw*

## **CREAMY GARLICKY MUSHROOMS • £9.25**

*served on toasted Essex sourdough with Isle of Wight smoked garlic, melted blue cheese & rocket*

## **CROQUE MADAME • £10.50**

*The French classic with a rich béchamel sauce, smoked ham, gruyère and fried eggs. Served with fresh salad & seasonal homemade slaw*

