

LOUNGE & TERRACE

## SMALL BITES

Mature cheddar cheese on toast (v)	£4.95
Deville whitebait, citrus mayo	£5.50
Portobello mushroom frits, garlic aioli	£5.50
Chunky chips, tomato ketchup (v)	£3.95
Beer battered halloumi, curried mayonnaise (v)	£5.50
Goujons of sole, tartare sauce	£7.95

## MERSEA OYSTERS

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

Served traditionally with lemon, horseradish vinegar, Tabasco

Mersea Rock	Colchester Native
Three £ 9.95	Three £ 10.95
Six £16.95	Six £19.95

Home-made soup of the day <i>Served with artisan bread &amp; butter</i>	£6.75
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## SANDWICHES

Mature cheddar cheese, Suffolk bacon on toast, French fries	£7.95
Colchester crab sandwich <i>White crab meat &amp; crème fraîche, Iceberg, vegetable crisps</i>	£7.95
Dedham Vale salt beef sandwich on rye bread <i>Piccalilli, gherkins, mustard, French fries</i>	£10.50
GreyFriars' club sandwich <i>Grilled chicken, Suffolk 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

## MAIN BITES

GreyFriars' steak burger <i>Caramelised onion relish, mayonnaise, plum tomato, gem leaves, chunky chips</i>	£16.95
Goujons of sole <i>Chunky chips, half lemon, tartar sauce, pea purée</i>	£16.50
Essex asparagus & pea risotto (v) <i>Asparagus spears, peas, broad beans, pea shoots</i>	£15.50
Sea trout with Colchester crab <i>Broad beans, cherry tomato, basil compote, rocket leaves, fennel oil</i>	£15.50

## DESSERTS

Chef's tasting Assiette of dessert shooters <i>Please ask for today's selection</i>	£6.75
GreyFriars' sticky toffee pudding (v) <i>Cinnamon tuiles, banana ice cream</i>	£6.50
Ardleigh strawberries (v) <i>Vanilla and mint meringue, lemon curd, shortbread</i>	£6.50
English rhubarb & custard (v) <i>Macaron, orange curd, ginger crumb, rhubarb sorbet</i>	£7.25
Selection of our own ice creams or sorbets (v) <i>Please ask for today's choices</i>	£6.50

(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
Add chargrilled chicken <i>(does not include anchovies)</i>	£12.95
Warm roasted vegetable salad with rocket and feta <i>Parsley pesto, pomegranate, pine nuts, rapeseed oil</i>	£12.95
Rocket salad <i>Parmesan, rapeseed and pomegranate dressing</i>	£7.95
Grey Friars seafood cocktail <i>Native lobster, prawn, Colchester crab, pickled cucumber, baby gem</i>	£12.95

## SHARING PLATTERS

Mersea Island seafood plate <i>Deville whitebait, smoked mackerel pate, locally smoked salmon, sole goujons, citrus mayonnaise</i>	£18.95
Local British charcuterie plate <i>Fennel salami, garlic and black pepper coppa, bresaola served with pickles, gherkins, piccalilli, artisan bread</i>	£18.95
Vegetarian plate (v) <i>Mushroom frits, romesco sauce, olives, chunky chips, hummus, garlic mayonnaise, rye toast</i>	£12.95
Great British artisan cheese plate (v) <i>Selection of British cheeses, quince jam, walnuts, compressed apples, grapes, celery, cheese biscuits</i>	£18.95

## FINGER SANDWICH SELECTION

(Served with vegetable crisps and baby cress)

per person £7.95

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)

(Served with vegetable crisps and baby cress)

per person £7.95

Cheddar cheese and piccalilli  
Roasted vegetable, parsley pesto  
Egg mayonnaise, watercress  
Cream cheese, cucumber  
Hummus, tomato

## GREYFRIARS' CREAM TEA

per person £7.50

A warm selection of 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

A selection of 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.

## TRADITIONAL AFTERNOON TEA CAKES & TARTS

per person £6.50

Your choice from today's Pâtisserie selection, served with a pot of speciality tea or a fine Nespresso coffee; please ask for today's choices.

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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.*

## 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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