

*Sample
Menu*



EDEN HALL

NOTTINGHAMSHIRE

CONSERVATORY MENU

Hot Beverages

HOT HOT HOT!

Americano 1 kcal	4
Café Latte 117 kcal	4.5
Flat White 71 kcal	4.5
Cappuccino 73 kcal	4.5
Mocha 116 kcal	4.75
Espresso 1 kcal	3.8
Double Espresso 2 kcal	4
Frappé 127 kcal	4.5
Hot Chocolate 115 kcal	4.75

A LITTLE EXTRA

Marshmallows 69 kcal	0.50
Espresso Shot 1 kcal	0.50
Whipped Cream 58 kcal	0.50
Syrup	0.50
Caramel 52 kcal	
Hazelnut 51 kcal	
Vanilla 76 kcal	
Gingerbread 51 kcal	

All hot beverages may be served with either almond, soya or coconut milk.

TEAS SERVED BY THE POT

English Breakfast 1 kcal	3.5
Earl Grey Tea 24 kcal	3.5
Peppermint Tea 1 kcal	3.5
Green Tea 1 kcal	3.5
Fruit Tea 1 kcal	3.5
Chamomile Tea 1 kcal	3.5

DID YOU KNOW?

For centuries, tea was only used as medicine. It took almost 3000 years for it to become an everyday drink.



Kcal calculations for milk-based beverages are based on preparation with semi-skimmed milk, other milks and dietary alternatives are available.

Breakfast

Available until 11am

CONTINENTAL

Toasted Fruit Bread 100 kcal	3.5	Toast 106 kcal	3
Served with butter.		Served with jam or marmalade and butter.	
Toasted Crumpets 92 kcal	3.5	Fruit Salad 155 kcal	3.95
Served with butter and jam.		Seasonal fruit salad served with or without natural yoghurt.	
Porridge 228 kcal	3.5		

COOKED

Full English Breakfast 714 kcal	10	Bacon and Egg Sandwich 490 kcal	5.5
Fried egg, bacon, sausage, grilled tomato, beans, mushrooms and toast.		Smoked back bacon, fried egg and toasted bloomer.	
Vegan Full English Breakfast 556 kcal	10	Eggs Benedict 847 kcal	7.5
Grilled tofu, vegan sausages, sautéed potatoes, mushrooms, tomatoes, baked beans and toast.		Poached eggs, toasted breakfast muffin and hollandaise sauce.	
		With smoked back bacon 187 kcal	+ 1.5
		With smoked salmon 184 kcal	+ 2.5
		With flat cap mushrooms 104 kcal	+ 1.5

Food Allergies and intolerances, please inform your server if you require information on specific ingredients. As our dishes are freshly prepared in-house we may be able to amend meals to suit, however, due to the variety of produce in our kitchens, we cannot guarantee that any dish is free from potential allergens. Due to our fresh preparation of dishes, kcal may fluctuate slightly, adults need around 2000 kcal a day.

Savoury Nibbles

Potato Slabs 70 kcal	3.95	Deli Crisps	1.5
Potato slabs are four times thicker and bigger than your average crisp. Made with olive oil and natural seasonings, served with salsa and sour cream.		Please see your server for a choice of flavours.	
Marinated Olives 81 kcal	4.95	Bread and Balsamic Oil 814 kcal	2

DID YOU KNOW?

Olives are in fact classed as a fruit. The oldest olive tree in the world can be found on the island of Crete, and is still producing fruit at 4,000 years old!



Afternoon Tea

Classic 2377 kcal	25 pp	Royal 2377 kcal (excl. fizz)	35 pp
Take your spa day to the next level with our Classic Afternoon Tea, the perfect way to round off any visit. What's included:		Leave Eden Hall feeling and looking like royalty with our Royal Afternoon Tea, a must-have spa day indulgence. What's included:	
<i>A selection of sandwiches</i>		<i>A selection of sandwiches</i>	
<i>Warm fruit scones with cream and jam</i>		<i>Warm fruit scones with cream and jam</i>	
<i>Miniature sweet treats</i>		<i>Miniature sweet treats</i>	
<i>A large pot of tea</i>		<i>A large pot of tea</i>	
		<i>A chilled glass of Prosecco</i>	

Sweet Treats

Selection of Cakes and Patisseries		Cream Tea 1306 kcal	6.95
Our cakes and patisseries have been carefully selected just for you. Prices vary. Please see today's selection at the cake counter.		Fruit scone served with cream, fruit preserve and a choice of either tea or coffee.	
Sweet Belgian Waffles	5.75	Ice Cream	
<i>Chocolate and cream</i> 584 kcal		Available in a variety of flavours. Please see your server or visit the ice cream counter.	
<i>Nutella</i> 503 kcal			
<i>Maple syrup</i> 497 kcal			
<i>Marshmallows and chocolate sauce</i> 598 kcal		<i>1 scoop</i>	2
<i>Banana and maple syrup</i> 600 kcal		<i>2 scoops</i>	3.5

MILKSHAKES

Traditional Milkshakes	5.95
<i>Chocolate</i> 319 kcal	
<i>Vanilla</i> 126 kcal	
<i>Strawberry</i> 190 kcal	
<i>Coconut</i> 376 kcal	
<i>Banana</i> 371 kcal	



DID YOU KNOW?

The first ever milkshake appeared in 1885 and originally contained eggs and whiskey for adults!

Freshly made to order and all topped with whipped cream.
Can't see your flavour? Just ask!

Food Allergies and intolerances, please inform your server if you require information on specific ingredients. As our dishes are freshly prepared in-house we may be able to amend meals to suit, however, due to the variety of produce in our kitchens, we cannot guarantee that any dish is free from potential allergens. Due to our fresh preparation of dishes, kcal may fluctuate slightly, adults need around 2000 kcal a day.



Mr. Fitzpatrick's

Mr Fitzpatrick began life in Dublin in 1836, where Julia Fitzpatrick created wonderful elixirs, pick-me-ups and tonics at her kitchen table, jotting them down in her closely guarded recipe books. In 1899 the family moved to The North of England where they established a successful chain of temperature bars serving the local communities their delicious and unique botanical beverages. Things have moved on but at Mr Fitzpatrick's we stay true to these traditions using old recipes and newly created flavour profiles which reflect our heritage but acknowledge the changing trends and continue to introduce our drinks and their wonderfully versatility, to a whole new generation of Fitzpatrick's fans. We are pleased to welcome the Fitzpatrick's family creations to Eden Hall.

FLAVOURS

All 3.5

Clementine oranges with bergamot <i>24 kcal</i>	Lemon, cucumber and mint <i>8 kcal</i>	Sour cherry, red grape and hibiscus <i>50 kcal</i>
Lime and lemongrass <i>44 kcal</i>	Raspberry and lavender <i>7 kcal</i>	English elderflower and apple <i>26 kcal</i>
Strawberry and kiwi <i>43 kcal</i>	Cranberry and pomegranate <i>44 kcal</i>	Dandelion and burdock <i>39 kcal</i>
Rhubarb and rose <i>11 kcal</i>	Cream soda <i>41 kcal</i>	Ginger beer <i>39 kcal</i>
	Blood tonic <i>45 kcal</i>	

Fun & Fruity

FRUIT JUICE

Orange <i>106 kcal</i>	3.25	Pineapple <i>122 kcal</i>	3.25
Cranberry <i>91 kcal</i>	3.25	Lemon Iced Tea <i>43 kcal</i>	3.25
Apple <i>106 kcal</i>	3.25		

SMOOTHIES AND JUICES

All 4.5

Banana, pineapple and coconut milk smoothie <i>149 kcal</i>
Carrot, ginger and apple cleanser <i>107 kcal</i>
Mango, banana and yoghurt smoothie <i>200 kcal</i>
Beetroot, mixed berries and almond milk smoothie <i>41 kcal</i>



Did you know that the first smoothie-like beverage was made in the 1900's, around the same time the refrigerator was invented.

Food Allergies and intolerances, please inform your server if you require information on specific ingredients. As our dishes are freshly prepared in-house we may be able to amend meals to suit, however, due to the variety of produce in our kitchens, we cannot guarantee that any dish is free from potential allergens. Due to our fresh preparation of dishes, kcal may fluctuate slightly, adults need around 2000 kcal a day.

