

# THE FLOWER CUP

We are an independent, botanical coffee shop serving up an all day brunch from local, fresh ingredients.

We have a full vegan menu, gluten free options and change our dishes seasonally.

We serve carefull hand-crafted speciality coffees and a fine array of loose leaf teas.

Sustainability is of huge importance to us. This is reflected in our use of eco friendly, compostable packaging.

This summer we are opening out new off-shoot shop 'The Violet Palm' (Directly next door to The Flower Cup). Selling plants and flowers in abundance and many other botanical goods. We hope you enjoy your time with us!

## MEET OUR LOCAL SUPPLIERS

Wallace The Bakers - Saltney, Chester

Francis Thomas (Greengrocers) - Chester

David Joinson, Quality Meats - Chester Market and Broughton

Neighbourhood Coffee - Liverpool

Simply Bakes - Wrexham (Apart from our in-house baking, we use the lovely Zanetta for her vegan and gluten free cakes).

# LET THERE BE BRUNCH!

INSTAGRAM @THEFLOWERCUP

WIFI PASSWORD- flowercup

## ALL ABOUT THE EGGS

### THE HIP BENEDICT £9

Muffin, Ham Hock, Poached Egg and Whole Grain Hollandaise.

### EGGS FLORENTINE (V) £8

2 Poached Eggs, Spinach, Hollandaise and Sourdough.

### EGGS ROYALE £9

2 Poached Eggs, Spinach, Salmon, Hollandaise and Sourdough.

### THE FLOWER CUP £9

#### BREAKFAST

Bacon, Fried Egg, Avocado, Cherry Tomatoes, Sriracha Beans, Black Pudding, Toast and Rocket.

### AVOCADO ON TOAST £7.5

Guacamole, Poached Egg, with Bacon OR Halloumi.

## AIN'T THAT SWEET

### PANCAKES

### CLASSIC (V) £6

### BLUEBERRY (V) £7

### DOUBLE CHOCOLATE (V) £7

(If you fancy more toppings, take a look at our extras!)

### FRENCH TOAST (V) £8

Chocolate French Toast, Berry Panna Cotta, White Chocolate Drizzle, and Blueberries.

Although products with gluten are used in our small kitchen, gluten free toast is available.

Please speak to a member of staff if you have any food allergies!

Prices all include VAT at 20%

## TOASTIE GOODNESS

### HOLY GUACAMOLE £7

Guacamole, Bacon and Cheese.  
(Why not add a fried egg!)

### BRIOCHE GRILLED CHEESE (V) £6.50

Two Cheese Toastie with Bloody Mary Ketchup Dip.

### HAM HOT CAKES £7.50

Ham, Fried Egg, Mustard Mayo and Cheese.

### BLAT £7.50

Bacon, Lettuce, Avocado, Fried Tomatoes and Sriracha Mayo.

## BASIC BREAKFAST

### GRANOLA (V) £4

Raisins, Almonds, Granola, Berry Panna Cotta, Fruits and Yoghurt.

### EGG ON TOAST (V) £5

Fried, Poached, or Scrambled.

### TOAST (V) £2

Butter and Jam.

### BACON BAP £4.50

### HALLOUMI BAP (V) £4.50

## EXTRAS

Bacon £2.50 Tofu £2.50

Halloumi £2.50 Golden Syrup 50p

Black Pudding £1.50 Maple Syrup £1

Chorizo £2.50

Smoked Salmon £4

Egg (Fried, Poached, Scrambled) £2

## OFFBEAT

**CHILLI (V) £8**  
Courgette, Red Onions, Corn, Peppers,  
Kidney Beans, Butter Beans, Fried Egg,  
Cheese and Tortilla Chips.  
(See extras for more toppings!)

**BREAKFAST TACOS (G.F) £8**  
Corn Tortilla, Fried Egg, Avocado, Rocket,  
Sriracha Mayo, Bacon OR Halloumi.

**CHORIZO HASH £8.50**  
Sweet Potato, Peppers, Corn, Red Onions,  
Fried Egg, Guacamole, Chorizo and  
Bread.

**CORN FRITTERS £8.50**  
Corn Fritters, Ham Hock, Fried Egg,  
Avocado and Salsa.

## SALADS

**GOOD GREENS GRAIN LOADED (VGN) £8**  
Quinoa, Couscous, Red Onion, Corn, Tomatoes,  
Red Pepper, Rocket, Spinach and Lemon Dressing.

**ALL GREEN (VGN) (G.F) £7**  
Avocado, Chives, Green Tomatoes, Rocket,  
Spinach and Green Dressing

**SUNRISE (V) £7.50**  
Pearl Barley, Pineapple, Mandarin, Pomegranate,  
Mint and Honey Dressing.

**MOONLIGHT (G.F) (V) £7.50**  
Toasted Oats/Quinoa, Ginger, Lemon, Yogurt,  
Nutmeg, Hazlenuts and Blueberries.

# VEGAN

**TOFU HASH (VGN) £8**  
Sweet Potato, Red Onion, Red & Green Peppers, Corn, Rocket, Guacamole, Tofu and Bread.

**RAINBOW CHILLI (VGN) £7.50**  
Courgette, Red Onions, Kidney Beans, Butter Beans, Corn, Peppers and Tortilla Chips.

**AVOCADO ON TOAST (VGN) £7**  
Guacamole and Tofu (Dressed with Red Onion, Red Pepper, Paprika and Chilli.)

**ALL DAY BREAKFAST (VGN) £7.50**  
Tofu, Toast, Sliced Avocado, Cherry Tomatoes, Sriracha Beans and Rocket.

**BANANA CAKES (PANCAKES) (VGN)**  
Blueberry & Banana £7  
Classic £6  
Chocolate £7

## DRINKS

### TEA £2.60

English Breakfast

Vanilla Chai

Earl Grey

Japanese Cherry

Chamomile

Peppermint

Red Berry

Rooibos

Decaf English Breakfast

Mango, Passionfruit & Guava

Flowering Tea £3.50

### COLD DRINKS

San Pellegrino £2

Coca Cola/Diet Cola £2

Still/Sparkling Water £1.50

Iced Tea (Ask for Flavours) £2.50

Fentimans £2.50

Fruit Juice £1.60

-Apple

-Orange

-Cranberry

### COFFEE

Americano £2.50 Flat White £2.90

Espresso £1.80 Latte £3.20

Macchiato £2.30 Miel £3.20

Cortado £2.60 Iced Coffee £3

Cold Brew £3.50 Mocha £3.50

Hot Chocolate £2.90

Cappucino Small £3

Cappucino Regular £3.20

Guest Filter Coffee £3.50