

*Harriets*

Est. 1999  
CAFÉ • TEAROOMS

# GLUTEN FREE MENU



*Bury St Edmunds • Cambridge • Norwich*



*“The Affordable Luxury”*

[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 brown, mushrooms, black pudding, tomato & a slice of toast. £9.45

## Vegetarian Breakfast Grill <sup>ve</sup>

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 <sup>ve</sup>

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 <sup>ve</sup>

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

## Mushrooms on Toast

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

## Eggs Benedict

A buttered toasted muffin topped with two free range poached eggs & hollandaise sauce.  
*Spinach (Florentine) <sup>ve</sup>* £6.85  
*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

## Toast and Butter <sup>ve</sup>

*White or granary bread* £2.15

*Add orange juice or apple juice for*

*£2.05 or toast for £1.65*

# Add a little extra



<b>Fried Mushroom <sup>ve</sup></b>	£0.85	<b>Sweet Potato Chips <sup>ve</sup></b>	£3.65
<b>Black Pudding</b>	£1.15	<b>Chips <sup>ve</sup></b>	£2.45
<b>Tomato <sup>ve</sup></b>	£0.85	Choose from steakcut chips or kids fries.	
<b>Egg <sup>ve</sup></b>	£1.15	<b>Mixed Leaf Salad <sup>ve</sup></b>	£2.95
<b>Bacon</b>	£1.40	<b>Bread &amp; Butter <sup>ve</sup></b>	£1.35
<b>Hash Brown <sup>ve</sup></b>	£1.25	<b>Lightly Salted Crisps <sup>ve</sup></b>	£1.25
<b>Baked Beans <sup>ve</sup></b>	£1.15	<b>Avocado <sup>ve</sup></b>	£1.20
		<b>Grilled Halloumi <sup>ve</sup></b>	£1.45



# Light Meals & Hot Dishes



## Soup of the Day <sup>☞</sup>

Freshly made soup served with freshly baked crusty bread & butter.

See our Specials Board

£5.60

*Please ask a member of staff*

## Fishermans Pie

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

£8.15

## Halloumi Burger <sup>☞</sup>

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

£9.45

## Jacket Potato <sup>☞</sup>

With a choice of cheese or baked beans,

*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 tomato chutney & a fresh half salad.

*Original <sup>☞</sup>*

£7.65

*Poached egg - two poached eggs <sup>☞</sup>*

£8.25

*Harlequin - with bacon*

£8.55

## Ham, Egg & Chips

Sliced Suffolk ham, two free range fried eggs, chips & garden peas.

£7.85

# Traditional Sandwiches

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



Egg, Mayonnaise & Watercress £5.35

Chicken Club £6.55

*with Bacon* £7.55

Tuna Mayonnaise  
& Cucumber £5.55

Coronation Chicken £5.65

Harriets Toasted Rarebit Original <sup>☞</sup> £6.25

*with Bacon* £6.85

Three Cheese & Red Onion Marmalade <sup>☞</sup>

*Toasted Sandwich* £6.25

Ham, Cheese & Red Onion

*Toasted Sandwich* £6.35

Avocado, Baby Gem Lettuce  
and Tomato <sup>☞</sup> £5.45

Suffolk Ham, Salad &  
Mild Mustard Mayonnaise £6.15

Brie, Rocket  
& Red Onion Marmalade <sup>☞</sup> £5.65

Bacon, Brie & Cranberry  
*Toasted Sandwich* £6.55

Mozzarella, Tomato & Baby Spinach <sup>☞</sup>  
*Toasted Sandwich* £6.55

# Tea Time

Vegetarian  option for our afternoon teas can be accommodated by prior arrangement.  
Please ask for our Gluten Free Menu.



## Scones

Handmade every morning, two scones served with butter.

*Plain*

£2.95

*Fruit*

£2.95

## 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, egg mayonnaise & watercress and ham finger sandwiches, freshly baked scones with Cornish clotted cream & Harriets strawberry jam & finished with a selection of miniature sponge cakes.

*Price per person*

£17.45

## Special Afternoon Tea

Any tea or coffee of your choice, smoked salmon, cucumber & cream cheese and ham finger sandwiches, freshly baked scones with Cornish clotted cream & Harriets strawberry jam, followed by a selection of fresh miniature patisseries and handmade macaroons.

*Price per person*

£19.95

*Our Traditional and Special come with a free drink refill.*

## Celebration Afternoon Tea

A glass of champagne, any tea or coffee of your choice, including a free refill,  
Smoked salmon, avocado & tomato and chicken finger sandwiches.

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

*Price per person £25.95*



## 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*

*Why not add a dash of flavour to your Prosecco and Champagne with our syrups £0.50*

*Please ask a member of staff for flavours.*

# Cakes, Patisseries & Macaroons

Please ask a member of staff  
for our available range of  
delicious gluten free  
sweet choices.



# Instore & Online

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Speciality Teas  
& Coffees



Gifts



Preserves



Hampers

Confectionery



Vouchers



Cakes &  
Patisserie



Crockery

# Buffets & Events

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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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