

## IN ROOM DINING

In addition to our In Room Dining Menu, our full restaurant menus are available for service to your room during restaurant opening hours, please contact reception for a copy of the menus and opening times

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

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

Please refer to your guest folder for full information.

## In Room Dining Menu

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

### SALADS

<b>Colchester seafood cocktail</b>	£12.95
Native lobster, Colchester crab, prawn, pickled cucumber, baby gem	
<b>Classic Caesar salad (v)</b>	£7.95
Cos lettuce leaves, Caesar dressing, toasted croutons, Parmesan shavings (optional), anchovies	
<b>Chicken Caesar salad</b>	£12.95

### SANDWICHES

<b>Mature cheddar cheese on toast (v)</b>	£4.95
Rosemary fries	
<b>Mature Cheddar cheese, bacon on toast</b>	£7.95
Rosemary fries	
<b>Maldon smoked salmon, cream cheese</b>	£7.95
Finger sandwiches, mixed leaves, vegetable crisps	
<b>GreyFriars' club sandwich</b>	£12.50
Grilled chicken, bacon, little gem lettuce, tomato, mayonnaise, rosemary fries	

### FINGER SANDWICH SELECTION

Served with vegetable crisps and baby cress per person £7.95

Maldon smoked salmon, orange spiced cream cheese  
Ham, mustard grain mayonnaise  
Cream cheese, cucumber  
Coronation chicken rolled in roasted almonds  
Free range egg mayonnaise, watercress

### VEGETARIAN & VEGAN SANDWICH SELECTION

(please ask for today's selection) per person £7.95

(v) denotes vegetarian option (1) denotes vegan option available upon request  
(2) denotes gluten free option available upon request (3) denotes dairy free option available upon request

Food Allergies and intolerances:

Before ordering please speak to a member of the food service or bar team about our ingredients.

Should you have any questions regarding the content or preparation of any of our food please ask one of our team.

## SMALL BITES

Roasted pumpkin soup (v) (1) (2) (3) Autumn squash crisp, coriander, yogurt, sunflower seeds	£7.25
Deville whitebait, citrus mayo (2) (3)	£5.50
Hand cut chips or rosemary fries (v)	£3.95
Mushroom frits (v) (1) (3)	£3.95
Goujons of plaice, tartare sauce	£7.95
Goujons of chicken	£6.95

### 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, orange spiced cream cheese  
Ham, mustard grain mayonnaise  
Cream cheese, cucumber  
Coronation chicken rolled in roasted almonds  
Free range egg mayonnaise, watercress

Alternatively, with our Vegetarian or Vegan sandwich selection  
(*please ask for today's selection*)



#### Scones

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

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## MAIN BITES

GreyFriars' steak burger Caramelised onion relish, mayonnaise, plum tomato, gem leaves, rosemary fries	£16.95
'Catch of the day' in Pitfields artisan beer batter (2) (3) Fries, half lemon, tartar sauce, pea purée	£13.95
Newbridge Mill Farm, Lexden, 8oz Fillet Steak (2) (3) Hand cut chips, roasted shallot, tomato Served with a choice of Béarnaise, blue cheese or peppercorn sauce	£26.50
Goujons of plaice Fries, half lemon, tartar sauce, pea purée	£16.50
Beetroot risotto (v) (1) (2) (3) Roasted beetroot, goat's cheese, balsamic dressing	£13.50
Whole roasted baby squash (v) (1) (2) (3) Roasted beetroot, goat's cheese, balsamic dressing	£15.95

## DESSERTS

Warm chocolate brownie (v) (2) Vanilla ice cream	£6.50
GreyFriars' sticky toffee pudding (v) Cinnamon tuile, vanilla ice cream	£6.25
Coconut rice pudding (v) (1) (2) (3) Malibu meringue, roasted pineapple, lime ice cream	£6.95
Great British artisan cheese plate (v) Quince jelly, savoury biscuits, walnuts, celery & grapes	£10.95
Selection of our own ice creams or sorbets (v) (1) (2) (3) Please ask for today's choices	£6.50
Chocolate orange fondant Toast ice cream, toast cream, toast tuile	£7.25

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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, orange spiced cream cheese  
Ham, mustard grain mayonnaise  
Cucumber, cream cheese  
Coronation chicken rolled in roasted almonds  
Free range egg mayonnaise, watercress

**VEGETARIAN & VEGAN SANDWICH SELECTION** per person £7.95  
(please ask for today's selection)

### 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

## 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
Flat White	£3.50
Latte	£3.50
Hot Chocolate	£3.50
Iced Coffee	£3.50
Plus your choice of syrup, caramel, vanilla, cinnamon, hazelnut or chocolate (25p extra)	

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## Children's Menu

### Starters

Homemade soup of the day £3.95 (v)  
Served with bread & butter

Chips £2.95 (v)  
Tiptree tomato ketchup

Garlic bread £2.95 (v)

### Mains

Chicken goujons £6.95  
Fries, carrots

Goujons of plaice & chips £7.95  
Fries, pea purée

Macaroni cheese £6.50 (v)  
Parmesan crumb (optional)

### Desserts

Chunky fresh fruit platter £4.75 (v)  
With fruit flavoured yoghurt

Warm chocolate brownie £4.75 (v)  
Vanilla ice cream

Trio of our own ice creams or sorbets £4.75 (v)  
Please ask for today's selection

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