

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

Spiced parsnip soup (v) (1) (2) (3) £7.25

*Apple mousse, dill cracker, pumpkin seeds*

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 £8.95

*Cos lettuce leaves, Caesar dressing, toasted croutons,*

*Gran Mantovano shavings, anchovies*

Chicken Caesar salad £12.95

## 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) £26.50

*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 (3) £27.50

*Truffle mash, sautéed mushrooms,*

*honey glazed baby vegetables, redcurrant jus*

Butternut squash risotto (v) (1) (2) (3) £14.50

*Roasted squash, Gran Mantovano crisp, pine nuts, crispy sage*

## DESSERTS

Warm chocolate brownie (v) (2) £6.50

*Vanilla ice cream*

Blackberry & apple pie (v) £6.95

*Crème anglaise*

GreyFriars' sticky toffee pudding (v) £6.25

*Cinnamon tuile, vanilla ice cream*

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*

(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:

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

Should you have any questions regarding the content or preparation of any of our food please ask one of our team.

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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)*

## 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, 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)  
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