

LOUNGE & TERRACE

OYSTERS

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

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| <i>Mersea Rock</i> | <i>Colchester Native</i> |
| Three £12.50 | Three £16.50 |
| Six £25.00 | Six £33.00 |

SMALL BITES

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| Norfolk asparagus soup (GF) <i>Sautéed asparagus, chorizo, crème fraîche</i> | £8.95 |
| Tempura mixed vegetables (V) (VE) (DF) <i>Sriracha mayonnaise</i> | £7.95 |
| Norfolk asparagus (V) (GF) (DF on request) <i>Grilled or poached, Poached egg, hollandaise</i> | £10.95 |
| Vegetable gyōzas (V) (VE) (DF) <i>Sweet soy</i> | £7.95 |
| Tempura Nobashi prawns (DF on request) <i>Chilli spiced yoghurt & coriander</i> | £8.95 |
| Cheddar rarebit on toast (GF on request) <i>Cornish crab salad</i> | £9.95 |
| Tempura Norfolk asparagus (V) (VE) (DF) <i>Nori seaweed, tōgarashi, light soy sauce</i> | £10.95 |
| Wild boar & apple sausage roll <i>Celeriac rémoulade</i> | £8.95 |
| Goujons of plaice, tartare sauce, lemon | £9.95 |
| Goujons of chicken | £7.95 |
| French onion soup <i>Gruyère, crouton</i> | £10.95 |

(V) denotes vegetarian option (VE) denotes vegan option
(GF) denotes gluten free option (DF) denotes dairy free option
Food Allergies and intolerances:

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

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| Mature cheddar toasted sandwich (V) (GF on request) <i>Rosemary fries</i> | £7.95 |
| Mature cheddar & ham toasted sandwich (GF on request) <i>Rosemary fries</i> | £9.95 |
| GreyFriars club sandwich <i>Chicken, bacon, tomato, egg mayonnaise, Little Gem lettuce, rosemary fries</i> | £14.50 |
| Toasted Reuben sandwich <i>Pastrami, sauerkraut, Swiss cheese, Marie Rose, rosemary fries</i> | £15.50 |
| Prawn sandwich <i>Martini cocktail sauce, dill, Iceberg lettuce, lightly salted Fairfields potato crisps</i> | £13.50 |
| Coronation tofu (V) (VE) (DF) <i>Apricots, lightly salted Fairfields potato crisps</i> | £11.50 |

SALADS

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| Classic Caesar <i>Cos lettuce, Caesar dressing, Parmesan shavings, toasted croûtons</i> | £8.95 |
| <i>Add grilled chicken breast</i> | £4.00 |

SIDES

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| Hand cut chips or rosemary fries (V) (VE/DF on request) | £3.95 |
| Norfolk asparagus, buttered or olive oil (V) (VE) (GF) (DF) | £3.95 |
| Truffle fries, Parmesan | £4.95 |
| Mixed green vegetables (V) (VE) (GF) (DF) | £3.95 |
| Tomato & onion salad (V) (VE) (GF) (DF) | £3.95 |
| Classic Caesar salad | £4.95 |
| Lightly salted Fairfields crisps (V) (VE) (DF) (GF) | £2.50 |

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MAIN BITES

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| GreyFriars 6oz steak burger <i>Toasted brioche bap, caramelised red onions, tomato mayonnaise, Little Gem lettuce, rosemary fries or hand cut chips</i> | £14.95 |
| <i>Add: Cheese or Bacon or Mushroom</i> | £1.50 each |
| Chilli battered halloumi cheese burger (V) <i>Toasted brioche bap, Beefsteak tomato, tomato mayonnaise, dill pickle, Little Gem lettuce, rosemary fries or hand cut chips</i> | £13.95 |
| Free range corn fed chicken <i>Pappardelle pasta, Norfolk asparagus, broad beans, peas, marjoram, wild garlic cream, Parmesan</i> | £25.95 |
| Plaice Goujons <i>Rosemary fries or hand cut chips, pea purée, tartare sauce, lemon</i> | £18.50 |
| Chilli Crab linguine <i>Creamed crab bisque, dill, lime</i> | £19.95 |
| Risotto primavera (V/VE/DF on request) <i>Mixed green vegetables, Parmesan</i> | £18.50 |
| 6oz Rump Steak (DF) (GF) <i>Hand cut chips, roasted shallot, tomato, served with a choice of Béarnaise, blue cheese or peppercorn sauce</i> | £22.95 |
| Fish Pie <i>Fish & prawn mornay, boiled egg, dill, topped with creamed potato with panko crumb.</i> | £19.95 |

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DESSERTS

Warm chocolate brownie (V) (GF) £6.50
Chocolate crumb, vanilla ice cream

Pineapple tarte tatin (V) (VE) (GF) (DF) £8.25
Pineapple crisp, coconut sorbet

GreyFriars sticky toffee pudding (V) £7.95
Cinnamon tuile, vanilla ice cream

Great British artisan cheese plate (V) (GF) £11.50
Quince jelly, savoury biscuits, walnuts, celery & grapes

Selection of our own ice creams or sorbets (V) (VE) (GF) (DF) £6.75
Please ask for today's choices

GREYFRIARS CREAM TEA £7.50
Baked scone 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 £16.95

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, toasted almonds | White bread*

Alternatively, with our Vegetarian or Vegan sandwich selection

*Free range egg, chive mayonnaise | White bread
Lincolnshire Poacher cheese, GreyFriars tomato chutney | White bread
Carrot & raisin, walnut mayonnaise | Rye bread
Aubergine baba ghanoush, grilled Peppadew, basil | Tomato bread*

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Scones

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

CLOTTED CREAM

GREYFRIARS STRAWBERRY PRESERVE

EXTRA PORTION £1.00 EACH

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.

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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

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| 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

Decaffeinated coffee available upon request

Children's Menu

Starters

Homemade soup of the day £3.95 (V) (VE) (GF) (DF)
Served with bread & butter

Chips £2.95 (V)

Tiptree tomato ketchup

Garlic bread £2.95 (V) (DF on request)

Mains

Goujons of chicken £6.95
Rosemary fries, buttered carrots

Goujons of plaice £7.95
Rosemary fries, pea purée

Macaroni cheese £6.50 (V on request)
Parmesan crumb (optional)

Desserts

Chunky fresh fruit platter £4.75 (V)
With fruit flavoured yoghurt

Warm chocolate brownie £4.75 (V) (GF)
Vanilla ice cream

Trio of our own ice creams or sorbets £4.75 (V)
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