

# BREAKFAST

SERVED 9AM-11.45AM

## Healthy Options

- FRESH FRUIT SALAD <sup>GF</sup> ..... £3.50
- FRESHLY SQUEEZED ORANGE JUICE.. £2.79
- BRAN AND FRUIT STACK ..... £2.99
- ALL BRAN, FAT FREE YOGHURT AND FRESH FRUIT
- PORRIDGE..... £4.50
- WITH EITHER: MIXED BERRY / BANANA & HONEY / STRAWBERRY & SYRUP
- HEALTHY BREAKFAST ..... £6.99
- GRANARY TOAST, GRILLED BACON, 2 POACHED EGGS, MUSHROOMS, TOMATO, HEINZ BEANS
- TOASTED HOMEMADE WHEATEN BREAD £4.95
- WITH 1 BACON & POACHED EGG
- AVOCADO ON TOASTED WHEATEN, SALMON OR HAM WITH 2 POACHED EGGS .. £6.95 / £6.50

## GO HEALTHY

ENJOY OUR LOVE SMOOTHIES £2.99

100% FRUIT OR VEGETABLES



**BREAKFAST SMOOTHIE** <sup>GF</sup> <sup>V</sup>  
BLUEBERRY, MUESLI & BANANA  
THE PERFECT WAY TO START YOUR DAY

**STRAWBERRY SPLIT** <sup>GF</sup> <sup>V</sup>  
STRAWBERRY & BANANA: NATURAL ENERGY. TASTY AND SWEET - A LUSCIOUS MIX OF STRAWBERRIES AND BANANA BLENDED WITH FRESHLY APPLE JUICE - A LOVE SMOOTHIES CLASSIC. PACKED FULL OF SLOW ENERGY RELEASE, ANTIOXIDANTS AND VITAMIN C TO HELP LOWER YOUR BLOOD PRESSURE AND POWER YOU THROUGH THE DAY.

**PASH 'N' SHOOT** <sup>GF</sup> <sup>V</sup>  
HIGH IN VITAMIN C. OUR MOST POPULAR SMOOTHIE IS A DELICIOUS TROPICAL CONCOCTION OF PASSION FRUIT, PINEAPPLE AND MANGO, BLENDED WITH FRESH APPLE JUICE. ALSO CONTAINS VITAMINS A,B, C, DIETARY FIBRE, MEDICINAL ALKALOIDS & MANGANESE.

**BROCCOLI & THE BEAST** <sup>GF</sup> <sup>V</sup>  
IMMUNE SYSTEM BOOSTER. THE MONSTER OF A SMOOTHIE THAT'LL LEAVE YOUR FRIENDS GREEN WITH ENVY. AN AMAZING COMBINATION OF BROCCOLI, SPINACH, CELERY, MANGO, PINEAPPLE AND BANANA..

**KALE KICK** <sup>GF</sup> <sup>V</sup>  
KALE, SPINACH & MANGO: ANTIOXIDANT SUPER SMOOTHIE. THEY DON'T CALL THIS THE "QUEEN OF THE GREENS" FOR NOTHING.

**BERRY GO ROUND** <sup>GF</sup> <sup>V</sup>  
RASPBERRY, BLACKBERRY & STRAWBERRY  
STRESS BUSTING. OUR BERRY-LICIOUS SMOOTHIE IS FILLED WITH WHOLE BLACKBERRIES, RASPBERRIES AND STRAWBERRIES. RICH IN VITAMINS, ANTIOXIDANTS, POLYPHONIC COMPOUNDS AND BIOFLAVONOIDS.

## Morning Sweet Treat

- HOMEMADE FRESH DAILY SCONES ..... £1.95
- SERVED WITH BUTTER AND STRAWBERRY JAM
- PLAIN, FRUIT, LEMON CURD OR CHERRY
- LUXURY SCONES ..... £2.20
- CINNAMON & APPLE, RHUBARB & GINGER, RASPBERRY & WHITE CHOCOLATE
- MUFFINS BLUEBERRY, TRIPLE CHOCOLATE. .... £2.10
- PORTION OF FRESH OR CLOTTED CREAM 60P

FREE TOP OF FILTER COFFEE OR TEA  
PLEASE ASK A SERVER IF REQUIRED

- STANDARD FRY (WITH NO CHANGES) ..... £6.99
- SAUSAGE, BACON, EGG (FRIED, SCRAMBLED OR POACHED), SODA, POTATO BREAD, TOMATO, MUSHROOM & HARRISONS HOMEMADE HASH BROWN (MADE WITH POTATO, BACON, CHEESE & ONION)
- HARRISONS FARMERS FRY..... £7.99
- ALMOST TWICE THE SIZE OF THE STANDARD FRY
- FILLED SODA ..... £4.85
- WITH SAUSAGE, BACON AND FRIED EGG

## PANCAKES

- 1 BUTTERMILK PANCAKE & BUTTER OR MAPLE SYRUP OR NUTELLA..... £1.60
- 2 BUTTERMILK PANCAKES ..... £3.99
- WITH CHOICE OF EITHER:  
MIXED BERRY COMPOTE AND CREAM OR CLOTTED CREAM OR BANANA & HONEY OR CHOCOLATE CHIP & TOFFEE SAUCE
- FARMERS PANCAKE STACK ..... £5.45
- 3 BUTTERMILK PANCAKES, 2 BACON, MAPLE SYRUP TOPPED WITH FRIED EGG

## CROISSANTS

- 1 CROISSANT WITH BUTTER AND PRESERVES..... £1.99
- BACON AND MELTED CHEESE ..... £2.99
- SMOKED SALMON & CREAM CHEESE.... £4.99
- TOMATO & BRIE ..... £2.99
- 2 SAUSAGE ROLLS & BEANS ..... £4.50
- EGG BENEDICT..... £4.95
- ON TOASTED MUFFIN WITH SMOKED SALMON OR BACON
- SCRAMBLED OR POACHED EGG, SMOKED SALMON & HASH BROWN..... £5.99
- WITH HARRISONS HOMEMADE HASH BROWN - MADE WITH POTATO, BACON, CHEESE & ONION
- FRENCH TOAST WITH SYRUP..... £3.99
- FRENCH TOAST..... £4.99
- WITH 2 BACON AND MAPLE SYRUP
- 3 EGG OMELETTE & 2 SLICES TOAST (BROWN OR WHITE) ..... £5.95
- CHOICE OF 2 FILLINGS BACON, CHEESE, MUSHROOM, TOMATO
- TOAST (2)..... £1.95
- WHITE, BROWN OR GF BREAD WITH BUTTER, JAM OR MARMALADE

## Kids Breakfasts

CHILDREN - UNDER 12

- KIDS PANCAKE STACK ..... £3.00
- 1 PANCAKE, 1 BACON, 1 EGG
- £3 MEAL DEAL - CHOOSE 3 ITEMS FROM BELOW
- TOASTED SOLDIERS - WHITE, BROWN OR GRANARY BREAD, 1 SAUSAGE, 1 BACON, 1 PANCAKE, FRIED EGG, MUSHROOM, HEINZ BAKED BEANS
- KIDS PORRIDGE, BANANA & HONEY .... £1.99
- KIDS SAUSAGE ROLL & BEANS..... £3.00
- 1 SLICE FRENCH TOAST WITH SYRUP & 1 BACON..... £3.00

FOOD ALLERGY & INTOLERANCES: OUR MENU DISHES ARE PREPARED IN ENVIRONMENTS THAT ARE NOT TOTALLY FREE FROM ALLERGEN INGREDIENTS. THERE IS A POTENTIAL RISK OF CROSS-CONTAMINATION. SHOULD YOU HAVE CONCERNS ABOUT THE INGREDIENTS WE USE IN OUR DISHES, PLEASE DO NOT HESITATE TO ASK A MEMBER OF OUR STAFF WHO WILL HAPPILY ASSIST YOU.



35 BALLYBRYAN ROAD, NEWTOWNARDS,  
COUNTY DOWN, NORTHERN IRELAND  
BT22 2RB

T: 028 4278 8088  
E: INFO@HARRISONSOFGREYABBEY.CO.UK  
W: WWW.HARRISONSOFGREYABBEY.CO.UK

GIFT VOUCHERS AVAILABLE IN OUR FARM SHOP IN £5, £10 OR £20 VOUCHERS - CAN YOU BE USED IN FARM SHOP/GIFT SHOP/NURSERY/RESTAURANT



# DRINKS

## TEA



**TEA (FOR ONE) . . . . . £1.99**

**S.D. BELL'S LOOSE TEA . . . . . £2.30**

**BALLYBRYAN HOUSE LOOSE TEA -**  
SPECIALLY COMMISSIONED BY DAVID & HELEN HARRISON,  
A DELICATE BLEND OF ASSAM AND CHINA TEA



*S.D. Bell's*  
Founded 1887

**NATURAL LEAF LOOSE TEA -**  
TEA FROM ASSAM AND CEYLON, GIVING A FULL  
FLAVOURED, SMOOTH BREAKFAST-STYLE TEA

**CEYLON DIMBULA PEKOE LOOSE TEA -**  
A FULL STRENGTH CEYLON WITH LARGE PEKOE LEAVES FROM THE  
DIMBULA REGION IN SRI LANKA. CEYLON DIMBULA HAS THE DISTINCT  
FULL-BODIED TASTE OF THE REGION WITH A CLASSIC MALTY FLAVOUR.

**CHINA EARL GREY LOOSE TEA -**  
A BLACK CHINA TEA FLAVOURED WITH OIL OF BERGAMOT. A CLASSIC  
AFTERNOON INFUSION.

**CHINA GREEN "GUNPOWDER" -**  
AN UNFERMENTED GREEN CHINESE TEA. THE LEAVES ARE CURLED INTO  
BALLS SIMILAR IN APPEARANCE TO EARLY 20C GUNPOWDER, HENCE THE  
NAME. UNLIKE HOW ITS NAME LEADS YOU TO THINK, IT HAS A GENTLE AND  
FRESH FLAVOUR. A TRADITIONAL CHINESE GREEN TEA AS IT SHOULD BE.

**PEPPERMINT LOOSE LEAF TEA -**  
A NATURALLY CAFFEINE-FREE PEPPERMINT LOOSE LEAF TEA. A REFRESHING  
MINT TEA KNOWN TO AID DIGESTION AND CURE HEARTBURN AND SORE TUMMIES.

## COFFEE

**FLAVOURED LATTE . . . . . £2.99**

AIMEE'S MINT AERO/VANILLA/CARAMEL/BUTTERSCOTCH/  
HAZELNUT/GINGERBREAD/HONEYCOMB/COCONUT/TURKISH  
DELIGHT/MINT/SALTED CARAMEL

**EXTRA SYRUP . . . . . 45P**

**CAFFE LATTE COFFEE . . . . . £2.70**

SINGLE SHOT OF ESPRESSO WITH STEAMED MILK

**STEAMERS . . . . . £2.40**

STEAMED MILK BLENDED WITH YOUR FAVOURITE SYRUP

**MACHIATTO . . . . . £2.15**

A SHOT OF ESPRESSO MARKED WITH A CAP OF FOAM

**CAPPUCCINO . . . . . £2.70**

DOUBLE SHOT OF ESPRESSO WITH STEAMED MILK  
AND A FOAMED MILK TOP

**AMERICANO . . . . . £2.40**

DOUBLE SHOT OF ESPRESSO WITH HOT WATER, ADD  
MILK IF YOU LIKE

**ESPRESSO SINGLE . . . . . £1.89**

A SHORT STRONG SHOT OF ESPRESSO

**ESPRESSO DOUBLE . . . . . £2.20**

A DOUBLE MEASURE OF ESPRESSO

**HOUSE FILTER . . . . . £1.99**

A SINGLE ORIGIN COLUMBIAN FILTER COFFEE

**FLAT WHITE . . . . . £2.70**

## HOT CHOCOLATE

MADE WITH DRAYNES MILK AND BAILIES ORGANIC HOT CHOCOLATE WITH HONEY

**REGULAR . . . . . £2.70**

**MOCHA . . . . . £3.10**

**DELUXE WITH FLAKES, MALLOWS AND CREAM . . . £3.79**

**CHILDRENS SMALL HOT CHOCOLATE . . . . £2.10**

## COLD DRINKS

**FRESHLY SQUEEZED ORANGE JUICE . . . . £2.79**

**SPARKLING OR STILL WATER . . . . . £1.75**

**HARRISON'S HOME MADE BITTER SPARKLING**

**LEMONADE . . . . . £1.99**

**ICE TEAS LEMON OR PEACH . . . . . £2.25**

**500ML . . . . . £1.99**

COKE ZERO/DIET COKE/COCA COLA/COKE LIFE/  
FANTA ORANGE/LEMON, SPRITE/SPRITE ZERO

**BRITVIC . . . . . £1.89**

**FRUICE ORANGE/APPLE . . . . . £2.15**

**SPARKLING ICE ONLY 12 CALORIES . . . . £2.50**

ORANGE MANGO/BLACK RASPBERRY/PEACH NECTARINE

**SAN PELLEGRINO . . . . . £1.99**

BLOOD ORANGE/LEMON/GRAPEFRUIT/ORANGE

**FRUIT SHOOTS BLACKCURRANT/ORANGE . . . £1.50**

**GLASS OF DRAYNES MILK SMALL/LARGE £1.30/£1.50**

**GLASS OF CORDIAL BLACKCURRANT/ORANGE . £1.00**

**KIDS TUMBLER . . . . . 75P**

**JUG (FOR 6) . . . . . £2.50**

# • Desserts •

**CHECK FOR MORE DAILY CHOICES FROM DESSERT FRIDGE**

SERVED WITH CREAM AND COULIS

ALL MADE FRESH IN OUR IN HOUSE BAKERY

**FRESH FRUIT SALAD . . . . . £3.50**

**HEALTHY FRUITY SURPRISE . . . . . £3.50**

SUGAR FREE JELLY WITH FAT FREE YOGHURT & FRUIT

**RAINBOW SWIRLED MERINGUES (GF) . . . . £3.50**

WITH CREAM & FRUIT

**CHEESE CAKE . . . . . £4.75**

**FRESH FRUIT PAVLOVA (GF) . . . . . £4.75**

FLUFFY MERINGUE WITH A CRISP CRUST TOPPED WITH  
FRESH DAIRY CREAM AND SEASONAL FRUITS

**BANOFFEE PIE . . . . . £4.75**

SWEET STICKY TOFFEE WITH BANANA ON A CRUMBLY  
BISCUIT BASE

**RHUBARB PIE OR APPLE PIE . . . . . £4.75**

FRESHLY STEWED RHUBARB OR APPLE ENCASED IN RICH  
SWEET PASTRY

**STAWBOFFEE . . . . . £4.75**

BANOFFEE WITH A LAYER OF STRAWBERRIES

**LEMON MERINGUE . . . . . £4.75**

**FRESH FRUIT ROULADE (GF) . . . . . £4.75**

**APPLE CRUMBLE . . . . . £4.75**

WITH CUSTARD OR SCOOP ICE CREAM

**CHOCOLATE BROWNIE . . . . . £4.75**

WITH CHOCOLATE SAUCE AND SCOOP MOREILLIS ICE CREAM

**CHOCOLATE OR BLUE BERRY MUFFIN (GF) . £4.75**

WITH ICE CREAM

**CHOCOLATE FUDGE CAKE (HOT OR COLD) . . . £4.75**

**COFFEE FLOAT . . . . . £4.75**

HOT HAZELNUT ESPRESSO OVER A SCOOP OF ICE  
CREAM WITH BUTTERSCOTCH SAUCE

**KNICKBOCKER GLORY . . . . . £4.75**

STRAWBERRY, VANILLA AND MINT ICE CREAM, JELLY, MIXED  
FRUIT, STRAWBERRY SAUCE AND CREAM

**BANANA SPLIT . . . . . £4.75**

SELECTION OF ICE CREAMS WITH BUTTERSCOTCH SAUCE & WAFER

**COKE FLOAT . . . . . £2.99**

**JUG CUSTARD . . . . . £1.00**

**TOPPING SAUCE . . . . . 10P**

**ICE CREAM . . . . . £1.00**

## MORELLI'S FAMOUS AWARD WINNING ICE CREAM

(ASK FOR FLAVOURS AVAILABLE)

MORELLIS DIABETIC ICE CREAM NOW AVAILABLE

**REGULAR CONE . . . . . £1.60**

**LARGE CONE . . . . . £2.00**

WE NOW HAVE GF WAFFLE CONES

**CHOCOLATE WAFFLE CONE . . . . . £2.20**

**RAINBOW WAFFLE CONE . . . . . £2.50**

**SMARTIE WAFFLE CONE . . . . . £2.70**

**KIDS SMALL TUB 1 SCOOP . . . . . £1.50**

**SMALL TUB 2 SCOOP . . . . . £2.10**

**MEDIUM TUB 3 SCOOP . . . . . £3.40**

**LARGE 6 SCOOP TUB . . . . . £5.20**

**SMALL CADBURYS FLAKE . . . . . 50P**

**JELLY . . . . . £1.00**

**TOPPINGS . . . . . 20P**

**MINI MALLOWS . . . . . 30P**

## HARRISON'S FAMOUS CREAM TEA

**£5.50**

WE SERVE CREAM TEAS ALL DAY, THEY'RE ALSO PERFECT AS A MID-  
MORNING BITE WITH A FRESHLY BAKED SCONE FROM OUR OWN BAKERY,  
CLOTTED OR FRESH CREAM AND A HELPING OF STRAWBERRIES WITH A  
SINGLE POT OF HARRISON'S HOMEMADE STRAWBERRY JAM. ENJOY WITH  
A POT OF HARRISON'S LOOSE TEA OR A COFFEE OF YOUR CHOICE.