

# GREYFRIARS



## Sunday Lunch Menu

### Starters

Vine roasted tomato soup £6.00 (v)  
Fresh basil and mozzarella salad

Pan seared local mackerel fillet £6.95  
Grilled cucumber, pea purée, broad bean salad,  
fried marjoram

Dingley Dell ham hock terrine £6.95  
Apple and celeriac coleslaw,  
mushroom ketchup, pickled vegetables, rapeseed oil

Warm tartlet of Vulcombe Goat's cheese £7.50 (v)  
Baby onion, braised chicory, William's pear chutney

Cumbria smoked salmon with lemon caviar £10.95  
Horseradish, apple, baby watercress, onion toast

Heirloom tomato salad £6.95 (v)  
Broad bean mousse, tomato caviar,  
chilled tomato consommé

Colchester seafood cocktail £10.95  
Pickled cucumber, baby gem, lobster,  
prawn and Colchester crab

### Mains

Prime roast Dedham Vale rib of beef £18.50  
Yorkshire pudding, thyme roasted potatoes  
and vegetable panache

Blackwater sea bass £16.95  
Salt marsh local samphire, baby fennel,  
Colchester oyster, saffron broth

Char Grilled "Spatchcock"  
with lemon and black pepper £14.95  
Maldon sea salt & thyme roasted baby potatoes,  
garden salad

Lobster Benedict £15.50  
With free range soft poached eggs,  
Scottish lobster, wilted spinach and chive Hollandaise

Dingley Dell pork tenderloin £16.95  
Butternut squash purée, black pudding,  
slow cooked pork belly, potato Galette, scallions

Roasted Mersea Island cod fillet £15.50  
Risotto of mascarpone, water cress purée,  
grilled baby leeks, soft poached hen's egg

Handmade gnocchi with textures of fennel £12.50 (v)  
Confit baby fennel, fennel purée,  
Suffolk Blue cheese velouté, shaved parmesan,  
(optional)

### Mersea Oysters

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

Six £6.50, Nine £9.25, Twelve £11.95

### Desserts

GreyFriar's sticky toffee pudding £6.50 (v)  
Cinnamon tuiles, banana ice cream

Great Oakley Essex farmed rhubarb £6.50  
Rhubarb posset, vanilla short bread,  
rhubarb compote, ginger ice cream

Salted caramel chocolate tart £6.50 (v)  
Cardamom cream, salted caramel, passion fruit,  
textures of white chocolate crumble

Tonka bean Panna cotta £6.50  
Honeycomb, basil & strawberry salad

Trio of our own ice-creams or sorbets £5.50 (v)  
Please ask a member of staff for today's selection

Great British artisan cheese plate £8.00 (v)  
Shipcord extra mature Cheddar, Lancashire Kirkham's,  
Tunworth, Ellingham baby Goat's, Suffolk Blue, quince  
jam, walnuts, apple,  
selection of English cheese biscuits

(v) denotes vegetarian option

Food Allergies and intolerances: Before ordering please speak to a member of our team about our ingredients. Should you have any questions regarding the content or preparation of any of our food please ask a member of our team.