

# BREAKFAST



Served until 12pm each day. All of our bread, scones & cakes are delivered fresh to us each day from local artisan bakers.

- Croissant** ✔ 3.95  
With raspberry preserve & butter. Fresh daily from a local artisan bakery.
- Chocolate Banana Croissant** ✔ 5.50  
A freshly baked croissant from a local artisan bakery with a smooth layer of melt-in-the-mouth chocolate spread & freshly sliced banana (palm oil free!).
- Bacon Maple Bagel** ✔ (NGO) 5.50  
A freshly toasted bagel, topped with three rashers of crispy bacon & drizzled with maple syrup.
- Scrambled Egg Bagel** ✔ (NGO) 5.50  
A freshly toasted bagel, topped with free-range scrambled eggs, finished with cracked black pepper.
- Morning Toasted Bagel** ✔ (VeO) (NGO) 4.50  
With your choice of either butter, honey, raspberry preserve, or chocolate spread (palm oil free!).
- Smoothie Bowl** ✔ (VeO) (NGO) 6.95  
Your choice of smoothie base, blended with coconut milk & topped with banana, chia seeds, granola & a drizzle of honey, choose from :  
-Strawberry / Blackberry / Raspberry  
-Pineapple / Mango / Passion fruit  
-Strawberry / Banana  
-Add Matcha for a health kick (+ £1.50)
- Salmon & Scrambled Eggs on Toast** ✔ (NGO) 7.95  
Scottish smoked salmon & free-range scrambled eggs with fresh lemon on toasted artisan bread, drizzled with olive oil.
- Avocado & Scrambled Eggs on Toast** ✔ (NGO) 7.95  
Smashed avocado, free-range scrambled eggs & a dash of chilli oil on toasted artisan bread.
- Scottish Porridge** ✔ (VeO) (NGO) 4.95  
Scottish porridge oats topped with sliced banana, chia seeds & a drizzle of honey.

# LUNCH



All day.

- Homemade Soup of the Day** ✔ (VeO) (NGO) 4.95  
With locally sourced artisan bread OR Scottish oatcakes with butter.
- Soup of the Day with a half Sandwich** 6.95  
With your choice of a half sandwich from the sandwiches menu below.
- Sandwiches** (NGO) | **Bagels** | **Toasted Ciabattas** 7.50 | 7.50 | 7.95  
All served with Tortilla chips, coleslaw, salad and mixed seeds.  
- Freshly prepared tuna in a light lemon mayonnaise. (NGO)  
- Sliced roast chicken, nut-free pesto mayonnaise. (NGO)  
- Scottish smoked salmon, smashed avocado & capers. (NGO)  
- Honey roasted ham, sliced cheddar cheese & wholegrain mustard. (NGO)  
- Crumbled feta, fresh tomatoes & balsamic glaze. ✔ (NGO)  
- Houmous, nut-free pesto, fresh chopped tomatoes & rocket leaves. ✔ (VeO) (NGO)  
- Smashed avocado, a squeeze of lemon & a drizzle of chilli oil. ✔ (VeO) (NGO)
- Spicy Veggie Chili** ✔ (VeO) (NGO) 7.95  
Served with tortilla chips.
- Smashed Avocado & Tomato on Toast** ✔ (VeO) (NGO) 7.95  
Smashed avocado, fresh tomato, crumbled feta, mixed seeds & balsamic dressing on toasted artisan bread.
- Chicken Caesar Salad** (NGO) 8.95  
British free-range chicken topped with croutons on a bed of mixed salad leaves, sprinkled with Italian Parmesan cheese and Caesar dressing.
- Avocado Salad** ✔ (VeO) (NGO) 8.95  
Freshly chopped tomato with smashed avocado, mixed salad leaves, fresh peppers, crumbled feta, mixed seeds, toasted croutons & balsamic dressing.
- Scottish Smoked Salmon Salad** (NGO) 9.50  
Scottish smoked salmon on a bed of mixed salad leaves with toasted croutons, capers & drizzled with olive oil & fresh lemon.

## CAKES

All of our cakes are made by local independent bakers. Just pop up to the counter for a look at today's selection. We also offer a selection of gluten-free, dairy-free & vegan cakes & scones. Just ask a member of the eteaket team!

✔ **Vegetarian** (VeO) **Vegan options available** (NGO) **Non gluten options available**  
Please note our kitchen handles gluten, nuts & other known allergens, so cross-contamination of ingredients is possible and we cannot guarantee allergen-free dishes or drinks.

Gluten-free bread & dairy-free butter is available on request - just ask! Please note our kitchen handles gluten, nuts & other known allergens, so cross-contamination of ingredients is possible.



@eteaket

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# eteaket

## LEAF TEA EXPERTS



# AFTERNOON TEA



The classic three tiers!

Afternoon Tea classic 16.95

...with a glass of fizz! 20.95

Your choice of sandwich from below, a freshly baked scone (fruit or plain!) with raspberry preserve, Cornish Clotted Cream, a selection of mini patisseries and a pot of your choice of any of our teas or tea lattes.

### Sandwich choices

- Freshly prepared tuna in a light lemon mayonnaise. (NGO)
- Sliced roast chicken, nut-free pesto mayonnaise. (NGO)
- Scottish smoked salmon, smashed avocado & capers. (NGO)
- Honey roasted ham, sliced cheddar cheese & wholegrain mustard. (NGO)
- Crumbled feta, fresh tomatoes & balsamic glaze. ✔ (NGO)
- Houmous, nut-free pesto, fresh chopped tomatoes & rocket leaves. ✔ (VeO) (NGO)
- Smashed avocado, a squeeze of lemon & a drizzle of chilli oil. ✔ (VeO) (NGO)

# HIGH TEA



Perfect for those looking for a lighter afternoon tea experience or for the little brewers!

9.95

Your choice of half sandwich, a freshly locally baked scone (fruit or plain) with raspberry preserve, Cornish Clotted Cream, a mini patisserie and a pot of your choice of any of our teas or tea lattes.

### Half-sandwich choices

- Freshly prepared tuna in a light lemon mayonnaise. (NGO)
- Sliced roast chicken, nut-free pesto mayonnaise. (NGO)
- Scottish smoked salmon, smashed avocado & capers. (NGO)
- Honey roasted ham, sliced cheddar cheese & wholegrain mustard. (NGO)
- Crumbled feta, fresh tomatoes & balsamic glaze. ✔ (NGO)
- Houmous, nut-free pesto, fresh chopped tomatoes & rocket leaves. ✔ (VeO) (NGO)
- Smashed avocado, a squeeze of lemon & a drizzle of chilli oil. ✔ (VeO) (NGO)

# CREAM TEA

Indulge in a delicious scone, baked fresh for us by our local bakers. Gluten free & vegan scones available on request! Vegan cream also available.

A pot of any eteaket tea or tea latte with a freshly baked fruit or plain scone served with Cornish clotted cream & raspberry preserve. 5.50

# PROSECCO



A chilled glass or bottle of bubbly Prosecco never goes amiss, cheers!

**Prosecco Frizzante, Casagheller** Glass £5.95 | Bottle £17.95

# FOR THE LITTLE BREWERS!



Under 12 years.

**Bagel Bundle** ✔ (VeO) (NGO) 4.95

A Toasted bagel with your choice of butter / honey / raspberry preserve or chocolate spread (palm oil free).  
+ kid's sized fruit juice or **Caffeine Free** cold brew of the day.  
+ a mini patisserie.

**Fruit Sunshine** ✔ (VeO) (NGO) 3.50

Fresh Banana with a mini patisserie.  
+ fruit Juice or **Caffeine Free** cold brew of the day.

**Tasty Toastie** ✔ (VeO) (NGO) 4.50

Served with tortilla chips.  
- Choose from sliced cheddar cheese or honey roasted ham.

# BLACK TEA

To produce black tea, the leaves are withered, rolled, fermented & fired. Full fermentation gives the leaves their dark colour & allows flavours to be released.



- Breakfast Blend** ✔ (VeO) (NGO) 2.95  
Origin: Sri Lanka, Assam & India
- Royal Earl Grey** 2.95  
Origin: Sri Lanka, Assam & India
- Bollywood Dreams Chai** 2.95  
Origin: Anhui, China
- Decaf Breakfast** ✔ (VeO) (NGO) 3.10  
Caffeine Free Origin: Sri Lanka
- Decaf Royal Earl Grey** ✔ (VeO) (NGO) 3.10  
Caffeine Free Origin: Sri Lanka
- Second Flush Darjeeling** 3.10  
Origin: Darjeeling, India
- Chocolate Abyss** 3.10  
Origin: Anhui, China
- Life's A Peach** 3.10  
Origin: Sri Lanka
- Lapsang Souchong** 3.10  
Origin: Mount Wuyi, Fijian Province
- Tomatin Whisky Tea** ✔ (VeO) (NGO) 3.10  
Scottish twist  
Origin: Mount Wuyi, Fijian Province, Sri Lanka, Assam. Finished in Scotland.

# OOLONG TEA

Oolongs are semi-fermented, fragrant & full bodied & are widely enjoyed for their digestive benefits.



- Orange Oolong Supreme** 3.50  
Origin: Shin Bei, Taiwan
- Yellow Gold Oolong** 3.50  
Origin: Nantou Hsien, Taiwan

# GREEN TEA

The leaves are unfermented, which preserves the natural properties, making them a healthy & enjoyable drink.



- Gunpowder Deluxe** 2.95  
Origin: Anhui Province, China
- Genmaicha** 3.10  
Origin: Fujian Province, China
- Jasmine Chun Hao** 3.10  
Origin: Anhui Province, China
- Blooming Marvellous** 2.95  
Origin: Zhejiang Province, China
- Dragonwell Delight** 3.50  
West Lake, Langjing, China
- Jasmine Pearls** 3.50  
Origin: Anhui Province, China
- Gyokuro** 3.50  
Origin: Shizuoka, Japan
- Rose Flower Blossom** 3.95  
Origin: Yunnan, China  
GLASS POT  
Watch this tea unfurl & blossom beautifully when steeped in hot water.

# WHITE TEA

A rare & delicate tea. New buds are plucked from the tea bush before they have fully opened. They are then withered to allow moisture to evaporate before they are dried.



- Silver Needle** 3.50  
Origin: Anhui Province, China
- White Peony** 3.10  
Origin: Anhui Province, China
- White Peach** 3.10  
Origin: Zhejiang Province, China

# ROOIBOS TEA

Rooibos, meaning 'Red Bush' is a naturally caffeine-free herb from South Africa with a distinctive warming flavour. No matter how you pronounce it, this is an amazing alternative to a classic decaf brew.



- Big Red Rooibos** ✔ (VeO) (NGO) 2.95  
Caffeine Free Origin: Cedarberg, South Africa
- Chilli Rooibos** 3.10  
Caffeine Free Origin: Cedarberg, South Africa
- Blueberry Rooibos** ✔ (VeO) (NGO) 3.10  
Caffeine Free Origin: Cedarberg, South Africa

# HERBAL & FRUIT



Herb & fruit teas don't contain any tea. They tend to relax, invigorate & refresh.

- Perfect Peppermint** ✔ (VeO) (NGO) 2.95  
Caffeine Free Origin: Germany
- Chillaxin' Chamomile** 2.95  
Caffeine Free Origin: Egypt
- Cranberry Apple Riot** 2.95  
Caffeine Free
- Lemon & Ginger** 3.10  
Caffeine Free
- Purple Rain Blue Tea** 3.10  
Caffeine Free
- Strawberries & Cream** 3.10  
Caffeine Free
- Sea Buckthorn** 3.10  
Caffeine Free Scottish twist
- Isle Of Harris Gin Tea** 3.10  
Caffeine Free Scottish twist

# TEA LATTES



All of our tea lattes are made with a strong brew of tea and our signature sweetened milk (or alternative milk if you prefer)! Our teas are so versatile that most of them can be made into a tea latte, just ask!

- Matcha Latte - Ceremonial or Celtic Kombu** 3.50
- Chai** 3.50
- Scotch Mist** 3.50
- Chocolate Abyss** 3.50
- Big Red Rooibos** 3.50  
P.S. Add a real health kick to your tea latte for + £0.50! Choose from beetroot, charcoal or turmeric powder and be amazed when your latte turns pink / black or yellow! Wowwee!

# TEA MOCKTAILS & COCKTAILS



- | MOCKTAILS                             | COCKTAILS                           |
|---------------------------------------|-------------------------------------|
| <b>Iced Chai</b> 3.95                 | <b>Royal Earl Grey G&amp;T</b> 7.95 |
| <b>Iced Tea Spritz</b> 4.95           | <b>Espresso Mar-tea-ni</b> 7.95     |
| <b>Matcha OJ</b> 5.95                 | <b>Cosmopoli-tea-n</b> 7.95         |
| <b>Perfect Peppermint Mojito</b> 4.95 | <b>Chai White Russian</b> 7.95      |
|                                       | <b>Purple Rain Hot Toddy</b> 7.95   |
|                                       | <b>Boozy Iced Tea</b> 7.95          |

# COFFEE

- |                 |                 |
|-----------------|-----------------|
| Espresso 2.95   | Latte 3.25      |
| Americano 2.95  | Cappuccino 3.25 |
| Flat White 3.25 | Mocha 3.65      |

# HOT CHOCOLATE

- |                                      |  |
|--------------------------------------|--|
| 70% Dark Hot Chocolate 3.65          | Alternative milk & vegan whipped cream options available - just ask! |
| Ivory Coast White Hot Chocolate 3.65 |  |

# SOFT DRINKS

- |                                 |                              |
|---------------------------------|------------------------------|
| Bon Accord Bona Cola 3.95       | Bon Accord Ginger Beer 3.95  |
| Bon Accord Grapefruit Soda 3.95 | Bon Accord Rhubarb Soda 3.95 |
| Bon Acoord Cloudy Lemonade 3.95 | Orange / Apple Juice 2.95    |

Shop online at [www.eteaket.co.uk](http://www.eteaket.co.uk)  
We have a fabulous website where we sell our full range of teas, loose leaf as well as tea bags (all 100% plastic-free) & we ship Worldwide!

**Our Concept Retail Store is 2 minutes away!**  
Our full range of teas and accessories can be found at 111 Rose Street. A two minute walk from here...



We are a member of **Ethical Tea Partnership** **Cuppas for Causes** More than just a cup of tea **Health & Wealth**