

In Room Dining Menu

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

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 11 a.m.

Please refer to your guest folder for full information.

OYSTERS

Mersea Rock available all year round, native Colchester from October to March

Served traditionally with lemon, shallot vinegar, Tabasco on ice

Mersea Rock

Three £9.50

Six £19.00

Colchester Native

Three £12.00

Six £24.00

SMALL BITES

Sweet potato, cumin & coconut soup (v) (1) (2) (3) £7.25

Toasted cumin bread, granola

Devilled whitebait, citrus mayo (2) (3) £5.50

Hand cut chips or rosemary fries (v) £3.50

Mushroom frits (v) (1) (3) £3.95

Pan fried padron peppers (v) (1) (2) (3) £3.95

Goujons of plaice, tartare sauce £9.95

Goujons of chicken £7.95

SANDWICHES

(All sandwiches served with rosemary fries)

Mature cheddar toasted sandwich (v) (2) £5.95

Mature cheddar cheese & ham toasted sandwich (2) £7.95

GreyFriars' club sandwich (2) £12.50

Grilled chicken, bacon, little gem lettuce, tomato, mayonnaise

Seafood cocktail sandwich (2) (3) £13.95

Native lobster, native crab, prawn

(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:

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Finger sandwich selection (2) £7.95
Maldon smoked salmon, caper butter | Horseradish bread
Roasted ham, red onion chutney | Tomato bread
Cucumber, cream cheese | Tarragon bread
Coronation chicken rolled in roasted almonds | Caraway seed bread
Free range egg mayonnaise, watercress | White bread

Vegetarian & vegan finger sandwich selection (v) (1) (2) £7.95
Caramelised red onion, grilled courgette | Tomato bread
Hummus, roasted red pepper | Horseradish bread
Aubergine purée, pomegranate | Caraway bread
Cucumber, mint chickpea mayonnaise | Tarragon bread
Avocado, baby gem, tomato | White bread

SALADS

Colchester seafood cocktail (2) (3) £12.95
Native lobster, native crab, prawn, pickled cucumber, Iceberg

Classic Caesar salad (v) (2) (3) £8.95
Baby gem, Caesar dressing, toasted croutons,
Gran Mantovano shavings, anchovies

Chicken Caesar salad (2) (3) £12.95
Baby gem, Caesar dressing, toasted croutons,
Gran Mantovano shavings

MAIN BITES

GreyFriars' Burger £16.95
Caramelised red onion, gem leaves, tomato, mayonnaise, mustard relish,
rosemary fries or hand cut chips

6oz Rump Steak (2) (3) £17.95
Hand cut chips, roasted shallot, tomato
Served with a choice of Béarnaise, blue cheese or peppercorn sauce

Buttermilk fried chicken burger £15.95
Tomato, lettuce, smoked anchovy mayonnaise, rosemary fries or hand cut chips

'Catch of the day' in Meantime ale batter (2) (3) £14.95
Fries, half lemon, tartar sauce, pea purée

8oz Fillet Steak (2) (3) £27.50
Hand cut chips, roasted shallot, tomato
Served with a choice of Béarnaise, blue cheese or peppercorn sauce

Goujons of plaice £16.50
Fries, half lemon, tartar sauce, pea purée

Beef Wellington £28.50
Garlic mash, carrot, girolles, broad beans, roasted shallot purée,
reduccurrant jus

Cauliflower risotto (v) (1) (2) (3) £15.50
Roasted cauliflower, pickled cauliflower, cauliflower purée, parsley,
peas, curry oil

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DESSERTS

Pumpkin mousse (v) <i>Brown butter shortbread, milk chocolate, pumpkin seeds, cranberry gel</i>	£7.50
Warm chocolate brownie (v) (2) <i>Chocolate crumb, vanilla ice cream</i>	£6.50
Apple tarte tatin (v) (1) (2) (3) <i>Apple crisp, cinnamon ice cream</i>	£7.95
Greyfriars' sticky toffee pudding (v) <i>Cinnamon tuile, vanilla ice cream</i>	£7.25
Great British artisan cheese plate (v) (2) <i>Quince jelly, savoury biscuits, walnuts, celery & grapes</i>	£10.95
Selection of our own ice creams or sorbets (v) (1) (2) (3) <i>Please ask for today's choices</i>	£6.50

GREYFRIARS' CREAM TEA <i>Baked scones served with clotted cream and home-made strawberry preserve with a pot of tea of your choice, served with milk or lemon</i>	£7.50
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LOUNGE AFTERNOON TEA Sandwiches <i>Maldon smoked salmon, caper butter Horseradish bread Roasted ham, red onion chutney Tomato bread Cucumber, cream cheese Tarragon bread Coronation chicken rolled in roasted almonds Caraway seed bread Free range egg mayonnaise, watercress White bread</i>	£14.95
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Alternatively, with our Vegetarian or Vegan sandwich selection
*Caramelised red onion, grilled courgette | Tomato bread
Hummus, roasted red pepper | Horseradish bread
Aubergine purée, pomegranate | Caraway bread
Cucumber, mint chickpea mayonnaise | Tarragon bread
Avocado, baby gem, tomato | White bread*

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Scones

Baked scones served with clotted cream and home-made strawberry preserve with 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.

Sweet potato, cumin & coconut soup (v) (1) (2) (3) <i>Toasted cumin bread, granola</i>	£7.25
Classic Caesar salad (v) (2) (3) <i>Baby gem, Caesar dressing, toasted croutons, Gran Mantovano shavings, anchovies</i>	£8.95
Chicken Caesar salad (2) (3) <i>Baby gem, Caesar dressing, toasted croutons, Gran Mantovano shavings</i>	£12.95
Finger sandwich selection (2) <i>Maldon smoked salmon, caper butter Horseradish bread Roasted ham, red onion chutney Tomato bread Cucumber, cream cheese Tarragon bread Coronation chicken rolled in roasted almonds Caraway seed bread Free range egg mayonnaise, watercress White bread</i>	£7.95
Vegetarian & vegan finger sandwich selection (v) (1) (2) <i>Caramelised red onion, grilled courgette Tomato bread Hummus, roasted red pepper Horseradish bread Aubergine purée, pomegranate Caraway bread Cucumber, mint chickpea mayonnaise Tarragon bread Avocado, baby gem, tomato White bread</i>	£7.95

DESSERTS

Great British artisan cheese plate (v) (2) <i>Quince jelly, savoury biscuits, walnuts, celery & grapes</i>	£10.95
Selection of our own ice creams or sorbets (v) (1) (2) (3) <i>Please ask for today's choices</i>	£6.50

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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.

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.

Nespresso Coffee

Americano	£3.00	Espresso	£3.00
Espresso Large	£3.50	Flat White	£3.50
Macchiato	£3.50	Cappuccino	£3.50
Latte	£3.50	Iced Coffee	£3.50

Plus your choice of syrup, caramel, vanilla, cinnamon, hazelnut or chocolate (25p extra)

Cafetière
£5.00

Callebaut Hot Chocolate
£4.50

Decaffeinated coffee available upon request

Children's Menu

Starters

Homemade soup of the day £3.95 (v) (1) (2) (3)
Served with bread & butter

Chips £2.95 (v)
Tiptree tomato ketchup

Garlic bread £2.95 (v) (2)

Mains

Chicken goujons £6.95
Fries, buttered carrots

Goujons of plaice & chips £7.95
Fries, pea purée

Macaroni cheese £6.50 (v)
Gran Mantovano 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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