

LOUNGE & TERRACE

## SMALL BITES

Devilled whitebait, citrus mayo	£5.50
Chunky chips or French fries, Tiptree tomato ketchup (v)	£3.95
Beer battered halloumi, curried mayonnaise (v)	£5.50
Goujons of sole, tartare sauce	£7.95
Home-made soup of the day <i>Served with artisan bread &amp; butter</i>	£6.95
Smoked mackerel pâté <i>Granny Smith apple, sourdough wafers, mustard leaves, apple ketchup</i>	£7.95

## MERSEA OYSTERS

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

Served traditionally with lemon, horseradish vinegar, Tabasco

<i>Mersea Rock</i>	<i>Colchester Native</i>
Three £9.95	Three £10.95
Six £16.95	Six £19.95

## SANDWICHES

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

(v) denotes vegetarian option

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## SALADS

Classic Caesar salad <i>Cos lettuce leaves, Caesar dressing, toasted croutons, Parmesan shavings, anchovies</i>	£7.95
Chicken Caesar salad	£12.95
Rocket salad <i>Parmesan, rapeseed and pomegranate dressing</i>	£6.95
Colchester seafood cocktail <i>Native lobster, Colchester crab, pickled cucumber, baby gem</i>	£12.95
Tomato & Mozzarella salad (v) <i>Heritage tomatoes, black olive crumb, Mozzarella bocconcini, preserved lemon</i>	£8.95

## SHARING PLATTERS

Mersea Island seafood plate <i>Devilled whitebait, smoked mackerel pate, locally smoked salmon, sole goujons, citrus mayonnaise</i>	£18.95
Vegetarian plate (v) <i>Mushroom frits, romesco sauce, olives, chunky chips, hummus, garlic mayonnaise, sourdough toast</i>	£12.95
Great British artisan cheese plate (v) <i>Quince jelly, savoury biscuits, walnuts, celery &amp; grapes</i>	£18.95

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## 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  
*Skinny fries, half lemon, tartar sauce, pea purée*

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

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

## DESSERTS

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

Warm chocolate brownie (v) £6.75  
*Vanilla 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*

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

GREYFRIARS' CREAM TEA per person £7.50  
Freshly 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

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

## SCONES

Freshly 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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## 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 & 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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