

LOUNGE & TERRACE

## OYSTERS

*(Mersea rock available all year round, native Colchester from Sept to April)*

Served traditionally with lemon, shallot vinegar, Tabasco

### Mersea Rock

Three £9.50

Six £19.00

## SMALL BITES

Cucumber gazpacho (v) (1) (2) (3) £7.45

*Avocado & lime mousse, chilli, crème fraîche*

Devilled 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

## SANDWICHES

Mature cheddar cheese on toast (v) £4.95

*Rosemary fries*

Mature cheddar cheese & bacon on toast £7.95

Maldon smoked salmon, cream cheese (3) £7.95

*Finger sandwiches, mixed leaves, vegetable crisps*

GreyFriars' club sandwich £12.50

*Grilled chicken, bacon, little gem lettuce, tomato, mayonnaise, skinny rosemary fries*

## SALADS

Colchester seafood cocktail (2) (3) £12.95

*Native lobster, Colchester crab, prawn, pickled cucumber, Iceberg*

Classic Caesar salad £7.95

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

Chicken Caesar salad £12.95

Heritage tomato & buratta salad (2) £9.95

*Red watermelon, basil, green leaves, mint*

(v) denotes vegetarian option (1) denotes vegan option available upon request

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Food Allergies and intolerances:

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## MAIN BITES

GreyFriars' steak burger £16.95

*Caramelised onion relish, mayonnaise, plum tomato, gem leaves, rosemary fries*

'Catch of the day' in Meantime ale batter (2) (3) £13.95

*Fries, half lemon, tartar sauce, pea purée*

Newbridge Mill Farm, Lexden, 8oz Fillet Steak (2) (3) £25.50

*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*

Summer garden risotto (v) (1) (2) (3) £13.50

*Broad bean, runner bean, green bean, radish, crispy Parmesan*

Courgette & ricotta ravioli (v) £13.95

*Rainbow chard, pine nuts, Parmesan foam*

## DESSERTS

Warm chocolate brownie (v) (2) £6.50

*Vanilla ice cream*

Suffolk strawberries (v) (1) (2) (3) £6.50

*Served with a choice of pouring cream, clotted cream or basil ice cream*

GreyFriars' sticky toffee pudding (v) £6.25

*Cinnamon tuile, vanilla ice cream*

Summer Pavlova (2) (3) £6.50

*Raspberry, mango, raspberry sorbet, mint*

Great British artisan cheese plate (v) £10.95

*Quince jelly, savoury biscuits, walnuts, celery & grapes*

Selection of our own ice creams or sorbets (v) (1) (2) (3) £6.50

*Please ask for today's choices*

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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.*

### FINGER SANDWICH SELECTION

*(Served with vegetable crisps and baby cress)*

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

per person £7.95

### VEGETARIAN & VEGAN SANDWICH SELECTION

*(please ask for today's selection)*

per person £7.95

### GREYFRIARS' CREAM TEA

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

per person £7.50

### LOUNGE AFTERNOON TEA

#### 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

per person £14.95

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



#### SCONES

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

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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.*

## NESPRESSO 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, tenderstem broccoli

Goujons of sole & chips £7.95  
Goujons of sole, 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)  
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