

GREYFRIARS

Terrace Menu

All day dining: Monday to Sunday

Oysters

Mersea Rock available all year round,
native Colchester from October to March
Served traditionally with lemon,
shallot vinegar, Tabasco on ice

Mersea Rock	Colchester Native
Three £ 8.50	Three £10.50
Six £17.00	Six £21.00

Small Bites

Devilled whitebait, citrus mayo £4.95 (2) (3)

Hand cut chips or rosemary fries £3.50 (v)

Mushroom frits £3.50 (v) (1) (3)

Pan fried padron peppers £3.50 (v) (1) (2) (3)

Goujons of plaice, tartare sauce £7.95

Goujons of chicken £6.25

Sandwiches

(All sandwiches served with rosemary fries)

Mature cheddar toasted sandwich £5.25 (v) (2)

Mature cheddar cheese & ham
toasted sandwich £6.95 (2)

GreyFriars' club sandwich £10.95 (2)
Grilled chicken, bacon, little gem lettuce,
tomato, mayonnaise

Seafood cocktail sandwich £12.95 (2) (3)
Native lobster, native crab, prawn,
pickled cucumber, Iceberg

Salads

Classic Caesar salad £7.95

Cos lettuce leaves, Caesar dressing, toasted croûtons,
Gran Mantovano shavings, anchovies

Chicken Caesar salad £11.95

Quinoa salad £7.95

Toasted pine nuts, peas, broad beans, roasted halloumi,
grilled courgette, orange dressing

Starters

Tomato gazpacho £6.75 (v) (1) (2) (3)

Marinated heritage tomato, basil mousse, olive caviar

Colchester seafood cocktail £11.95 (2) (3)

Native lobster, native crab, prawn,
pickled cucumber, Iceberg

Scallop & crab 'lasagne' £11.95

Celeriac, pickled apple, sea vegetable, lemongrass bisque

Sea bass ceviche £9.95 (2) (3)

Avocado, spring onion, chilli, lime, sweet potato crisp

Smoked ham hock terrine £8.95 (2) (3)

Chicken, apricot, black pudding, mustard aioli, toasted
sourdough, dressed mixed leaf salad

Truffle mushroom bon bons £8.95 (v)

Herb risotto, butternut squash purée,
butternut squash crisp

Main Courses

8oz Fillet Steak £25.50 (2) (3)

Hand cut chips, roasted shallot, tomato
Served with a choice of Béarnaise,
blue cheese or peppercorn sauce

'Catch of the day' in Meantime ale batter £13.50 (2) (3)

Fries, half lemon, tartare sauce, pea purée

Tomato & feta stuffed courgette £14.95 (v) (1) (2) (3)

Buttered spinach, spiced potatoes, curried lentil sauce

GreyFriars' Burger £14.95

Caramelised red onion, gem leaves, tomato, mayonnaise,
mustard relish, rosemary fries or hand cut chips

Pan fried salmon £16.95 (2)

Lyonnaise potatoes, braised fennel, capers, golden raisin,
brown shrimp, beurre blanc sauce

6oz Rump Steak £15.95 (2) (3)

Hand cut chips, roasted shallot, tomato
Served with a choice of Béarnaise,
blue cheese or peppercorn sauce

Buttermilk fried chicken burger £14.25

Tomato, lettuce, smoked anchovy mayonnaise,
rosemary fries or hand cut chips

Summer vegetable risotto £12.95 (v) (1) (2) (3)

Gran Mantovano crisp, pea shoots, lemon foam

Goujons of plaice £14.50

Fries, half lemon, tartare sauce, pea purée

Herb pappardelle £15.25 (v)

Cherry tomatoes, mozzarella, broad beans,
confit lemon, pine nuts, rocket, basil oil

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.

Desserts

White chocolate & strawberry panna cotta £6.95 (2)

Compressed strawberries, oat biscuit,
Italian meringue, elderflower sorbet

Warm chocolate brownie £5.75 (v) (2)

Vanilla ice cream

Pineapple tarte tatin £6.95 (v) (1) (2) (3)

Pineapple crisp, coconut sorbet

GreyFriars' sticky toffee pudding £6.50 (v)

Cinnamon tuile, vanilla ice cream

Great British artisan cheese plate £9.95 (v) (2)

Quince jelly, savoury biscuits, walnuts, celery & grapes

Trio of our own ice creams or sorbets £5.75 (v) (1) (2) (3)

Please ask for today's choices

GreyFriars' Cream Tea £6.75

Baked scones served with clotted cream and home-made strawberry preserve with a pot of tea of your choice, served with milk or lemon

Finger sandwich selection £6.95

(please see selection below)

Lounge Afternoon Tea £13.45

Sandwiches

Maldon smoked salmon, caper butter | Horseradish bread

Roasted ham, red onion chutney | Tomato bread

Cucumber, cream cheese | Tarragon bread

Coronation chicken rolled in roasted almonds | Caraway seed bread

Free range egg mayonnaise, watercress | White bread

Alternatively, with our Vegetarian or Vegan sandwich selection

Caramelised red onion, grilled courgette | Tomato bread Hummus,
roasted red pepper | Horseradish bread

Aubergine purée, pomegranate | Caraway bread

Cucumber, mint chickpea mayonnaise | Tarragon bread

Avocado, baby gem, tomato | White bread

&

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

GreyFriars' Tea Selection £3.50

JING

The following tea is sourced and
selected by **JING Tea**

Assam Breakfast

Assam, India

Earl Grey

Ruhuna, Sri Lanka

Darjeeling Second Flush

West Bengal, India

Organic Jade Sword

Hunan, China

Jasmine Silver Needle

Yunnan, China

White Peony

Fujian, China

Lemon Verbena

Agadir, Morocco

Peppermint Leaf

Bavaria, Germany

Chamomile Flowers

Slavonia, Croatia

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

£5.00

Callebaut Hot Chocolate

£4.50

Decaffeinated coffee available upon request

Children's Menu

Starters

Homemade soup of the day £3.50 (v) (1) (2) (3)

Served with bread & butter

Chips £2.95 (v)

Tiptree tomato ketchup

Garlic bread £2.75 (v) (2)

Mains

Chicken goujons £6.25

Fries, buttered carrots

Goujons of plaice & chips £6.95

Fries, pea purée

Macaroni cheese £5.75 (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

Duo of our own ice creams or sorbets £4.75 (v)

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