

## IN ROOM DINING

### In Room Dining Menu

From 10 a.m. to 9 p.m.

<b>Homemade soup of the day</b> Served with bread and butter	£6.95
<b>Colchester seafood cocktail</b> Native lobster, Colchester crab, prawn, pickled cucumber, baby gem	£12.95
<b>Classic Caesar salad (v)</b> Cos lettuce leaves, Caesar dressing, toasted croutons, Parmesan shavings, anchovies	£7.95
<b>Chicken Caesar salad</b>	£12.95
<b>Tomato &amp; Mozzarella salad (v)</b> Heritage tomatoes, black olive crumb, Mozzarella bocconcini, preserved lemon	£8.95

### SANDWICHES

<b>Mature Cheddar cheese, Suffolk bacon on toast</b> French fries	£7.95
<b>Colchester crab sandwich</b> White crab meat & crème fraîche, Iceberg, vegetable crisps	£7.95
<b>Maldon smoked salmon, cream cheese</b> Finger sandwiches, mixed leaves, vegetable crisps	£7.95
<b>GreyFriars' club sandwich</b> Grilled chicken, bacon, little gem lettuce, tomato, mayonnaise, French fries	£12.50
<b>GreyFriars' vegetarian club sandwich (v)</b> Avocado, free range egg mayonnaise, little gem, tomato, French fries	£12.50

Breakfast served to your room is available at the following times:

Monday to Friday	7 a.m. to 10a.m.
Saturday, Sunday & Bank Holidays	7.30 a.m. to 11a.m.

Please refer to your guest folder for full information.

(v) denotes vegetarian option

Food allergies and intolerances: Before ordering please speak to a member of our team about our ingredients.  
Should you have any questions regarding the content or preparation of any of our food please ask a member of our team.

**FINGER SANDWICH SELECTION** per person £7.95  
 Served with vegetable crisps and baby cress  
 Maldon smoked Scottish salmon, cream cheese  
 Free range egg mayonnaise, watercress  
 Suffolk ham, mustard grain mayonnaise  
 Mature Cheddar cheese, tomato  
 Coronation chicken rolled in roasted almonds

**FINGER SANDWICH SELECTION (v)** per person £7.95  
 Served with vegetable crisps and baby cress  
 Cheddar cheese and piccalilli  
 Roasted vegetable, parsley pesto  
 Egg mayonnaise, watercress  
 Cream cheese, cucumber  
 Hummus, tomato

**MAIN BITES**

**GreyFriars' steak burger** £16.95  
 Caramelised onion relish, mayonnaise, plum tomato,  
 gem leaves, chunky chips

**Dingley Dell pulled pork bun** £12.75  
 Home-made bun, pickled cucumber, barbecue sauce,  
 mixed leaves

**Day boats local 'catch of the day' in Pitfields  
 artisan beer batter** £13.50  
 Fries, half lemon, tartar sauce, pea purée

**Newbridge Mill Farm, Lexden, 10oz Rib eye steak** £25.50  
 Twice cooked hand cut chips, vine tomatoes, Portobello,  
 Béarnaise

**Goujons of sole** £16.50  
 Chunky chips, half lemon, tartar sauce & pea purée

**Sea trout with Colchester crab** £13.50  
 Broad beans, cherry tomato, basil compote,  
 rocket leaves, fennel oil

**Pea & mint risotto (v)** £14.50  
 Peas, broad beans, pea shoots

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**SHARING PLATTERS**

**Mersea Island seafood plate** £18.95  
 Devilled whitebait, smoked mackerel pate, locally smoked  
 salmon, sole goujons, citrus mayonnaise

**Vegetarian plate (v)** £12.95  
 Mushroom frits, romesco sauce, olives, chunky chips,  
 hummus, garlic mayonnaise, sourdough toast

**Great British artisan cheese plate (v)** £18.95  
 Quince jelly, savoury biscuits, walnuts, celery & grape

**DESSERTS**

**Warm chocolate brownie (v)** £6.75  
 Vanilla ice cream

**GreyFriars' sticky toffee pudding (v)** £6.50  
 Cinnamon tuiles, banana ice cream

**Essex strawberries (v)** £6.50  
 Vanilla and mint meringue, lemon curd, shortbread,  
 strawberry sorbet

**Great British artisan cheese plate (v)** £10.95  
 Quince jelly, savoury biscuits, walnuts, celery & grapes

**Selection of our own ice creams or sorbets (v)** £6.50  
 Please ask for today's choices

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**GreyFriars' Cream Tea** per person £7.50

Freshly baked scones served with Devonshire clotted cream & home-made strawberry preserve with a pot of tea of your choice, served with milk or lemon

**Lounge Afternoon Tea** per person £14.95

**Sandwiches**

Maldon smoked salmon, cream cheese

Free range egg mayonnaise, watercress

Suffolk ham, mustard grain mayonnaise

Mature Cheddar cheese, tomato

Coronation chicken rolled in roasted almonds

**Or**

**Vegetarian sandwiches (v)**

Cheddar cheese and piccalilli

Roasted vegetable, parsley pesto

Egg mayonnaise, watercress

Cream cheese, cucumber

Hummus, tomato

**Scones**

Freshly baked scones served with Devonshire clotted cream, home-made strawberry preserve and a pot of tea of your choice, served with milk or lemon

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**In Room Twilight Dining Menu**

From 9 p.m. - 7 a.m.

**Homemade soup of the day** £6.95  
Served with bread and butter

**Classic Caesar salad (v)** £7.95

Cos lettuce leaves, Caesar dressing, toasted croutons, Parmesan shavings, anchovies

**Chicken Caesar salad** £12.95

**Finger sandwich selection** per person £7.95

Served with vegetable crisps and baby cress

Maldon smoked salmon, cream cheese

Free range egg mayonnaise, watercress

Suffolk ham, mustard grain mayonnaise

Mature Cheddar cheese, tomato

Coronation chicken rolled in roasted almonds

**Finger sandwich selection (v)** per person £7.95

Served with vegetable crisps and baby cress

Cheddar cheese and piccalilli

Roasted vegetable, parsley pesto

Egg mayonnaise, watercress

Cream cheese, cucumber

Hummus, tomato

**DESSERTS**

**Selection of our own ice creams or sorbets (v)** £6.50

Please ask for today's choices

**British artisan cheese selection (v)** £10.95

Quince jelly, savoury biscuits, walnuts, celery, grapes

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**GreyFriars' Tea Selection** £3.50

The following tea is sourced and selected by Rare Tea Company

**Speedy Breakfast**

A blend of black teas from Satemwa, a small, family run garden in the Shire Highlands of Malawi. Remarkably strong, rich and comforting, it is perfect with milk.

**Royal Air Force Breakfast Blend**

Makaibari Estate, Darjeeling, India and Satemwa Estate, Thyolo Mountains, Malawi Traditional British tea at its finest - made originally for a Battle of Britain WW2 navigator. This tea has a unique depth of flavour with satisfying complexity. With soft, floral notes from the foothills of the Himalayas and a rich, deep base from the Shire Highlands of Malawi. It has an aromatic honey nose with a malty finish.

**Earl Grey**

Satemwa Estate, Thyolo Mountains, Malawi and Reggio Calabria, Italy  
A traditional Earl Grey made exclusively by Rare Tea Company from hand-crafted single estate black tea and natural bergamot oil from the ancient citrus groves of Calabria. This is tea as it used to be - not a modern approximation of a classic. A clean and exceptionally bright tea and can be enjoyed with a twist of lemon zest in place of milk.

**Whole Green Leaf**

Fuding, Fujian Province, China  
An exquisite Chinese green tea that has been meticulously hand-crafted. The leaves are fired in a wok over charcoal in the same way, and in the same place it has been produced for 3000 years. Refreshing with a light smoky undertone, it is the antithesis of bitter, mass produced green teas.

**White Peony**

A pure white China tea. Entirely hand-made from tender spring buds and new leaves. It has a gentle sweetness combined with fresh grassy notes and hints of apricot and peach.

**Wild Rooibos**

The real Red Bush from the Cederberg Mountains of South Africa. Richly delicious caffeine free infusion. Can be enjoyed on its own or with milk and sugar.

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**HERBAL INFUSIONS** £3.50

**Sri Lankan Lemongrass**

Amba Estate, Ravanna Falls, Sri Lanka  
*A smooth, rich herbal infusion with flavours of cut hay and lemon drops. This uniquely complex and full-bodied lemongrass is grown in a remote mountain tea garden above the Ravanna falls, Sri Lanka.*

**English Peppermint**

Tregothnan Botanical Gardens, Cornwall, UK  
*A rare English peppermint grown in Cornwall on the Tregothnan Estate, established in 1335. Counter-intuitively, the menthol oils infuse more easily from the dried leaf, giving a brighter, cleaner flavour than fresh mint. It has a strong peppery nose with a smooth balanced flavour.*

**English Chamomile**

Tregothnan Botanical Gardens, Cornwall, UK  
*Grown in a botanical garden on the Tregothnan Estate in Cornwall. These chamomile flowers are extraordinarily sweet, pure and aromatic. The taste of summer meadows.*

**COFFEE & HOT CHOCOLATE**

Americano	£3.00
Espresso	£3.00
Large Espresso	£3.50
Macchiato	£3.50
Cappuccino	£3.50
Latte	£3.50
Hot Chocolate	£3.50
Iced Coffee	£3.50
Plus your choice of syrup, caramel, vanilla, cinnamon, hazelnut or chocolate (50p extra)	

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