

## In Room Dining Menu

From 10 a.m. to 9 p.m.

### IN ROOM DINING

In addition to our In Room Dining Menu, our full restaurant menus are available for service to your room during restaurant opening hours, please contact reception for a copy of the menus and opening times

Breakfast served to your room is available at the following times:

Monday to Friday                      7 a.m. to 10 a.m.  
Saturday, Sunday & Bank Holidays    7.30 a.m. to 11 a.m.

Please refer to your guest folder for full information.

#### OYSTERS

Mersea Rock available all year round, native Colchester from October to March

Served traditionally with lemon, shallot vinegar, Tabasco on ice

*Mersea Rock*

Three £12.50

Six £25.00

*Colchester Native*

Three £13.50

Six £27.00

#### SMALL BITES

Sweet potato soup (v) (1) (2) (3)

*Coconut & lime crisps*

£8.25

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)

£4.50

Goujons of plaice, tartare sauce

£9.95

Goujons of chicken

£7.95

#### 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*

(v) denotes vegetarian option (1) denotes vegan option available upon request  
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Food allergies and intolerances:

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Finger sandwich selection (2) £8.95  
*Poached salmon, lemon & tarragon mayonnaise | Rye bread*  
*Free range egg, chive mayonnaise | White bread*  
*Lincolnshire Poacher cheese, GreyFriars' tomato chutney | Tomato bread*  
*Coronation chicken, apricots | Brioche bun*

Vegetarian finger sandwich selection (v) (1) (2) (3) £8.95  
*Free range egg, chive mayonnaise | White bread*  
*Lincolnshire Poacher cheese, GreyFriars' tomato chutney | Brioche bun*  
*Carrot & raisin, walnut mayonnaise | Rye bread*  
*Aubergine baba ghanoush, grilled Peppadew, basil | Tomato bread*

Vegan finger sandwich selection (v) (1) (2) (3) £8.95  
*Aubergine baba ghanoush, grilled Peppadew, basil | Tomato bread*  
*Carrot & raisin, walnut mayonnaise | White bread*  
*Coronation tofu, apricots | White bread*  
*Pink lady apple, vegan cheese slaw | Tomato bread*

#### SALADS

Colchester seafood cocktail (2) (3) £15.95  
*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*

#### MAIN BITES

GreyFriars' Burger £16.95  
*Caramelised red onion, gem leaves, tomato, mayonnaise, mustard relish,*  
*rosemary fries or hand cut chips*

6oz Rump Steak (2) (3) £17.95  
*Hand cut chips, roasted shallot, tomato*  
*Served with a choice of Béarnaise, blue cheese or peppercorn sauce*

Buttermilk fried chicken burger £15.95  
*Tomato, lettuce, smoked anchovy mayonnaise, rosemary fries or hand cut chips*

'Catch of the day' in Meantime ale batter (2) (3) £14.95  
*Fries, half lemon, tartar sauce, pea purée*

8oz Fillet steak (2) (3) £32.95  
*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*

Crown Prince pumpkin risotto (v) (1) (2) (3) £17.50  
*Roasted acorn squash, crispy goat's cheese, toasted seeds, rosemary oil*

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DESSERTS

Rhubarb panna cotta (2) £7.95  
*Almond & oat crumb, poached rhubarb, sugar tuile, toasted almond ice cream*

Warm chocolate brownie (v) (2) £6.50  
*Chocolate crumb, vanilla ice cream*

Pineapple tarte tatin (v) (1) (2) (3) £8.25  
*Pineapple crisp, coconut sorbet*

GreyFriars' sticky toffee pudding (v) £7.95  
*Cinnamon tuile, vanilla ice cream*

Great British artisan cheese plate (v) (2) £11.50  
*Quince jelly, savoury biscuits, walnuts, celery & grapes*

Selection of our own ice creams or sorbets (v) (1) (2) (3) £6.75  
*Please ask for today's choices*

GREYFRIARS' CREAM TEA £7.50  
*Baked scones served with clotted cream and home-made strawberry preserve with a pot of tea of your choice, served with milk or lemon*

LOUNGE AFTERNOON TEA £14.95

Sandwiches  
*Poached salmon, lemon & tarragon mayonnaise | Rye bread  
 Free range egg, chive mayonnaise | White bread  
 Lincolnshire Poacher cheese, GreyFriars' tomato chutney | Tomato bread  
 Coronation chicken, apricots | Brioche bun*

Alternatively, with our Vegetarian or Vegan sandwich selection  
*Free range egg, chive mayonnaise | White bread  
 Lincolnshire Poacher cheese, GreyFriars' tomato chutney | Brioche bun  
 Carrot & raisin, walnut mayonnaise | Rye bread  
 Aubergine baba ghanoush, grilled Peppadew, basil | Tomato bread*

&

Scones  
*Baked scones served with clotted cream and GreyFriars' strawberry preserve with a pot of tea of your choice, served with milk or lemon.*

In Room Twilight Dining Menu

From 9 p.m. - 7 a.m.

Sweet potato soup (v) (1) (2) (3) £8.25  
*Coconut & lime crisps*

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*

Finger sandwich selection (2) £8.95  
*Poached salmon, lemon & tarragon mayonnaise | Rye bread  
 Free range egg, chive mayonnaise | White bread  
 Lincolnshire Poacher cheese, GreyFriars' tomato chutney | Tomato bread  
 Coronation chicken, apricots | Brioche bun*

Vegetarian & vegan finger sandwich selection (v) (1) £8.95  
*Aubergine baba ghanoush, grilled Peppadew, basil | Tomato bread  
 Carrot & raisin, walnut mayonnaise | White bread  
 Coronation tofu, apricots | White bread  
 Pink lady apple, vegan cheese slaw | Tomato bread*

DESSERTS

Great British artisan cheese plate (v) (2) £11.50  
*Quince jelly, savoury biscuits, walnuts, celery & grapes*

Selection of our own ice creams or sorbets (v) (1) (2) (3) £6.75  
*Please ask for today's choices*

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## GREYFRIARS' TEA SELECTION

£3.50

The following tea is sourced and selected by JING Tea

### Assam Breakfast

Assam, India

*This signature breakfast tea has been meticulously selected during the prime second flush, and expertly blended to promote the diverse qualities of bold Assam terroir: assertive strength, honeyed-malt, and truly rich flavour.*

### Earl Grey

Ruhuna, Sri Lanka

*To create this definitive version of Earl Grey tea, quality ingredients were selected that perfectly balance one another: a full-bodied base black tea from Sri Lanka, the zesty note from natural bergamot and a sprinkling of bright blue cornflowers.*

### Darjeeling Second Flush

West Bengal, India

*Our tippy Darjeeling Second Flush tea encapsulates the best of the summer season of this famous region. Lighter and more fragrant than other Indian black teas, this particular Darjeeling tea combines warming and comforting aromatic flavours with a deeply refreshing taste and enough body to make it a classic afternoon tea.*

### Organic Jade Sword

Hunan, China

*This unique interpretation of 'Mao Feng', is one of China's most widely enjoyed green teas. The mist that protects the bushes from sunlight in the tea gardens, prevents the production of bitterness in the leaves, rendering a sweet, succulent flavour. Simple hand-baking completes this very fresh, green tea which, upon infusion, reveals a delicate, floral aroma and vegetal character.*

### Jasmine Silver Needle

Yunnan, China

*The young tea buds are plucked whole and dried slowly during the spring season. Their delicate texture and sweet taste offer the perfect base for natural scenting in the height of summer. The tea is laid with fresh jasmine flowers for five consecutive nights, releasing enticing aromas as they bloom.*

## HERBAL INFUSIONS

£3.50

### White Peony

Fujian, China

*Sets of two deep green leaves, and a downy silver bud produce a pale golden green infusion full of sweet notes of honey and refreshing cucumber and melon. This White Peony combines the delicate flavour of Silver Needle white tea with the depth and complexity of a green tea.*

### Lemon Verbena

Agadir, Morocco

*The highest grade loose Lemon Verbena leaf has been picked and dried slowly to retain the vivid flavour of this beautiful plant, revealing a graceful lemon-pine freshness.*

### Peppermint Leaf

Bavaria, Germany

*A high-quality, loose leaf peppermint tea picked whole and slowly dried to retain essential oils, colour and flavour, rendering an intensely refreshing, smooth and invigorating infusion with a long finish. Packed into our airtight double zip-locked bags for ultimate freshness.*

### Chamomile Flowers

Slavonia, Croatia

*Composed only of the freshest, brightest and whole loose leaf chamomile flowers for a clean and fresh, caffeine-free infusion with clear chamomile taste. Our Chamomile Tea is dried slowly to retain essential oils, flavour and aroma, ideal to enjoy at any time of the day.*

### 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

Hot Chocolate  
£4.50

## 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)  
Please ask for today's selection

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