### Breakfast

Served until 12 Noon

At the ARTea Room we believe that breakfast is the most important meal of the day and one of our breakfasts will set you up for the day.

**Small ARTea Room Cooked Breakfast** – One Fried Egg, One Chipolata, One £7.50 Rasher of Bacon, One Hash Brown & Heinz Baked Beans

RTca Room

Medium ARTea Room Cooked Breakfast – Two Fried Eggs, Two Chipolatas,<br/>Two Rashers of Bacon, Two Hash Browns, Black Pudding, Mushrooms & Heinz<br/>Baked Beans£9.50

Large ARTea Room Cooked Breakfast – Two Fried Eggs, Three Chipolatas, Three Rashers of Bacon, Two Hash Browns, Black Pudding, Mushrooms & Heinz Baked Beans

**Vegetarian Breakfast** – Two Hash Browns, Two Fried Eggs, Mushrooms, Fresh £6.95 Tomato & Heinz Baked Beans

**Add an extra** breakfast item for just 75p, choose from; Bacon, Fried Egg, Chipolata, Beans, Hash Browns, Mushrooms, Fried Bread or Black Pudding.

Breakfast Sandwiches – Choose from White, Multigrain or Gluten Free Bread – Or Upgrade to a Baguette for an Extra 75p Bacon & Fried Egg, Bacon & Chipolata or Fried Egg & Chipolata Bacon, Egg & Chipolata	£4.50 £5.50 £6.25
Something on Toast? Choose from White, Multigrain or Gluten Free Bread	
Toast served with butter and a choice of Jam, Marmalade or Marmite – One Slice – Two Slices	£1.50 £2.50
Eggs on Toast – Choose from Fried, Poached or Scrambled	£4.50
Heinz Baked Beans on Toast	£4.50
Egg & Heinz Baked Beans on Toast	£5.95
Chipolata & Heinz Baked Beans on Toast	£5.95
Chipolata, Egg & Heinz Baked Beans on Toast	£6.25

Cheddar Cheese on Toast£3.95Oven Warm Butter Croissants with Jam or Marmalade£2.95Oven Warm Chocolate Croissants£3.50

### Food Allergies and Intolerances.

Lunch

Served 12:00 to 3.30pm

### Sandwiches, Toasties, Baguettes & Toasted Paninis

A choice of White, Multigrain or Gluten Free Bread for Sandwiches or Toasties, Fresh White or Brown Baguette or Toasted Panini

All served with lightly dressed salad leaves, homemade coleslaw & vegetable crisps – Add an **Extra Filling** for  $\pounds 1.00$ 

### Standard Fillings Sandwiches & Toasties £6.95, Baguettes & Paninis £7.50

Egg Mayonnaise

Taw Valley Mature Cheddar Taw Valley Mature Cheddar & Tomato

Home Cooked Ham Home Cooked Ham & Onion Chutney

Tuna Mayonnaise

French Brie & Cranberry French Brie & Grape Taw Valley Mature Cheddar & Branston Pickle Taw Valley Mature Cheddar & Red Onion

Home Cooked & Wholegrain Mustard Home Cooked Ham & Tomato

Tuna Mayonnaise & Sweetcorn Tuna Mayonnaise & Cheese

French Brie & Mango Chutney

### Premium Fillings Sandwiches & Toasties £7.95, Baguettes & Paninis £8.50

Taw Valley Mature Cheddar & Home Cooked Ham

Bacon, Lettuce & Tomato Bacon, Brie & Cranberry Bacon & Mushrooms

Coronation Chicken Sweet Chilli Chicken Home Cooked Ham & Pineapple (Hawaiian) Goats Cheese & Sweet Chilli Sauce

Chicken, Lettuce & Tomato Bacon and Tuxford & Tebbutt Stilton Sausage, English Mustard & Onion Chutney

Chicken & Bacon BBQ Chicken

Ploughman's

Prawns in Marie Rose Sauce

### **Omelette** – Served with your choice of filling and dressed leaves

Plain	£3.95
Cheese	£5.75
Ham	£5.75
Mushroom	£5.75
Cheese & Ham	£6.25
Ham & Mushroom	£6.25
Special – Cheese, Ham, Mushroom & Peppers	£7.50/

### Food Allergies and Intolerances.



### Lunch Continued...

### Soup of the Day

All of our soups are home made using seasonal local ingredients and come with a freshly baked roll & butter **Please see our specials clipboard for today's choice** 

Or perhaps you would like to try a Fresh Crisp Salad with a choice of toppings;

Egg Mayonnaise Mature Cheddar Cheese Home Cooked Ham Tuna Mayonnaise Cheese & Ham Prawns in Marie Rose Sauce Chicken, Bacon & Mayo Sweet Chilli Chicken Stilton & Bacon Coronation Chicken Greek Salad Rosemary & Garlic Goats Cheese Pear & Stilton	£6.95 £6.95 £7.95 £7.95 £8.95 £8.95 £8.95 £8.95 £8.95 £8.95 £8.95 £9.50 £9.50 £9.50 £9.50
Pear & Stilton King Prawn & Crab with Chilli & Garlic Dressing Chicken & Avocado	£9.50 £9.95 £9.95

**Jacket Potatoes** – Oven baked and served with a knob of butter, lightly dressed salad & homemade coleslaw with your choice of filling;

### Food Allergies and Intolerances.

We take every precaution to ensure that certain recipes are free from nuts & other allergens, but our food is prepared in an environment in which they are present. Please speak to a member of staff when ordering your meal.



£6.50

### Lunch Continued...

### **One Pots**

Homemade to a traditional family recipe, these heart warming dinners come served with either a freshly baked roll & butter or in a giant Yorkshire pudding with garden peas.



	Roll / Yorkshire
Vegetarian Chilli	£8.95 / £10.95
Pork Chilli Con Carne or Chicken Curry	£9.50 / £11.95
Beef & Guinness Stew or Pork & Cider Casserole	£9.50 / £11.95
Lamb & Rosemary Casserole or Chicken & White Wine Hot Pot	£9.50 / £11.95

### **Other Favourites**

Home Cooked Ham, Fried Eggs & Choice of Chips	– Small £7.95	Regular £9.95
Butterflied Chicken Fillet with Choice of Chips, Dressed I - Hunters Chicken Topped with Bacon & Cheddar with B - Stilton, Bacon & Mushroom Chicken		£10.50 £10.95
Salmon & Haddock Fishcakes with Dressed Leaves & Homemade Tartar Sauce Breaded Scampi, Garden Peas & Homemade Tartar Sauce with a Choice of Chips		
Homemade Chicken Curry with Rice, Poppadum & Mango Chutney		£10.50
Trio of Sausage with Mash, Onion Gravy & Peas	- £10.95 or	In Yorkshire £11.95

iney, Pickled Onions & Grapes	
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5	9.95
	10.50
	10.50
	10.95
	11.95
	11.95 /
~	11.55
	)
	<b>.</b>
£5.50 Chicken & Bacon	£6.50
eese £5.95	
5 Skinny Fries	£3.25
0 Beer Battered Onion Rings	£3.50
6	£3.95
	£ 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5

Our hand cut chips, skinny fries and sweet potato fries are cooked in dedicated oil and are all suitable for gluten intolerances, vegetarians & vegans.

#### Food Allergies and Intolerances.



**The History of Afternoon Tea**. - Tea consumption increased dramatically during the early 19<sup>th</sup> century and it is around this time that Anna, the 7<sup>th</sup> Duchess of Bedford, is said to have complained of "Having that sinking feeling" during the late afternoon. At this time, it was usual for people to take only 2 meals a day, breakfast and dinner at around 8 o'clock in the evening. The solution for the Duchess was a pot of tea and a light snack taken privately in her boudoir during the afternoon.

Later friends were invited to join her in her rooms at Woburn Abbey and this Summer practice proved so popular that the Duchess continued it when she returned to London, sending cards to her friends asking them to join her for "Tea and a walking the fields." Other social hostesses quickly picked up on the idea and the practice became respectable enough to move it into the drawing room. Before long all of fashionable society was sipping tea and nibbling sandwiches in the middle of the afternoon.

### The ARTea Room Afternoon Tea

(Minimum Two People - Booking Required)

A Generous Selection of Sandwiches Selection of Mini Cakes Scones, Clotted Cream & Strawberry Jam and Your Choice of Tea or Coffee £18 per Person

The ARTea Room Luxury Afternoon Tea (Minimum Two People - Booking Required)

Our Delightful & Delicious Afternoon Tea as Above Served with the Addition of a Glass of Sparkling Wine £21 per Person





Food Allergies and Intolerances.

Home Baked Cakes	
Home Baked Cakes	loom
Cakes; You will find our selection of freshly baked cakes on our cake counter, ever present favourites include; Coffee Cake, Gluten Free Bakewell, Carrot Cake, Rocky Road and Triple Chocolate Fudge and more	P
<b>Toasted Tea Cake:</b> Lightly toasted & served with butter and a choice of strawberry jam or marmalade.	£2.75
Cheese Scone with Onion Chutney	£2.75
<b>Cream Tea</b> A choice of plain, fruit, cherry or gluten free oven warm scones, served with strawberry jam, Cornish Clotted cream and a selection of fresh fruit alongside a pot of tea of your choice.	£6.50
Luxury Cream Tea Added to our standard cream tea an indulgent glass of chilled sparkling wine.	£9.95
<b>Cake Tasting Plate</b> A selection of three mini cakes, great if you can't decide what to choose. A selection of five mini cakes ideal to share or perfect to enjoy on your own!	£2.9! £4.9!
Individual Pot of Ice Cream Strawberry, Serious Chocolate or Vanilla Bean (125ml Tub)	£2.75
Children's Menu Toast with Strawberry Jam One Slice of White or Multigrain Bread with Butter and Jam	£1.98
Heinz Baked Beans or Heinz Spaghetti on Toast White or multigrain bread smothered with Heinz Baked Beans	£3.95
Hand Cut Chips, Fish Fingers & Heinz Baked Beans	£5.95
Hand Cut Chips, Chicken Nuggets & Heinz Baked Beans	£5.95
<b>Sandwiches</b> – On white or multigrain bread served with vegetable crisps Cheddar Cheese, Home Cooked Ham, Egg Mayonnaise, Cheese & Tomato, Tuna Mayo	£4.95
Strawberry Jam Sandwich	£3.95
Orange, Apple & Blackcurrant or Summer Fruirs - Fruit Shoot	£1.25

## Tea Menu

### Pot of Tea - Varieties as Priced

We love tea and passionately believe that loose leaves brew the tastiest flavours.

All our teas are produced under Fair trade conditions and are available to purchase in bags of 25g, 50g, 75g or 100g for you to enjoy at home.

	Per Person	Loose 25g/50g
English Breakfast/ English Breakfast Decaf. Medium Caffeine/ Decaffeinated The classic of classic. This blend of Assam and Ceylon teas combines strength and balance to create a full-bodied, flavoursome and universally popular tea.	£2.95	£1.75/£3.25
Earl Grey/Earl Grey Decaf.Medium Caffeine/ DecaffeinatedPopularised in the 1830's by Prime Minister of the time, 2 <sup>nd</sup> Earl Grey, this fragrant blendhas been in fashion ever since.	£2.95	£1.85/£3.50
Assam/Assam Decaf. A rich, malty tea from East India. The region's climate is ideal for the tea plant, creating a tea that is full of colour and flavour.	£3.25	£2.25/£3.95 £2.75/£4.50
Apple Fig & Cranberry Festive Fruit Tisane Decaffeinated This tea is a blend of all things festive. It creates a taste of sweet fruits and evokes warm feelings of enjoying time with family and friends. Strong notes of cranberries prevail first, followed by the apple and figs, making it a perfect winter treat.	£3.25	£2.95/£4.75
Camomile & LavenderDecaffeinatedA luxurious blend of two flavoursome and aromatic herbs, this tea is packed with essentialoils and antioxidants that will help soothe, relax, and refresh.	£3.25	£2.25/£3.95
<u>Camomile Whole Flowers</u> <u>Decaffeinated</u> A member of the daisy family, camomile flowers have been used for centuries as a traditional remedy for gastronomical pains and complaints.	£3.25	£2.75/£4.50
<b>Ceylon</b> Medium Caffeine A beautiful, bright amber tea from Sri Lanka. <i>Ceylon</i> very refreshing and thirst-quenching.	£3.25	£1.95/£3.75
<u>China Gunpowder</u> Medium Caffeine A traditional tea with a smoky aroma. So-called because the rolled leaves resemble pellets of gunpowder, which 'explode' in the water as they unroll.	£3.65	£2.75/£4.50
China Jasmine Green A half fermented tea to which fresh jasmine blossoms are added during the drying time; a classic recipe of over 1,000 years old! Ours is a gently sweet blend with a good blossom.	£3.65	£3.25/£4.95
<b>Darjeeling</b> Medium Caffeine Known as 'The Champagne of Teas'. This region, high in the foothills of the Himalayas, is the world capital of quality teas.	£3.25	£2.25/£3.95
Dark Cherry & Chocolate Medium Caffeine This blend of black cherry & chocolate creates a wonderfully comforting blend, the sharpness of the cherry cuts through the creaminess of the cocoa.	£3.65	£2.50/£4.25
Earl Grey Blue Flowers Medium Caffeine A sumptuous blend of teas from south China, Assam and Darjeeling, scented with natural bergamot, with the addition of blue cornflower petals.	£3.65	£2.50/£4.25
Elderflower & Lemon Decaffeinated A lovely warming tisane with notes of lemongrass and elderberry. A refreshing tea with a fine citrus aroma. Perfect for a mid-afternoon brew.	£3.65	£2.75/£4.50
<b>Exotic Peach</b> Medium Caffeine Exotic Peach Tea is a spicy new infusion of Ceylon Tea. A flavoured black tea which we layer with red Rose Blossom, Blue Cornflower Blossom and bright Yellow Sunflowers.	£3.65	£2.95/£4.75

### Food Allergies and Intolerances.



# Tea Continued...



	Per Pot	Loose 25g/50g
<b>Formosa Oolong</b> Low Caffeine This flavoursome Taiwanese tea is made from semi-fermented deep brown leaves. Frequent turning of the tea in bamboo baskets during the drying process allows <i>Formosa</i> <i>Oolong</i> to develop a mild aroma and wild, curly leaves.	£3.65	£2.50/£4.25
Garden of England Afternoon Tea Medium Caffeine   Using a blend of teas from all over Asia, it creates a complex blend of sweet, floral notes. Medium Caffeine	£3.65	£2.75/£4.50
Ginger Bread Green TeaMedium CaffeineThis Christmas decorated Green Tea is full of the sweetness of Christmas day! Festive spices such as Star Anise, Cardamoms, Cloves and Cinnamon.Medium Caffeine	£3.65	£2.75/£4.50
HazeInut &Vanilla   Medium Caffeine     A Classic scented Ceylon Black Tea from the tea growing districts of Nuwara Eliya, Uva and Dimbula. The lovely large orthodox leaves are an Orange Pekoe 1 grade tea.	£3.65	£3.25/£4.95
Honeybush Chocolate Cake Tea Decaffeinated Infusing the naturally sweet flavours of Honeybush with the delights of Chocolate and	£3.65	£3.25/£4.95
rosebuds, this beverage melts in your mouth while satisfying your sweet tooth. <u>Jamaican Rum Fruit Tisane</u> The taste is truly memorable. Close your eyes & think of balmy evenings in the Caribbean!	£3.65	£3.25/£4.95
<u>Lady Hamilton</u> A special blend of <i>Earl Grey</i> tea and orange slices, named after Admiral Nelson's mistress, Emma Hamilton. This is a smooth and subtly sweet variation on a classic.	£3.65	£2.75/£4.50
Lapsang Souchong Medium Caffeine From eastern China, this is a smoky, tarry tea. Itis made from the riper, more mature, leaves from lower down the tea bush. The tea is roasted for a short time and then smoked over exotic woods rich in resin. Very distinctive, you'll either love it or hate it!	£3.65	£2.25/£3.95
Lemon & Ginger Detox This fresh detox blend incorporates digestive aids along with calming herbs. This blend is perfect to have just before bed to allow all the goodness in the herbs to do their job.	£3.65	£2.25/£3.95
Liquorice Medium Caffeine This Black Tea is a delicately scented Black China Tea blended with Mallow flowers. Natural liquorice oil to gives a real depth of taste and character.	£3.65	£2.50/£4.25
Liquorice & Peppermint An exclusive blend made especially for The ARTea Room. We have taken a precise and balanced mix of our Liquorice and Peppermint teas to produce this blend.	£3.65	£2.75/£4.50
Mango Tea Magnificent Mango This is a China and Ceylon Mango Tea blend with a delicious flavour of Tropical Fruits enriched with the scent of sweet mango and Sunflower blossoms.	£3.65	£3.25/£4.95
Mulled Wine Tea Decaffeinated   Mulled Wine Fruit Tisane really gives you that taste and aroma of a heavy spicy winter concoction. Lovely hints of Cinnamon, Almonds and Cloves. A nice warming tisane.	£3.65	£2.75/£4.50
Moon Palace Chun Mee Grown in the Jiangxi province, 'Chun Mee 'means 'Precious Eyebrow', a vivid description of the shape of this tea's processed leaf. <i>Chun Mee</i> is known for its plum-like taste and <i>Moon Palace</i> is a particularly special grade giving this tea an extra special sweet and smooth flavour.	£3.65	£2.75/£4.50

#### Food Allergies and Intolerances.

# Tea Continued..



	Per Pot	Loose 25g/50g
Nougat Mousse Hazelnut & Almond Rooibos Decaffeinated	£3.65	£3.25/£4.95
With its creamy roasted nuts, sweetly tangy cocoa flakes and temping whipped cream undertones, this blend of Rooibos is simply irresistible during any season of the year.		20120/21100
Peanut Butter & Jam Tea This American inspired combination brings peanuts and fruit together to create this very interesting Tea ! A light, tangy and refreshing brew with a lovely jammy taste.		£3.25/£4.95
<b>Peppermint</b> Decaffeinated An invigorating and refreshing herb, said to aid digestion, and a delicious caffeine-free pick- me-up.	£3.65	£2.75/£4.50
Pineapple and Honey Black TeaMedium CaffeineIt is a type of loose-leaf China Black Tea to which we add all-natural pineapple and honey flavouring.	£3.65	£2.75/£4.50
Raspberry, Cranberry & Peach InfusionDecaffeinatedA perfect balance of sweet peach, tangy raspberries, pink hibiscus flowers & cranberries.	£3.65	£2.75/£4.50
Red Berries	£3.25	£2.50/£4.25
This intensely colourful blend of red berries, rosehips, hibisc Decaffeinated a vivid and wonderfully scented infusion; a treat for your senses at any time of day.		
<b>Rooibos (Red Bush)</b> Decaffeinated A refreshing and mellow South African drink, renowned for its antioxidant properties. Made from a broom-like member of the legume family, it has a distinctive mahogany leaf, which turns red when brewed.	£3.25	£2.25/£3.95
<b>Santa Berry</b> This Black tea is mixed with sweet strawberries, raspberries and tangy cranberries. Slightly spiced notes from the cardamom seeds and a creamy texture from the toasted almonds.	£3.65	£3.25/£4.95
Sencha Low Caffeine A Chinese tea for every day drinking. Our Sencha has a mellow sweetness, perfectly balanced with the mild and refreshing astringency of aqua marine.	£3.65	£2.50/£4.25
Sencha Rose Green Tea Low Caffeine A fragrant tea that tastes as good as it looks. With apple, rosehip, blue cornflowers and pink rose petals	£3.65	£2.50/£4.25
<u>Thyme</u> Decaffeinated Thyme is a very well known as a herbal tea. Thymus was highly regarded by the ancient Greeks for its cleansing medicinal properties against illnesses and diseases.	£3.65	£3.25/£4.95
Turmeric Herbal Tea Decaffeinated When incorporated into tea, turmeric retains all of its incredible health promoting properties and, in some cases, will even be enhanced from the infusion! Turmeric is known to increase the Antioxidant capacity within the body, and therefore enables the tisane to provide as much of its healthy potential as possible!	£3.65	£2.50/£4.25
Valentines Love Potion Black Tea Medium Caffeine It contains Rose Congou Tea with additional Rose Petals and Buds for a floral fusion of flavour. Romance isn't the only thing in the air when you brew it.	£3.65	£3.25/£4.95
Vanilla   Medium Caffeine     Based on a black tea blend of Ceylon teas delicately scented with vanilla. This luxurious golden tea has a distinct floral fragrance and sits perfectly alongside a slice of cake.	£3.65	£3.25/£4.95
Winter Romance Fruit Tisane   Decaffeinated     Deep flavours of baked apples, cinnamon and almonds. A welcome pleasure while sitting round a real fire after cold walks outside, a real warming blend.   Decaffeinated	£3.65	£3.25/£4.95

#### Food Allergies and Intolerances.

## Coffee



### **Cafetiere of Coffee**

We serve the best Rainforest Alliance Certified coffee from independent certified farms and co-operatives.

Choose from - Medium, Strong, Extra Strong or Decaffeinated.

	CERTIFIED	Certified
Double Espresso	<u>Regular</u>	Large
•		£2.50
Café Latte	£2.95	£3.25
Cappuccino	£2.95	£3.25
Mocha	£2.95	£3.25
Americano	£2.95	£3.25
Flat White	£2.95	
Mini Hot Chocolate:		

Hot Chocolate served in a pretty teacup topped with cream and marshmallo £2.95 Hot Chocolate: A warming mug of Hot Chocolate topped with cream and marshmallows £3.50

Add a Syrup Flavour to any of the above for 65p

- Caramel, Cinnamon, Gingerbread, Hazelnut, Vanilla, Pumpkin Spice, Chocolate, Biscoff or Black Forest

£2.95

Food Allergies and Intolerances.

### Other Drinks.....

### Soft Drinks:



Diet Coke/ Coca Cola Zero (330ml Bottle) Regular Coke/ Fanta Orange/ Sprite (330ml Bottle)	£2.75 £2.95
Fruit Juice - Apple/ Orange/ Pineapple/ Tropical/ Blueberry/ Cranberry Juice (300ml Glass) Semi-Skimmed Milk (250ml Glass)	£2.25 £1.50
<b>Milkshake</b> – (300ml Glass) Strawberry/ Banana/ Raspberry/ Chocolate/ Vanilla/ Mint Choc-Chip/ Bubble-Gum/ Candy Floss	£2.95
Mineral Water (330ml Bottle) - Sparkling/ Still	£2.75
<u>Belvoir Presses</u> (250ml Bottle) Elderflower/ Organic Lemonade/ Raspberry Lemonade/ Elderflower & Rose/ Sparkling Pink Lady Apple	£2.95
<u>Traditional Fentimans Botanically Brewed</u> (275ml Bottle) Rose Lemonade/ Victorian Lemonade/ Curiosity Cola/ Ginger Beer/ Dandelion & Burdock	£2.95
Appletiser (275ml Bottle)	£2.95

### **Alcoholic Drinks**

Real Ale & Lagers & 0% Ale Varieties as Stocked	£4.50
<u>White Wine</u> (187ml Bottle) Pinot Grigio/ Sauvignon Blanc/ Chardonnay	£4.95
<u>Red Wine</u> (187ml Bottle) Merlot/ Shiraz	£4.95
<u>Rose Wine</u> (187ml Bottle) White Zinfandel/ Grenache	£4.95
Sparkling Wine (Glass)	£5.95

#### Food Allergies and Intolerances.