

FLOURISH

FLOURISH BAKING COMPANY

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SAMPLES FROM OUR WEEKLY MENU SPECIALS (available seasonally)

SAVORY

Vegetable Pot Pies

Sweet Potato Mash with Carrots, Peas and Curry

Slow Cooked Greens with Lemon, Garlic
and Goat Cheese

Lentil Simmer with Broccoli, Spinach
and Roasted Onion

Ratatouille with Eggplant, Tomato and Basil

Vegetable Tarts

Breakfast Tart with Scrambled Egg Whites,
Spinach and Ricotta Cheese

Frittata with Roasted Potatoes, Broccoli
and Caramelized Onions

Tofu Scramble with Cranberry Beans and
Toasted Buckwheat

Asparagus, English Peas, Basil Custard

Muffins

Broccoli and Cheddar

Corn, Asparagus and Goat Cheese

Sweet Potato, Roasted Garlic and Parmesan

Artichoke, Spinach and Mozzarella

Grains and Legumes

Pickled Beets with Cauliflower and Chickpeas

Heirloom Tomato and Jasmine Rice

Quinoa Tabouleh

White Bean and Roasted Garlic Hummus

Vegetable Soups (non dairy)

Butternut Squash

Carrot Ginger

Roasted Cauliflower and White Bean

Kabocha Squash with Vanilla

Green Gazpacho

English Pea and Basil

Corn Chowder

Focaccia

Zucchini, Onion and Rosemary

Black Mission Fig, Grape and Ricotta Cheese

Broccoli, Tomato, Roasted Garlic and Mozzarella

Breads

Olive Rosemary Batard

Cranberry, Walnut Rye Baguette

Whole Wheat Sour Dough

Challah

Seeded Mini Baguette

Gluten Free Loaf and Hamburger Buns

SWEET

Fruit Pies

Double Crust Apple-Quince Pie

Sweet Potato Shoofly Pie

Blueberry Lemon Tart

Pumpkin Pie

Muffins

Wild Blueberries with Lemon and Ricotta

Morning Glory with Carrots, Apples
and Sunflower Seeds

Cinnamon-Roasted Apple with Rolled Oats
and Walnuts

Spiced Pumpkin with Orange Glaze

Gingerbread with Roasted Pears and
Candied Ginger Peel

Cookies

Spelt Flour Chocolate Chip Cookies

Granola Top Cookies

Coconut Wafer Cookies

Flourless Chocolate, Cranberry

and Walnut Brownies

Seeded Granola

Rolled Barley, Honey and Almonds