

# THE FLOWER CUP

Est. 2016

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 carefully hand-crafted speciality coffees and an array of loose leaf teas.

Sustainability is of huge importance to us. This is reflected in our use of eco-friendly, compostable packaging. You can also purchase a KeepCup from us and receive all your takeaway coffees for £2.

We also have our sister shop The Violet Palm next door, be sure to go browse our Urban Jungle Plant Shop and Florist!

We hope you enjoy your time with us!

## MEET OUR LOCAL SUPPLIERS

Wallis The Bakers - Saltney, Chester

Francis Thomas (Greengrocers) - Chester

David Joinson, Quality Meats - Chester Market and Boughton

Neighbourhood Coffee - Liverpool

Silver Apples Bakery - Manchester

Pastry Pedaleur - Chester

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%

**WIFI**  
**flowercup**

# BRUNCH



SEE THE BOARD FOR OUR SPECIALS



## ALL ABOUT THE EGGS

Eggs Benedict <i>Honey mustard glazed ham, poached eggs, hollandaise, sourdough toast</i>	£9
Eggs Florentine <i>Wilted spinach, poached eggs, hollandaise, sourdough toast</i>	£8
Eggs Royale <i>Scottish smoked salmon, wilted spinach, poached eggs, hollandaise, sourdough toast</i>	£9.75
The Flower Cup Breakfast <i>Bacon, cumberland sausage, black pudding, sriracha beans, cherry tomatoes, fried egg, granary toast</i>	£9.90
Avocado on Toast <i>Guacamole, poached egg, bacon OR halloumi on granary toast.</i>	£8
The Hip Breakfast <i>Bacon, halloumi, poached egg, sriracha beans, cherry tomatoes, avocado, sourdough toast.</i>	£9.90

## SOMETHING A BIT DIFFERENT

Classic Pancakes <i>Golden syrup (Why not add some bacon?)</i>	£6.50
Blueberry Pancakes <i>Mixed berry compote, blueberries, golden syrup</i>	£7.75
Smoked Salmon and Avocado <i>Guacamole, smoked salmon, pickled cucumber, poached egg, salad cress, granary toast</i>	£9
Chorizo & Lentil Stew <i>Chorizo, red pepper, puy lentils, baked eggs, guacamole, granary bread</i>	£9
Holy Guacamole <i>Guacamole, bacon, cheese grilled toastie. Add fried egg £9</i>	£7.75
Ham, Eggs and Potato <i>Honey mustard glazed ham, fried eggs, potato &amp; chive cakes</i>	£8
Goats Cheese Gnocchi <i>Goats cheese, courgette, cherry tomatoes, red pepper &amp; almond sauce</i>	£8
Wild Mushrooms on Toast <i>Sauteed wild mushrooms, wilted spinach, poached egg, sourdough toast</i>	£9

# BRUNCH

## VEGAN

Vegan Flower Cup Breakfast <i>Wild mushrooms, vegan sausage, sliced avocado, cherry tomatoes, sriracha beans, granary toast</i>	£9
Vegan Bap <i>Vegan sausage, sliced avocado, red pepper &amp; almond sauce</i>	£5.50
Falafel <i>Chickpea falafel, pickled cucumber, spicy harrisa, yogurt, tahini &amp; almonds</i>	£7.50
Biscoff French Toast <i>Cinnamon french toast, Biscoff spread, chocolate drizzle, vanilla ice cream</i>	£8.50
Banana & Coconut milk Pancakes <i>Golden syrup</i> <i>Add blueberries and berry compote for £1.25</i>	£6.50

## BASIC BREAKFAST

Egg on toast <i>Scrambled/fried/poached on granary toast</i>	£5.50
Toast & Preserves <i>Wallis the Bakers Granary or Sourdough &amp; Jam or Marmalade</i>	£2.50
Bacon & Fried Egg Bap	£5.50
Cumberland Sausage & Fried Egg Bap	£5.50
Halloumi & Fried Egg Bap	£5.50

## EXTRAS

Bacon	£2.50	Smoked Salmon	£3	Halloumi	£2.50
Cumberland Sausage	£2.50	Sriracha Beans	£1	Maple syrup	50p
Egg	£2	Black Pudding	£1.50	Vegan Vanilla Ice cream	£1.50

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# DRINKS

## HOT DRINKS

Americano	£2.60
Flat White	£2.90
Latte	£3.20
Cappuccino	£3.20
Mocha	£3.50
Iced Latte	£3.25
Espresso	£1.95
Cortado	£2.60
Macchiato	£2.30
Guest Pour Over	£3.50
Hot Chocolate	£3.20

## TEAS

English Breakfast	All £2.80
Vanilla Chai	
Earl Grey	
Green	
Cherry	
Peppermint	
Red Berry	
Rooibos	
Mango Green Tea	
Decaf English Breakfast	

## COLD DRINKS

San Pellegrino	£2.20
-Blood Orange	
-Orange and Pomegrante	
-Lemon	
Coca Cola/ Diet Cola	£2
Sparkling Water	£1.50
Fentimans	£2.50
-Rose lemonade	
-Elderflower	
Fruit Juice	£2
-Orange	
-Apple	
-Cranberry	

## SYRUPS

Caramel	All 50p
Vanilla	
Hazelnut	
Ask about our seasonal syrups.	

## ALTERNATIVE MILKS

Soya
Coconut
Oat

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Price all include VAT of 20%