



BREAKFAST

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



- Bacon Maple Bagel** (NGO) 5.50
A freshly toasted bagel, topped with three rashers of crispy bacon & drizzled with maple syrup.
- Scrambled Egg Bagel** (V) (NGO) 5.50
A freshly toasted bagel, topped with free-range scrambled eggs, finished with cracked black pepper.
- Morning Toasted Bagel** (V) (VeO) (NGO) 4.50
With your choice of either butter, honey, raspberry preserve, or chocolate spread (palm oil free!).
- Smoothie Bowl** (V) (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** (V) (NGO) 7.95
Smashed avocado, free-range scrambled eggs & a dash of chilli oil on toasted artisan bread.
- Scottish Porridge** (V) (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** (V) (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.
- Sandwich (NGO) or Bagel** 7.50
All served with Tortilla chips, coleslaw, salad and mixed seeds.
- Sliced roast chicken, nut-free pesto mayonnaise. (NGO)
- Scottish smoked salmon, smashed avocado & capers. (NGO)
- Houmous, nut-free pesto, fresh chopped tomatoes & rocket leaves. (V) (VeO) (NGO)
- Smashed avocado, a squeeze of lemon & a drizzle of chilli oil. (V) (VeO) (NGO)
- Spicy Veggie Chilli** (V) (VeO) (NGO) 7.95
Served with tortilla chips.
- 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.
- 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!

(V) 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.

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

- Sliced roast chicken, nut-free pesto mayonnaise. (NGO)
- Scottish smoked salmon, smashed avocado & capers. (NGO)
- Houmous, nut-free pesto, fresh chopped tomatoes & rocket leaves. (V) (VeO) (NGO)
- Smashed avocado, a squeeze of lemon & a drizzle of chilli oil. (V) (VeO) (NGO)

HIGH TEA

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



- 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. 9.95

Half-sandwich choices

- Sliced roast chicken, nut-free pesto mayonnaise. (NGO)
- Scottish smoked salmon, smashed avocado & capers. (NGO)
- Houmous, nut-free pesto, fresh chopped tomatoes & rocket leaves. (V) (VeO) (NGO)
- Smashed avocado, a squeeze of lemon & a drizzle of chilli oil. (V) (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, Casagheiler** Glass £5.95 | Bottle £17.95

FOR THE LITTLE BREWERS!

Under 12 years.



- Bagel Bundle** (V) (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** (V) (VeO) (NGO) 3.50
Fresh Banana with a mini patisserie.
+ fruit Juice or Caffeine Free cold brew of the day.
- Tasty Silced Cheddar Toastie** (V) (VeO) (NGO) 4.50
Served with tortilla chips.

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

OOLONG TEA

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



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

GREEN TEA

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



- Gunpowder Deluxe** Origin: Anhui Province, China 2.95
- Genmaicha** Origin: Fujian Province, China 3.10
- Jasmine Chun Hao** Origin: Anhui Province, China 3.10
- Blooming Marvellous** Origin: Zhejiang Province, China 2.95
- Dragonwell Delight** West Lake, Longjing, China 3.50
- Jasmine Pearls** Origin: Anhui Province, China 3.50
- Gyokuro** Origin: Shizuoka, Japan 3.50
- Rose Flower Blossom** Origin: Yunnan, China GLASS POT 3.95
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** Origin: Anhui Province, China 3.50
- White Peony** Origin: Anhui Province, China 3.10
- White Peach** Origin: Zhejiang Province, China 3.10

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** Caffeine Free Origin: Cedarberg, South Africa 2.95
- Chilli Rooibos** Caffeine Free Origin: Cedarberg, South Africa 3.10
- Blueberry Rooibos** Caffeine Free Origin: Cedarberg, South Africa 3.10

HERBAL & FRUIT

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



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

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

COFFEE

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

HOT CHOCOLATE

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

SOFT DRINKS

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|---------------------------------|------------------------------|
| 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
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...

