

# THE FLORA

#THEHEARTOF  
CATHAYS  
WWW.THEFLORA.CO.UK

## BRUNCH

SERVED UNTIL 2 PM

### CRUMPETS OR TOAST £1.95

Choose from; jam, marmalade, lemon curd or Nutella

### BUTTIES £2.95

Choose from; egg, sausage and bacon

### FLUFFY AMERICAN PANCAKES £3.45

Served with maple syrup  
Add bacon £1.00

### FLORA BREAKFAST £5.95

Sausage, bacon, tomato, egg, mushrooms, black pudding, baked beans and toast

### VEGGIE BREKKIE £5.95

Bubble and squeak, roast tomato, baked beans, poached egg, mushrooms and toast



## SMALL BITES



### SOUP OF THE DAY

### HUMMUS & PITTA BREAD

### BUBBLE & SQUEAK CROQUETTES

With brown sauce

### LAMB MEATBALLS

Served with a mint and honey yoghurt

### CHICKEN BREAST STRIPS

With a smoky BBQ Sauce

### TRIO OF FRIES

Rosemary and Garlic, Bandit & Posh

**3.50 EACH**  
**OR TWO FOR £6**



## MAIN COURSES

### CATCH OF THE DAY £6.95

Rev James Gold beer battered fish goujons with chips, mushy peas and tartar sauce

### MAC N' CHEESE £5.95

Creamy, homemade and cheesy!

### PASTA OF THE DAY £6.95

Served with garlic Ciabatta. Ask your server for the pasta flavour of the day

### CHORIZO HASH £5.95

Chorizo, peppers, onions, and new potatoes with smoked paprika, topped with mozzarella and a fried egg

### GOATS CHEESE SALAD £6.95

Panko coated goats cheese served with lettuce leaves, cherry tomatoes, cucumber, and apple. Tossed in a mustard and honey yoghurt

### PIE OF THE DAY £6.95

Served with chips. Ask your server for the filling option



## SANDWICHES

### ULTIMATE BLT £4.95

Toasted Ciabatta packed with bacon, beef tomatoes, and lettuce, topped with mayonnaise

### FISH FINGER SANDWICH £4.95

Toasted Ciabatta loaded with fish goujons, lettuce, cucumber, red onion, mayonnaise and sweet chilli sauce

### FALAFEL PITTA BREAD £4.95

Served with hummus, lettuce, red onion, tomato, and a honey and mint yoghurt



## BURGERS

DOUBLE UP FOR £2  
ALL BURGERS SERVED WITH FRIES

### LAMB BURGER £6.95

Welsh lamb burger served with lettuce, red onion, tomato, and served with a mint and honey yoghurt

### MAPLE AND SMOKED PAPRIKA CHICKEN BURGER £6.95

Served with lettuce and a honey and mustard yoghurt

### VEGGIE BURGER OF THE DAY £5.95

Homemade veggie burger served with lettuce, red onion, tomato and mayo

### BEEF BURGER £6.95

Prime beef burger with lettuce, red onion, tomato, and mayo



## SIDE ORDERS

### BEER BATTERED ONION RINGS £2.00

### GARLIC BREAD £2.00 (ADD CHEESE 50P)

### SIDE SALAD £1.50

### SKIN ON FRIES £2.00

### BANDIT FRIES £2.50

### ROSEMARY & GARLIC FRIES £2.50

### POSH FRIES £2.50



PLEASE ASK A MEMBER OF  
STAFF FOR THE DAYS  
SELECTION OF DESSERTS.

## WHATS IN THE DISH?

ASK A MEMBER OF STAFF ABOUT THE DISHES AND ALLERGENS

ALL OUR EGGS ARE FREE RANGE