

BRUNCH

Served until 2pm every day.



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

| | |
|---|------|
| BLT Bagel (NGCI) | 6.25 |
| Three rashers of crispy bacon served with crisp lettuce, sliced tomato & Dijon-mayo on a freshly toasted bagel. | |
| Scrambled Egg Bagel (NGCI) | 5.75 |
| A freshly toasted bagel, topped with free-range scrambled eggs, finished with cracked black pepper. | |
| Morning Toasted Bagel (VeO) (NGCI) | 4.95 |
| With your choice of either butter, honey, raspberry preserve, or chocolate spread (palm oil free!). | |
| Smoothie Bowl (VeO) (NGCI) | 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 -Strawberry / Banana -Add Matcha for a health kick (+ £1.50) | |
| Smoked Salmon & Scrambled Eggs on Toast (NGCI) | 8.45 |
| Scottish smoked salmon & free-range scrambled eggs with fresh lemon on toasted artisan bread, drizzled with olive oil. | |
| Spiced Banana French Toast (VeO) | 8.95 |
| Artisan sourdough spiced with cardamom & cinnamon with honeyed bananas & whipped cream. | |
| Scottish Porridge (VeO) (NGCI) | 4.95 |
| Scottish porridge oats topped with sliced banana, chia seeds & a drizzle of honey. | |

LUNCH

All day.



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|---|------|
| Homemade Soup of the Day (VeO) (NGCI) | 4.95 |
| With locally sourced artisan bread OR Scottish outcakes with butter. | |
| Soup of the Day with a half Sandwich | 7.50 |
| With your choice of a half sandwich from the sandwiches menu below. | |
| Sandwich (NGCI) or Bagel - All served with a dressed garden salad. | 7.95 |
| - Cajun Chicken Mayo. (NGCI) - Smoked salmon, lemon cream cheese & rocket. (NGCI) - Baba Ganoush, cucumber & pumpkin seeds. (NGCI) - Smoked cheddar with apple & tomato chutney. (NGCI) - Wiltshire ham with wholegrain mustard. (NGCI) | |
| Green Thai Broccoli & Bean Curd Curry (VeO) | 9.95 |
| Served with flatbread. | |
| Veggie Chilli with Sour Cream & Guacamole (VeO) | 9.95 |
| Served with flatbread. | |

COLD BREW TEA FLIGHT

A selection of long-steeped, cold brew teas served chilled. 5.95
Lapsang Souchong / **Blooming Marvellous** / **Silver Needle** / **Orange Oolong Supreme** / **Sea Buckthorn**

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!

(VeO) Vegetarian (VeO) Vegan options available (NGCI) Ask for non-gluten containing ingredient alternatives.

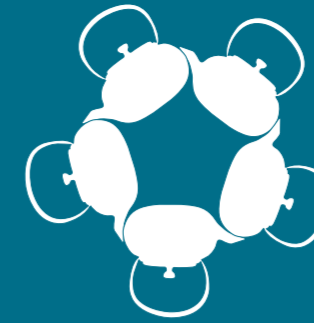
Please note our kitchen handles gluten, nuts & other known allergens, so cross-contamination of ingredients is possible and we cannot guarantee allergen-free dishes or drinks.

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.

Menu updated:
November 2021
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eteaket

leaf tea co



AFTERNOON TEA

The classic three tiers!



Afternoon Tea classic 17.95
...with a glass of fizz! 21.95
 NGCI & vegan alternatives available supplement £1.65

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

- Cajun Chicken Mayo. (NGCI)
- Smoked salmon, lemon cream cheese & rocket. (NGCI)
- Baba Ganoush, cucumber & pumpkin seeds. (NGCI)
- Smoked cheddar with apple & tomato chutney. (NGCI)
- Wiltshire ham with wholegrain mustard. (NGCI)

HIGH TEA

Perfect for those looking for a lighter afternoon tea experience. (NGCI)



High Tea 10.95
 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

- Cajun Chicken Mayo. (NGCI)
- Smoked salmon, lemon cream cheese & rocket. (NGCI)
- Baba Ganoush, cucumber & pumpkin seeds. (NGCI)
- Smoked cheddar with apple & tomato chutney. (NGCI)
- Wiltshire ham with wholegrain mustard. (NGCI)

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. (NGCI)



A pot of any eteaket tea or tea latte with a freshly baked fruit or plain scone served with Cornish clotted cream & raspberry preserve. 6.25

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.



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| Bagel Bundle (VeO) (NGCI) | 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. | |
| Little Brewers High Tea (VeO) | 5.95 |
| Half a sandwich from our menu & a mini patisserie. + Selection from tea, cold brew of the day, or fruit juice. | |
| Tasty Silced Cheddar Toastie (VeO) (NGCI) | 4.50 |
| Served with cucumber sticks & tomatoes. | |

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.

100°C 3 mins
BLACK

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|---|----------|
| Breakfast Blend Origin: Sri Lanka, Assam & India | POT 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, Fujian Province | 3.10 |
| Tomatin Whisky Tea Scottish twist Origin: Mount Wuyi, Fujian Province, Sri Lanka, Assam. Finished in Scotland. | 3.10 |
| Keep The Heid in collaboration with Scottish Water | 3.10 |

OOLONG TEA

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

95°C 3 mins
OOLONG

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| Orange Oolong Supreme Origin: Shin Bei, Taiwan | POT 3.50 |
| Yellow Gold Oolong Origin: Nantou Hsien, Taiwan | 3.50 |
| Milky Oolong Origin: Nantou County, Taiwan | 3.50 |

GREEN TEA

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

95°C 3 mins
GREEN

| | |
|---|----------------|
| Gunpowder Deluxe Origin: Anhui Province, China | POT 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 |
| Positivitea in collaboration with Social Bite. | 3.10 |
| Rose Flower Blossom Origin: Yunnan, China Watch this tea unfurl & blossom beautifully when steeped in hot water. | GLASS POT 3.95 |

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.

80°C 3 mins
WHITE

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| Silver Needle Origin: Anhui Province, China | POT 3.50 |
| White Peony Origin: Anhui Province, China | 3.10 |
| White Peach Origin: Zhejiang Province, China | 3.10 |

INFUSIONS

Infusions don't contain any tea leaves from the Camellia sinensis plant. Infusions tend to relax, invigorate & refresh.

100°C 5-7 mins
INFUSION
(CAFFEINE FREE)

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|--|----------|
| Big Red Rooibos Caffeine Free Origin: Cedarberg, South Africa | POT 2.95 |
| Chilli Rooibos Caffeine Free Origin: Cedarberg, South Africa | 3.10 |
| Blueberry Rooibos Caffeine Free Origin: Cedarberg, South Africa | 3.10 |
| Perfect Peppermint Caffeine Free Origin: Germany | 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!



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|--------------------------------|------|
| Ceremonial Matcha Latte | 3.50 |
| Chai | 3.50 |
| Scotch Mist | 3.50 |
| Chocolate Abyss | 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 COCKTAILS



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|--|------|
| Buckthorn Bellini Blitzed peach, vanilla & Sea Buckthorn tea, finished with Prosecco. | 7.95 |
| Positivitea Gin Bramble Gin, fresh lemon & Positivitea green tea with blackberries, served over crushed ice. | 7.95 |
| Chilli Rooibos & Strawberry Margarita Fresh strawberries, shaken with Chilli Rooibos tea, Tequila & lime. | 7.95 |
| Chai White Russian Bollywood Dreams Chai tea with cinnamon & cloves, shaken with Vodka & layered with sweetened cream. | 7.95 |
| <i>Ask about today's cold brew for a chilled alcohol-free tea!</i> | 3.50 |

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 & cream options available! +£0.50 |
| Ivory Coast White Hot Chocolate | 3.65 | |

SOFT DRINKS

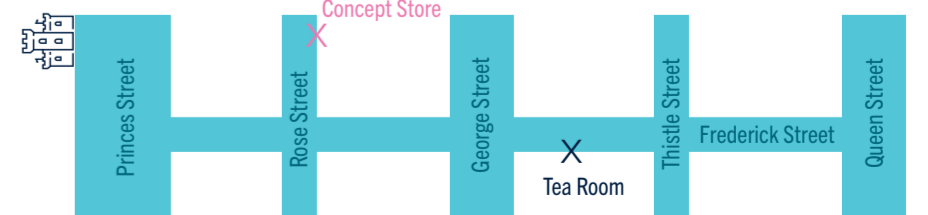
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|----------------------------|------|-------------------------|------|
| Fentimas Cola | 3.95 | Bon Accord Ginger Beer | 3.95 |
| Bon Accord Grapefruit Soda | 3.95 | Bon Accord Rhubarb Soda | 3.95 |
| Bon Accord Cloudy Lemonade | 3.95 | Orange / Apple 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 & range of teaware. We also 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

In aid of Health 4 Mind