

# Vintage Tea House

## Light Bites

- **Homemade Scone with Butter only** £2.50
- **Homemade Scone with Clotted Cream & Boddingtons Farm Strawberry Jam** £3.50
- **Toasted Tea Cake with Butter** £1.90
- **Toasted Bagel with Butter, Plain or Cinnamon & Raisin** £1.80
- **2 Slices of Toast with Butter & Jam** £1.80
- **Bacon Sandwich** £3.75
- **Bacon & Egg Sandwich** £3.95
- **Scrambled Eggs on Toast** £3.75
- **Smoked Salmon & Scrambled Eggs on Toast** £5.95
- **Eggs Benedict (*Toasted Muffin with Poached Egg, Ham & Hollandaise Sauce*)** £4.50
- **Side Salad of Rocket, Cucumber, Parmesan, Omega Seeds & Balsamic Dressing** £3.55
- **Side Salad of Quinoa, Chickpea, Carrot & Parsley** £3.55
- **Houmous & Two Toasted Flatbread Wraps** £3.45
- **Soup of The Day with Granary Bread & Butter** £4.25
- **Greek Meze – Houmous, Taramosalata, Tzatziki, Feta, Olives & Toasted Flatbread** £6.25

## Flatbread Wraps

- **Chicken, Avocado & Mayo with Salad Flatbread Wrap** £5.95
- **Toasted Wrap - Chicken, Swiss Cheese & Red Onion Marmalade** £5.75
- **Toasted Wrap – Brie, Spicy Mango Chutney, Peppers & Rocket** £5.95
- **Toasted Wrap – Houmous, Feta, Roasted Peppers & Fresh Basil** £5.75

## Toasted Paninis

- **Tuna & Mozzarella Panini Melt** £5.50
- **Mozzarella and Sun-Dried Tomatoes with Fresh Basil Panini** £5.50
- **Goats Cheese, Home-Made Plum Chutney & Rocket Panini** £5.75
- **Bacon & Brie Panini Melt** £5.95

## Traditional Sandwiches – white or wholemeal bread

- **VTH Club Sandwich, Roast Chicken Breast, Bacon, Swiss Cheese, Lettuce, Tomato, Mayo** £6.75
- **Ham, Mustard & Salad** £5.45
- **Tuna/Mayo & Salad** £5.25
- **Prawn, Lettuce & Marie-Rose Sauce** £5.45
- **Cheddar Cheese & Homemade Spicy Apricot Chutney** £5.50
- **Smoked Salmon, Cream Cheese & Cress** £5.95
- **Ham & Mature Cheddar Cheese Toasted Sandwich** £5.50
- **Prawn & Avocado & Marie-Rose Sauce Open Sandwich with Salad** £6.50

## Lunch Menu

- **Roast Chicken Breast with Rocket, Cucumber, Linseeds and Homemade Carrot & Cumin Chutney** £6.95
- **Crayfish Salad with Avocado, Roast Peppers, Rocket, Cucumber and Lemon Dressing** £6.95
- **Greek Salad with Feta, Peppers, Olives, Tomatoes, Cucumber, Onion, Oregano & White Wine Vinaigrette** £6.50
- **Antipasti Plate with Parma Ham, Salami, Olives, Roasted Vegetables & Chunky Granary Bread** £6.95
- **Goats Cheese Salad with Roasted Peppers, Rocket, Fresh Herbs and Balsamic Dressing** £6.95
- **Superfood Salad - Broccoli, Garden Peas, Cucumber, Toasted Omega Seeds, Quinoa, Feta & Parsley with a Lemon & Olive Oil Dressing** £6.25
- **Ploughman's - Mature Cheddar, Brie or Ham, with Chunky Granary Bread, Pickles, Apple & Salad** £6.50
- **Jacket Potato with either Cheddar, Feta, Roasted Red Peppers, Tuna/Mayo, Coleslaw, Sweetcorn or Baked Beans** £5.50

(Each additional filling add 70p)



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## Pot of Tea for one £1.80

English Breakfast / Earl Grey / Lady Grey  
Darjeeling / Lapsang Soochong / Assam  
Caffeine Free Black Tea

## Coffee

Fair Trade Cafetiere of Coffee (per person) £1.80  
Café Francais (strong/dark roast)  
Breakfast (medium roast)  
Decaf Coffee (mild)

## Herbal & Fruit Pot of Tea for one £2.00

Super Fruit  
Summer Flower  
Organic Honey Bush & Rooibos  
Peppermint Leaves  
Mao Feng Green Tea  
Liquorice & Mint  
Organic Silver Tips White Tea  
Jasmine Dragon Pearls  
Pure Lemongrass  
Camomile Flowers  
Lemon & Ginger  
Spicy Chai  
Skin Purify – Red Clover, Nettle Leaves & Dandelion Leaves  
Detox Tea – Dandelion root, Burdock root & Spearmint



## Hot Chocolate

Green & Blacks Hot Chocolate	£1.90 (with Cream £2.30)
Cadbury's Hot Chocolate	£1.90 (with Cream £2.30)
Hot White Chocolate	£1.90 (with Cream £2.30)

## Cold Drinks

Belvoir Organic Cordials	£1.60
Choose from: Elderflower / Blueberry / Ginger / Blackberry & Apple Pomegranate & Raspberry / Lime & Lemongrass / Raspberry & Rose	
Breckland Orchard Lightly Fizzy Drinks	£2.20
Cloudy Lemonade / Blackcurrant & Raspberry Cranberry & Rosehip / Ginger Beer & Chilli	
Still or Sparkling Water / Coke / Diet Coke	£1.50
Glass of Apple Juice / Orange Juice / Cranberry Juice	£1.50

Milkshakes - Strawberry / Chocolate / Vanilla	£2.50
Knickerbockerglory	£3.50
Banana Split	£2.95
Bowl of Ice-Cream, Sauce & Sprinkles	£2.50

French Wine by the glass, White or Red	£2.85
PIMMS O'CLOCK!! Pimms & Lemonade	£3.25
Bottled Beer	£2.95