

LOUNGE & TERRACE

## OYSTERS

Served traditionally with lemon, shallot vinegar, Tabasco

*Mersea Rock*

Three £9.50

Six £19.00

## SMALL BITES

Wild nettle soup (v) (1) (2) (3) £7.25

*Brioche crumb, wild garlic mousse, candied walnuts, wild garlic oil*

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

Hand cut chips or rosemary fries (v) £3.95

Mushroom frits (v) (1) (3) £3.95

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

Goujons of plaice, tartare sauce £7.95

Goujons of chicken £6.95

## SANDWICHES

*(All sandwiches served with rosemary fries)*

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

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

Grey Friars' 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*

Avocado, caramelised red onion & grilled halloumi (v) (2) £9.95

Finger sandwich selection (2) £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 finger sandwich selection (v) (1) (2) £7.95

*Caramelised red onion, tomato*

*Piquillo pepper, pea purée*

*Avocado, chive*

*Cucumber, mint*

*Jerusalem artichoke, roasted aubergine*

## 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*

Avocado, asparagus & roasted red pepper salad (v) (2) (3) £10.95

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Food Allergies and intolerances:

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

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## MAIN BITES

Dressed Cromer crab (2) (3) <i>Mixed leaf salad</i>	£14.95
GreyFriars' Burger <i>Caramelised red onion, gem leaves, tomato, mayonnaise, mustard relish, rosemary fries or hand cut chips</i>	£16.95
Minute Steak (2) (3) <i>Rosemary fries, rocket, gran mantovano</i>	£13.95
Buttermilk fried chicken burger <i>Tomato, lettuce, smoked anchovy mayonnaise, rosemary fries or hand cut chips</i>	£15.95
'Catch of the day' in Meantime ale batter (2) (3) <i>Fries, half lemon, tartar sauce, pea purée</i>	£14.95
Newbridge Mill Farm, Lexden, 8oz Fillet Steak (2) (3) <i>Hand cut chips, roasted shallot, tomato Served with a choice of Béarnaise, blue cheese or peppercorn sauce</i>	£26.50
Goujons of plaice <i>Fries, half lemon, tartar sauce, pea purée</i>	£16.50
Beef Wellington (3) <i>Truffle mash, sautéed mushrooms, honey glazed baby vegetables, redcurrant jus</i>	£27.50
Wild garlic risotto (v) (1) (2) (3) <i>Pea purée, broad beans, wild garlic mousse, dill oil</i>	£14.50

## DESSERTS

Dark chocolate delice <i>Brittle shortbread, caramel cream, raspberry sorbet</i>	£6.95
Warm chocolate brownie (v) (2) <i>Vanilla ice cream</i>	£6.50
Apple & rhubarb pie (v) <i>Crème anglaise</i>	£6.95
GreyFriars' sticky toffee pudding (v) <i>Cinnamon tuile, vanilla ice cream</i>	£6.25
Great British artisan cheese plate (v) (2) <i>Quince jelly, savoury biscuits, walnuts, celery &amp; 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
LOUNGE AFTERNOON TEA Sandwiches <i>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</i>	£14.95
Alternatively, with our Vegetarian or Vegan sandwich selection <i>Caramelised red onion, tomato Piquillo pepper, pea purée Avocado, chive Cucumber, mint Jerusalem artichoke, roasted aubergine</i> &	
Scones <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>	

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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	Callebaut Hot Chocolate
£5.00	£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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