



Welcome to Cup Tea Rooms.

We'll be with you shortly to take your order. Should you have any dietary requirements or questions, please discuss these with your server.



We encourage payment by contactless 7 card where possible

90 mins During peak times, we ask that guests respect our table policy

LIGHT BREAKFASTS

MORNING ROLLS	3.50	BREAKFAST BOARD	5.00
<i>Bacon, Sausage or Vegan Sausage</i>			
<i>Additional Fillings:</i>			
<i>Fried Egg, Scrambled Egg, Black Pudding</i>			
GRANOLA BREAKFAST BOWL	4.50	BREAKFAST CROISSANT	5.00
<i>Granola, Honeyed Natural Yoghurt and Mixed Berries</i>			
<i>Mixed Toast and Pastries, Served with Strawberry Gorgeous Grey Jam and Butter</i>			
<i>With Honey Roasted Ham, Emmental Cheese</i>			

BRUNCH

SERVED ALL DAY UNTIL 4.30PM

BRUNCH SOURDOUGH	7.50
<i>Toasted Sourdough with Scrambled Egg, Smoked Salmon and Roasted Cherry Tomatoes</i>	
BRIOCHE FRENCH TOAST	7.50
<i>With Strawberry Salsa, Meringue and Chantilly Cream</i>	
CLASSIC FRENCH TOAST	7.50
<i>With Bacon and Maple Syrup</i>	
SHAKSHUKA BAKED EGGS	8.00
<i>With Roasted Red Pepper, Red Onion, Corn, Jalapeno</i>	
SMASHED AVOCADO SOURDOUGH	5.50
<i>Smashed Avocado with Poached Eggs, Served On Sourdough</i>	
<i>Additional Toppings:</i>	
<i>Bacon or Black Pudding</i>	+1.00
<i>Smoked Salmon or Halloumi</i>	+2.00

POACHED EGGS 7.50

ROYALE
Brioche Toast, Smoked Salmon, Poached Eggs and Citrus Hollandaise

BENEDICT
Breakfast Muffin, Back Bacon, Poached Eggs and Mustard Hollandaise

FLORENTINE
Sweet Potato Scone, Cajun Spices, Spinach, Poached Eggs and Paprika Hollandaise

STORNOWAY
Sourdough Muffin, Black Pudding, Vegetable Salsa, Poached Eggs and Pink Peppercorn Hollandaise

CALIFORNIA
Breakfast Muffin, Sliced Avocado and Tomato, Poached Eggs and Juniper Berry Hollandaise

LUNCH

SERVED FROM 12PM UNTIL 4.30PM

SOUP OF THE DAY

<i>Bowl of soup served with mini savoury scones</i>	4.50
<i>Add a cup of soup to your lunch</i>	2.00

CHICKEN CAESAR SALAD 9.00

Cos Lettuce, Grilled Chicken, Garlic & Thyme, Parmesan Shavings, Caesar Dressing (Vegetarian Option Available)

LYONNAISE SALAD 9.00

Mix of Frisée Lettuce and Rocket, Smoked Crispy Bacon, Red Onion, Poached Eggs, Vinegar Dressing (Vegan Option Available)

SANDWICHES

ALL 8.50



All served with a mixed salad, plus beetroot and fennel slaw

ULTIMATE B.L.A.T.

Layers of Bacon, Baby Gem Lettuce, Smashed Avocado and Tomato Served on Bloomer

GRILLED REUBEN

Sliced Pastrami, Swiss Emmental, Sauerkraut, Dill Pickles and Russian Dressing, Served on Sourdough

MEDITERRANEAN FALAFEL

Falafel, Hummus, Pickled Red Onion, Baby Spinach and Sriracha Mayo served in a Beetroot Wrap

SNACKS

MIXED OLIVES 4.00

SELECTION OF BREADS AND OILS 4.00

PIQUANTE PEPPERS 4.50
Stuffed with Dill Cream Cheese

PASTRY TWISTS 5.00
Parmesan and Chive Pastry Twists, served with Citrus Hummus

BAKERY BOARD

Each day we feature a fresh selection of the following items. Ask staff for details.

CHEESECAKE (Gluten Free) 4.50

CRUMBLE Served with Ice Cream 5.50

TRAY BAKES 2.50

SPONGE CAKES 3.50

HALLOUMI & AVOCADO

Open Sourdough Sandwich with Smashed Avocado, Grilled Cajun Halloumi and Roasted Cherry Tomatoes

SMOKED MAPLE CHICKEN

Maple Glazed Smoked Chicken, Freshly Sliced Tomato, Avocado Mayonnaise and Red Onion Chutney, Served on Bloomer

SCOTTISH SMOKED SALMON

Smoked Salmon with Dill Citrus Cream Cheese, served on a Poppy Seed Bagel

CREAM TEA Serves Two 8.00

Freshly baked mini scones (plain and fruit) served with Cup's Gorgeous Grey Jam and clotted cream plus unlimited hand blended tea to share

SCONES 3.00

Served with Gorgeous Grey Jam and Clotted Cream

AFTERNOON TEA

Looking for something extra special? Ask your server for our Afternoon Tea Menu. Featuring a delicious range of food and drink, our multi-award-winning Afternoon Tea is a moment of perfect indulgence!



"A contemporary-style afternoon tea which is, without doubt, the best that I have ever had. A fantastic experience all-round!" - Customer Review (TripAdvisor)

AFTERNOON TEA (Per Guest) 20.00

SIGNATURE AFTERNOON TEA

SAVOURIES

Applewood Smoked Cheddar, Bacon & Chive Savoury Scone

Goats Cheese & Caramelised Onion Quiche

Chicken, Lemon & Tarragon Creme Fraiche

Pastrami with Dill Pickle Mayo

Juniper Cream Cheese & Cucumber

Plain and Apple Sultana Scones Served with Jam and Clotted Cream

SWEETS

Ginger Panacotta with Rhubarb Compote

Macarons

Peach Melba Choux Bun

Pink Vanilla Cupcake with Raspberry Centre

Vegetarian, Gluten Free, and Vegan versions of our Afternoon Tea menu are available upon request.

OUR OTHER MENUS

Scan the code here or visit cuptearooms.co.uk/menus to view our full tea list, cocktail menu and more.



DRINKS

TEA by ambr

SMALL POT FOR ONE 2.95

LARGE POT FOR TWO 4.65

TEA BLENDS

BLACK TEA
*Breakfast Blend
Afternoon Blend
Gorgeous Grey
Tahitian Vanilla
Coconut Cream
Masala Chai*

FRUIT BLENDS
*Peach Delight
Summerfields
Rhubarb Cherry*

HERBAL BLENDS
*Peppermint
Lemongrass & Ginger*

ROOIBOS TEA
*Scottish Rooibos
Cup Rooibos
Vanilla Rooibos*

GREEN TEA
*Yunnan Green
Cherry Rose Lemon
Apple & Cinnamon
Citrus Green*

COFFEE *Decaf / Soya / Syrups available*

Americano 2.60

Latte / Flat White 2.90

Cappuccino 2.90

Mocha 2.90

Espresso 2.60

HOT CHOCOLATE

BELGIAN HOT CHOCOLATE 2.90
Served with marshmallows and/or cream

SOFT DRINKS

FRANKLIN & SONS 330ml 2.65
Ginger Beer with Barley & Lemon

COCA COLA Icon Bottle, 330ml 2.65
Regular or Diet

IRN BRU 330ml 2.65
Regular or Diet

SAN PELLEGRINO 330ml 2.65
Lemon or Orange

MINERAL WATER 330ml 2.30
Still or Sparkling

FRUIT JUICES 2.50