

*Harriets*  
Est. 1999  
CAFÉ • TEAROOMS

MENU

*Bury St Edmunds • Cambridge • Norwich*

*“The Affordable Luxury”*

[www.harrietscafetearooms.co.uk](http://www.harrietscafetearooms.co.uk)

# Who is Harriet?



Harriet recalls a fondness for the stories her Grandmother, Mary, used to tell. Most notably about the trips to the Lyons Corner Houses in London with cousin Joan. Mary was first taken to a Corner House in 1932 on the junction between Oxford Street and Tottenham Court Road when she was 12 as a treat for her birthday. She had only previously been allowed to marvel through the window at the lucky souls being served cakes and fresh tea by smartly dressed Nippies.

She often thought she may like to work there one day, just to look so smart like all the others. It was always so light and bustling and she later suspected it would be far better to be served than to be the Nippie and work so hard.

After that first visit, Mary used to frequently visit the Corner Houses, and the Oxford Street branch always remained the favourite. Shopping trips with cousin Joan always used to be interrupted by a stop for tea and a light lunch. On one occasion they got so lost in the spoils of shopping for themselves that they missed lunch and stumbled in for Afternoon Tea. Fresh sandwiches always followed by scones and cakes, “what a treat” she thought. Mary always said this was the only lunch she never ever minded missing.

The English Charm within the stories Mary told stayed with Harriet into adulthood. When the time was right, these stories ignited a passion for a business that would hold many of the values depicted in her grandmother’s stories. Harriets own attention to detail and the English charm and elegance of the Corner Houses with their Nippies have evoked a business style at the centre of the brand today.

We hope you enjoy what we believe to be

*“A Truly English Experience”*

## ***Your Comments***

Your comments will help guide us in making your next visit to Harriets more enchanting.

Please give your views either to a member of staff or alternatively,  
visit our comments section on our website:

[www.harrietscafetearooms.co.uk](http://www.harrietscafetearooms.co.uk)

# Our Tearooms

Harriets first opened in Bury St Edmunds in 2001 and Cambridge City Centre in 2012. We shortly followed this with our Norwich tearooms in 2015. All can be found in the city centres and exude the same distinctive Harriets style. We are a family owned business and hope you enjoy what we believe to be “A Truly English Experience”.


## Children’s Facilities

Please ask a member of staff for our children’s menu. For high chairs and baby-changing facilities please ask a member of staff. However, Harriets cannot be held responsible for any accidents occurring during their use. Unfortunately, due to Health and Safety regulations, we are unable to warm baby food in our kitchen, although we are able to provide you with a pot of hot water for warming milk at your table.

## Dietary Requirements & Allergies

If you have any dietary requirement or allergies and would like to know the full content of any dishes mentioned please consult a member of staff for an allergy sheet.

## Vegetarian & Gluten Free Dishes

The symbol  appearing next to several of our menu items indicate that these dishes are suitable for vegetarians.

Please ask a member of staff for our Gluten Free Menu.

## Pianist

On selected afternoons throughout the week/weekends our pianists perform in the Tearooms. Ask a Manager for playing times and make a date to unwind at Harriets.

## Website

Discover Harriets on the web by visiting [www.harrietscafetearooms.co.uk](http://www.harrietscafetearooms.co.uk)  
Shop online, download menus, application forms, view images, leave feedback and keep up to date with what’s happening all day, every day.

## Buffets

Let Harriets create that special event at home or at work.  
All types of occasions can be catered for.  
Pick up a leaflet or visit our website for more details.

In the interest of all our customers please refrain from using your mobile telephones.

© Harriets Cafe Tearooms Ltd October 2017

# House Blend Teas

Over the years we have fine-tuned our exclusive blends of breakfast tea using only the best ingredients to ensure maximum flavour.



## Harriets Special Blend N°.6

A specially selected blend from East Africa and Ceylon. A well balanced, golden liquor tea with a brisk and refreshing flavour.

*Pot for One*

*Pot for Two*

£3.05

£5.45

## Decaffeinated

A blend of East African teas, decaffeinated by a natural process.

*Pot for One*

*Pot for Two*

£3.05

£5.45

## Harriets Anniversary Blend N°.2

A masterfully blended tea to celebrate our 15th anniversary.

Blended from Assam, Kenya and Rwanda.

Easy drinking with a strong, rich flavour.

*Pot for One* £3.25 • *Pot for Two* £5.75



# Speciality Teas

Our speciality teas are carefully selected by our tea experts to provide a delicious and authentic tea experience. Please ask a member of staff for help choosing the right tea for you.



## Black Tea

### Darjeeling

A light and delicate tea from high in the foothills of the Himalayas with a subtle muscatel flavour.

*Pot for One* £3.75

### Russian Caravan

Blended from exotic teas that were traded along the old silk route from China into Europe. Slightly smoky.

*Pot for One* £3.55

### Rooibos (Red Bush)

From the leaves of the Red Bush that grow in South Africa. Contains no caffeine.

*Pot for One* £3.45

### Assam

From the top tea estates in Assam, the hand twisted leaves give a full bodied flavour with a distinctive malt taste.

*Pot for One* £3.95

### Earl Grey “Blue Lady”

Black China tea with natural oil of Bergamot and blue mallow flowers providing a more elegant and fragrant taste.

*Pot for One* £3.45

### Lapsang Souchong

The leaves are traditionally withered in baskets over smoking pine chips to provide a distinctive smoky flavour.

*Pot for One* £3.50

## Herbal & Fruit Teas

### Gunpowder Green

A classic green China tea from the Zhejiang province of China, the leaves are hand rolled and dried in pans over fire leaving the delicate and subtle flavour.

*Pot for One* £3.55

### Green Jasmine

The most famous scented tea in China, infused with the aroma of jasmine blossoms resulting in a subtly sweet and highly fragrant flavour.

*Pot for One* £3.55

### Bouquet Royale Tisane

A 100% fruit tisane with eight fruits including blackberry, blueberry, raspberry and strawberry.

*Pot for One* £3.65

### Blood Orange Tisane

A 100% fruit tisane with apple, hibiscus and rosehip.

*Pot for One* £3.65

### Rose Chocolate Tisane

A light and delicate green tea with cocoa peel and red rose petals to leave a subtle sweet finish.

*Pot for One* £3.55

### Chai Green

Exotic spices of chai combined with green tea leaves, cardamom, cinnamon, clove and orange peel. A flavourful and unique experience.

*Pot for One* £3.65

### Peppermint Tisane

Organically grown for purity, providing a clean, refreshing and aromatic flavour.

*Pot for One* £3.55

## White & Oolong Tea

### Pai Mu Tan

A White tea with a pale yellow liquor and a soft, delicate flavour with a hint of nuttiness.

*Pot for One* £3.45

### Oolong

A half fermented Oolong Tea delicately blended with aronia berries, mango cubes, rose petals and passion fruit.

*Pot for One* £3.45

# Coffee

All of our exclusive Harriets coffee blends are continually monitored to ensure the quality provides the richest flavours. Refer to our strength guide to choose a coffee to your liking.



## Strength Guide

- ① Light to Medium Roast    ② Medium Roast    ③ Medium to Dark Roast  
④ Dark Roast    ⑤ Very Dark Roast

## House Blend Coffees

**Harriets Tearoom Blend N°.4** ②  
Central and South American Arabica coffees blended for a rich and full flavoured medium roast coffee.  
*Cup* £2.35  
*Pot for One* £3.55  
*Pot for Two* £6.25

**Harriets Decaffeinated Blend N°.3** ②  
Decaffeinated using a chemical free process & has a rich aroma & full flavour.  
*Cup* £2.35  
*Pot for One* £3.55

**Harriets Royal Blend N°.2** ④  
Combining exquisite Arabica blends from Central & South America for a full flavour dark roast.  
*Cup* £2.45  
*Pot for One* £3.65  
*Pot for Two* £6.35

## Guest Coffee

Please speak to a member of staff

## Single Origin Coffee

**Colombian** ③  
Intense citrus flavour with a clean and sweet aftertaste from the Caldas and Manizales regions of Colombia.  
*Pot for One* £4.35

**Papua New Guinea** ②  
A well balanced, medium roast coffee with light acidity and subtle fruity flavours.  
*Pot for One* £4.55

**Ethiopian** ②  
Bright acidic notes with a clear edge of marzipan and dandelion, underpinned with light floral aromas and a long tart finish.  
*Pot for One* £4.45

**Sumatran** ⑤  
A full bodied dark roast with sweet flavours of dark chocolate and floral aromas from the highland estates of Sumatra Mandheling.  
*Pot for One* £4.85



# Espresso Coffees



**Cappuccino**  
(Decaffeinated available)  
*Regular Cup*  
*Large Mug*

£3.05  
£3.55

**Espresso**  
*Single*  
*Double*

⑤  
£2.25  
£3.20

**Café Latte**  
(Decaffeinated available)  
*Regular Cup*  
*Large Mug*

£3.05  
£3.55

**Americano**  
*Regular Cup*

£3.25

## *add a little extra?*

Why not add a little flavour to your coffee.  
*Caramel, Vanilla, Chai and Hazelnut*

£0.45



# Hot Drinks



## **Hot Belgian Chocolate with Marshmallows**

Made with real Belgian chocolate melted in our kitchen and topped with mini marshmallows.

*Regular mug*  
*Large mug*  
*Children's*

£3.35  
£3.65  
£2.35

## **Hot Mocha**

Made using a single shot of espresso blended with steamed hot Belgian chocolate & topped with whipped cream & a chocolate dusting.

*Regular Mug*  
*Large Mug*

£3.35  
£3.65

# Vouchers

A special gift for a special friend, family member or colleague.



**Five Pounds Voucher**

£5.00

**Miniature Afternoon Tea**

*Price Per Person*

£12.45

**Ten Pounds Voucher**

£10.00

**Savoury Afternoon Tea**

*Price Per Person*

£18.45

**Cream Tea**

£7.05

**Traditional Afternoon Tea**

*Price Per Person*

£17.45

**Celebration Cake**

£9.95

**Special Afternoon Tea**

*Price Per Person*

£19.95

**Champagne Token**

*Glass (125ml)*

£7.55

**Celebration Afternoon Tea**

*Price Per Person*

£25.95

**Prosecco Token**

*Glass (125ml)*

£5.55

Our full range of vouchers can be purchased online. This perfect gift can be dispatched immediately and suits many special occasions. For your convenience check online for Afternoon Tea booking availability through our contact form. Just visit [www.harrietscafetearooms.co.uk](http://www.harrietscafetearooms.co.uk).

# All Day Breakfast



## Traditional Breakfast Grill

Two free range eggs of your choice, two bacon rashers, baked beans, hash browns & a slice of toast. £7.35

## Full Breakfast Grill

Free range egg, bacon, sausage, baked beans, hash browns, mushrooms, black pudding, tomato & a slice of toast £9.45

## Vegetarian Breakfast Grill

Two free range poached eggs, vegetarian sausage, plum tomato, baked beans, hash brown, mushrooms, avocado & a slice of toast. £9.45

## Free Range Scrambled Egg on Toast

A buttered toasted multiseed bloomer topped with scrambled free range eggs. £6.55  
*with Avocado* £7.15  
*with Salmon* £8.15

## Poached Egg and Avocado on Toast

A toasted brioche bun topped with smashed avocado, two free range poached egg and a sprinkle of chilli flakes. £7.05

## Mushrooms on Toast


A lightly grilled multiseed bloomer topped with creamy mustard mushrooms. £6.55

## Large Toasted Fruit Teacake

Served buttered. £3.25

*Add orange juice or apple juice for  
£2.05 or toast for £1.65*

## Eggs Benedict

A buttered toasted muffin topped with two free range poached eggs & hollandaise sauce. £6.85  
*Spinach (Florentine) * £7.05  
*Ham* £7.05  
*Smoked Salmon (Eggs Royale)* £8.35

## Breakfast Ciabatta

Two fried free range eggs, bacon & hash browns presented on a lightly grilled ciabatta. £7.15

## Granola with Mixed Berries & Yoghurt

Served with honey. £4.45

## Toasted Plain Muffin

Served buttered. £2.45

## Toasted Crumpets

Served buttered. £2.45

## French Toast

A lightly grilled bloomer bread dipped in Harriets sweet cinnamon egg mix served with honey. £4.95

## Toast and Butter

*White or granary bread* £2.15

## Porridge

*Mixed Berry* £4.25  
*Banana, Honey and Flax Seed* £4.25

## Pancake

*Mixed Berry* £4.55  
*Classic Lemon and Sugar* £4.55  
*Chocolate Sauce and Strawberries* £4.55

## Add a little extra



## Pork Sausage

£1.65

## Fried Mushroom

£0.85

## Black Pudding

£1.15

## Tomato

£0.85

## Egg

£1.15

## Bacon

£1.40

## Hash Brown

£1.25

## Baked Beans

£1.15

## Sweet Potato Chips

£3.65

## Chips

Choose from steakcut chips or kids fries. £2.45

## Mixed Leaf Salad

£2.95

## Bread & Butter

£1.35

## Lightly Salted Crisps

£1.25

## Avocado

£1.20


## Grilled Halloumi

£1.45



# Light Meals & Hot Dishes





**Soup of the Day**   
Freshly made soup served with freshly  
baked crusty bread & butter. £5.60  
*See our Specials Board*



**Salmon Fishcakes with Sweet Chilli Jam**  
Two salmon fishcakes, briefly fried & served  
with a sweet chilli jam. £8.15  
Served with salad or chips & peas.

**Fishermans Pie**  
Smoked haddock, smoked salmon & prawns  
in a creamy white sauce topped with mashed  
potato. Served with salad or chips & peas. £7.95

**Cod and Chips**  
A deep fried fillet of cod cooked in a crispy beer  
batter served with mint mushy peas and chips. £8.95

**Halloumi Burger**   
A toasted brioche bun stacked with grilled halloumi,  
roasted peppers, homemade guacamole & baby gem  
lettuce served with sweet potato fries. £9.45

**Jacket Potato**   
With a choice of cheese, baked beans,  
egg mayonnaise, tuna mayonnaise or  
coronation chicken & coleslaw.  
*One filling* £6.95  
*Any two fillings* £7.45

**Harriets Rarebit**  
Two slices of toast topped with a fresh cheddar  
cheese and Ale sauce. Grilled & served with  
Harriets lightly spiced tomato chutney & a  
fresh half salad.  
*Original*  £7.65  
*Poached egg - two poached eggs*  £8.25  
*Harlequin - with bacon* £8.55

**Ham, Egg & Chips**  
Sliced Suffolk ham, two free range fried eggs,  
chips & garden peas. £7.85

**Ham & Leek Pie**  
Leek, ham & mushrooms in a creamy white wine  
& mustard sauce topped with a puff pastry lid.  
Served with chips & peas. £7.95

*Please ask a member of staff for our Gluten Free Menu*

## Sandwiches

All our sandwiches are served on Granary Bread and with a salad garnish.



**Egg, Mayonnaise & Watercress**  £5.35

**Chicken Club with Fried Egg  
& Mayonnaise** £6.55  
*with Bacon* £7.55

**Tuna Mayonnaise  
& Cucumber** £5.55

**Coronation Chicken** £5.65

**Harriets Toasted Rarebit Original**  £6.25  
*with Bacon* £6.85

**Three Cheese & Red Onion Marmalade**   
*Toasted Sandwich* £6.25

**Ham, Cheese & Red Onion**  
*Toasted Sandwich* £6.35

**Avocado, Baby Gem Lettuce  
and Tomato**  £5.45

**Ham, Salad &  
Mild Mustard Mayonnaise** £6.15

**Brie, Rocket & Red Onion  
Marmalade**  £5.65

**Fish Finger, Baby Gem Lettuce  
and Tartare Sauce** £7.55  
*in a Multiseed Bloomer*

**Bacon, Brie & Cranberry Panini** £6.55

**Mozzarella, Tomato  
& Baby Spinach Panini**  £6.55

A three-tiered silver serving stand is the central focus. The top tier holds a variety of pastries, including a round one with yellow filling, a square one with white cream and red fruit, and a small tart with yellow filling. The middle tier is empty. The bottom tier holds two round pastries with white cream and red fruit. The stand is set against a blurred background of a dining table with a white tablecloth and a vase of red and yellow flowers.

## Make it more special...

### **Champagne**

Why not make the occasion a special one & add a glass of our house bubbly.  
A lively champagne with bouquets of ripe fruits and a citrus aroma, with hints of toast & honey.

*Glass (125ml) £7.55*

*Bottle (70cl) £39.50*

### **Prosecco**

An extremely fine sparkling Prosecco. Aromas of wildflowers and almonds are balanced by notes of pear and a refreshingly crisp acidity.

*Glass (125ml) £5.55*

*Bottle (70cl) £28.50*

### **Prosecco Royale**

A fine sparkling Prosecco with a dash of Little Scarlet Gin Liqueur that delivers a bright, clean and refreshing strawberry flavour.

*Glass (125ml) £7.25*

Add a dash of flavour to your Prosecco or Champagne with our syrups.  
*Elderflower, Mango, Pink Grapefruit, Passionfruit, Raspberry £0.50 each*

# Tea Time



## Scones

Handmade every morning, two scones served with butter.

*Plain*

£2.95

*Fruit*

£2.95

*Cheese*

£3.05

*Rarebit Cheese Scones*

£3.05

## Cream Tea

A pot of any of our loose leaf teas or freshly ground coffee, two freshly baked scones, Cornish clotted cream & Harriets strawberry jam.

£7.15

## Miniature Afternoon Tea

For those with a smaller appetite, please ask a member of staff for more details.

*Price per person*

£12.45

## Traditional Afternoon Tea

Harriets Special or Anniversary Blend tea, egg mayonnaise & watercress and ham & English mustard sandwich fingers, freshly baked scones with Cornish clotted cream and Harriets strawberry jam, finished with a selection of miniature sponge cakes.

*Price per person*

£17.45

## Savoury Afternoon Tea

Harriets Special Blend tea or Tearoom Blend coffee, egg mayonnaise and Coronation chicken sandwich fingers, freshly baked rarebit cheese scones with cream cheese, finished with a trio of Harriets homemade savouries, a scotch egg, sausage roll and chicken goujon.

*Price per person*

£18.45


## Special Afternoon Tea

Any tea or coffee of your choice, smoked salmon, cucumber & cream cheese and ham & English mustard sandwich fingers, freshly baked scones with Cornish clotted cream & Harriets strawberry jam, followed by a choice of fresh miniature patisseries and handmade macarons.

*Price per person*

£19.95

*Our Traditional, Special and Savoury Afternoon Teas come with a free drink refill.*

Vegetarian  option for our afternoon teas can be accommodated by prior arrangement.

Please ask member of staff for our Gluten Free Menu.

## Celebration Afternoon Tea

A glass of champagne, any tea or coffee of your choice, including a free refill,

Smoked salmon, avocado and tomato, and chicken finger sandwiches.

Freshly baked scones with Cornish clotted cream & Harriets strawberry jam, followed by a choice of fresh miniature patisseries and handmade macarons.

*Price per person £25.95*

*Add a celebration sponge cake to any afternoon tea for £9.95*

# Macaroons

Handmade with care, visit our patisserie counter or speak to a member of staff for our range of mouth-watering flavours

Our macaroons are gluten and wheat free.



# Cakes & Patisserie



The truly English experience wouldn't be complete without one of our delicious handmade cakes or pastisseries, ranging from those traditional English favourites to tempting creations.

Please ask a member of staff or visit our patisserie counter for today's selection.

## Carrot Cake

*Per slice*

£3.55

## Coffee & Walnut Cake

*Per slice*

£3.55

## Chocolate Cake

*Per slice*

£3.55

## Victoria Sponge Cake

*Per slice*

£3.55

## Lemon Cake

*Per slice*

£3.55

## Almond Cake

Rich and indulgent cake made with pure crushed almonds. Served at room temperature or warmed through with a helping of Cornish clotted cream.

£3.55

## Fudge Brownie

£2.95

## Miniature Patisseries

Choose from our selection of fresh pastries & cheesecakes in our display.

*One*

£2.25

*Two*

£4.10

*Three*

£5.85



# Macaroons



Available in a range of mouth-watering flavours.  
Please ask a member of staff or visit our vibrant patisserie counter.

*Per Macaroon £1.95*

***Or why not take them away with you?***

*Box of 6 Macaroons £8.75*

# Ice Creams



All our premium ice creams come from an award winning dairy farm.  
The dairy farm uses double cream & only natural flavours to make these prestigious ice creams.

*Please speak to a member of staff for this season's flavours*

*Per 3 scoops £5.25*

# Drinks



## Soft Drinks

### Milkshakes

Made with real ice-cream & topped with whipped cream. A choice of Vanilla pod, lemon meringue, banana and butterscotch, pistachio, English strawberry and Belgian Chocolate.

*Adult £3.55 • Children's £2.75*

Coca Cola or Diet Coke	£2.80
Sparkling Pomegranate & Elderflower	£2.80
Sparkling Mango & Coconut	£2.80
Sparkling Ginger & Lemongrass	£2.80
Squash Orange or Blackcurrant.	£1.60

Cold Milk £1.65

Old Fashioned Lemonade  
Topped with a little sorbet. £3.40

Rose Lemonade £3.40

Still Mineral Water  
*Small* £2.35  
*Large* £4.25

Sparkling Mineral Water  
*Small* £2.35  
*Large* £4.25

### Fruit Juices

Orange Juice  
Freshly squeezed. £2.90

Apple Juice  
A blend from local orchards. £2.90

## Alcoholic Beverages

### Champagne

A lively champagne with bouquets of ripe fruits & a citrus aroma with hints of toast & honey.

*Glass (125ml)* £7.55  
*Bottle (75cl)* £39.50

### Prosecco

An extremely fine sparkling Prosecco. Aromas of wildflowers and almonds are balanced by notes of pear and a refreshingly crisp acidity.

*Glass (125ml)* £5.55  
*Bottle (75cl)* £28.50

### Prosecco Royale

A fine sparkling prosecco with a dash of Little Scarlet Gin Liqueur. The tiny wild berries are hand picked and rested in Gin resulting in a liqueur that delivers a bright, clean and refreshing strawberry flavour.

*Glass (125ml)* £7.25

### House Red, White and Rose Wine

*Small Glass (175ml)* £4.55  
*Large Glass (250ml)* £5.55  
*Bottle (75cl)* £14.75

### Old Mout Cider

Old Mout was dreamed up in New Zealand's Moutere Valley, over 65 years ago. The country has always been a playground for the naturally adventurous thinking of tasty new ways to make fruit more useful.

*Pomegranate and Strawberry* £3.55  
*Kiwi and Lime* £3.55

### St Peter's Lager (5.2% ABV 500ml)

Brewed with traditional Hallertau & Styrian hops & lager yeast to give a classic, full-bodied premium beer. £3.95

Add a dash of flavour to your Prosecco or Champagne with our syrups.  
*£0.50 each*

# Instore & Online



Join our mailing list and get 10% off your first order.

Speciality Teas  
& Coffees



Gifts



Preserves



Hampers

Confectionery



Vouchers



Cakes &  
Patisserie



Crockery

# Buffets & Events



With over 15 years experience of serving customers, Harriets would be delighted to be the perfect host for your special occasion. From light lunches to eloquent afternoon teas with waitress service or finger buffets, there is a bespoke package to suit your celebration.

Speak to a member of staff today for more details.

*“A truly fresh experience”*

[www.harrietsbuffets.co.uk](http://www.harrietsbuffets.co.uk)



# An Ode to Afternoon Tea

*Who wouldn't like to take afternoon tea  
Sitting at Harriets just like me  
With the chink of cups and aroma of tea  
Other customers looking all eyes on me.*

*I love the cakes and my tea's so sweet  
Tea at Harriets is such a treat  
With my waitress looking perfectly neat  
Serving my afternoon tea looking  
charmingly sweet?*

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