

LOUNGE & TERRACE

## OYSTERS

Served traditionally with lemon, shallot vinegar, Tabasco

*Mersea Rock*

*Colchester Native*

Three £9.50

Three £12.00

Six £19.00

Six £24.00

## SMALL BITES

Roasted beetroot soup (v) (1) (2) (3)

£7.25

*Chimichurri, sour cream, garlic croutons*

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

GreyFriars' 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, lemon, chives, parsley butter, capers*

*Dingley Dell smoked ham, honey mayonnaise*

*Cream cheese, cucumber*

*Turkey, cranberry*

*Free range egg mayonnaise*

Vegetarian & vegan finger sandwich selection (v) (1) (2)

£7.95

*Cucumber, mint*

*Chicory, cranberry*

*Carrot purée, chestnut, Brussels sprout*

*Piquillo pepper, pea purée, beetroot*

*Butternut squash, Green Goddess cheese*

## 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*

Quinoa salad (v) (1) (2) (3)

£9.95

*Roasted squash, cranberries, candied walnuts, kale, feta*

## PLATTERS

Marsh Pig, Suffolk, cured meat platter (2) (3)

£16.95

*Fennel salami, bresaola, coppa, culatello, honey figs, pickles, port jam*

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Food Allergies and intolerances:

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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
8oz Fillet Steak (2) (3) <i>Hand cut chips, roasted shallot, tomato Served with a choice of Béarnaise, blue cheese or peppercorn sauce</i>	£27.50
Goujons of plaice <i>Fries, half lemon, tartar sauce, pea purée</i>	£16.50
Beef Wellington <i>Truffle mash, piccolo parsnip, Chantenay carrots, roasted garlic &amp; black garlic purée</i>	£29.50
Red beetroot risotto (v) (1) (2) (3) <i>Pickled beets, goats cheese, beetroot crisp, balsamic reduction</i>	£14.50

## DESSERTS

Passion fruit tart (v) <i>Crisp meringue, crystallised mint, mint &amp; gin sorbet</i>	£7.25
Warm chocolate brownie (v) (2) <i>Vanilla ice cream</i>	£6.50
Apple & pear pie (v) <i>Vanilla 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
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LOUNGE AFTERNOON TEA	£14.95
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Sandwiches  
*Maldon smoked salmon, lemon, chives, parsley butter, capers  
Dingley Dell smoked ham, honey mayonnaise  
Cream cheese, cucumber  
Turkey, cranberry  
Free range egg mayonnaise*

Alternatively, with our Vegetarian or Vegan sandwich selection  
*Cucumber, mint  
Chicory, cranberry  
Carrot purée, chestnut, Brussels sprout  
Piquillo pepper, pea purée, beetroot  
Butternut squash, Green Goddess cheese*

&

Scones  
*Baked scones served with 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

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)  
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