

Why not join us for...

## **Launde**

### **‘Sunday Roast’**

12.45pm— Advance booking required



Main course                      £14.95

Main and Dessert              £18.95

### **Cake Selection**

**£3.95**

Victoria Sponge

Flapjack (DF & V)

Chocolate Brownie

Lemon Sponge

Rich Fruit Cake

Carrot Cake (GF)

Freshly baked homemade scones (GF available)

Vegan Chocolate Cake (V\*)

DF= Dairy Free    GF= Gluten Free    V\* Vegan



## **‘The Dairy Tea Room’**

### **Menu**

Main Menu available: 10.00am until 3.00pm

Cakes and Drinks only: 3.30pm - 4.30pm

## DRINKS

**Spirits: All Spirits £3.95**

**Wines: Large Bottle 750 ml £17.95**

**Small Bottle 187 ml £6.95**

Wine is graded 1-9 with (1) being driest & (9) the sweetest.

### Red

*Bird Island Cabernet Sauvignon.* (South African, rich and dark with fruity flavours. 13%)

*Greenpark Shiraz.* (South African, blackberry and ripe plum flavours. 13.5%) (4)

*Greenpark Merlot.* (Chilean, sweet spice and plum. 13%) (5)

### White

*Greenpark Pinot Grigio.* (Italian, zingy and fresh. 12%) (2)

*Greenpark Sauvignon Blanc.* (South African, bold lime and grapefruit. 12.5%) (1)

*Homeward Bound Chardonnay.* ( Australian, pineapple and subtle Citrus Flavours 12.5%) (4)

### Rosé

*Greenpark White Zinfandel* — (think Cherry Jams and sweet spice 11%)

### **Prosecco:**

*Prosecco doc Tosti.* (Extra dry Italia. 11%) **Full Bottle £21.95**

**Small Bottle £7.95**



Welcome to Launde Abbey,

Launde Abbey has played its own unique part in English history. Established in 1119 by Augustinian monks, it has an interesting and eclectic history. Following the Dissolution of the Monasteries under Henry VIII, it was then sold to Thomas Cromwell for a very modest sum. Shortly after this, Thomas fell out of favour with the king and was beheaded for treason, thus never actually taking up residence here. As a result, his son Gregory Cromwell inherited Launde and created some of what you see today. Gregory also had connections with the king as he was married to Elizabeth Seymour (sister of Jane, Henry VIII's third wife). Gregory and Elizabeth lived here happily for many years and Gregory's tomb (found in the chapel) is now considered one of the finest examples of early Renaissance sculpture in the country.

Whilst Launde Abbey remains a Christian Retreat House, dedicated to offering a peaceful environment for prayer and contemplation, we also offer our facilities for private functions, dinner parties, weddings and also host a number of music and literary events throughout the year. Please contact us on **01572 717254** or visit our Reception should you require any further information.

Thank you for visiting Launde — we hope you enjoy your time here and look forward to seeing you again soon.

## MENU

### Soup of the day

Served with a freshly baked brown or white baguette £5.95

### Freshly baked Baguettes and Sandwiches:

(Gluten Free bread available on request.)

	Baguette	Sandwich
Egg & Cress	£7.25	£6.25
Roast Beef & Horseradish	£7.50	£6.95
Ham & Pickle	£7.25	£6.50
Tuna & Mayonnaise	£7.50	£7.25
BLT	£7.50	£7.25
Coronation Chicken	£7.50	£7.25
Mature Cheddar & Chive bound in cream cheese & mayo	£7.25	£6.95

(All served with salad garnish & coleslaw.)

### Freshly Made Paninis

Tuna & Cheese Melt	£8.25
Cheese & Onion	£7.75
Bacon, Brie & Cranberry	£8.25

(All served with salad garnish & coleslaw.)

### Omelettes:

With Mature Cheddar	£6.75
Mature Cheddar and Onion	£6.85
Mature Cheddar and Tomato	£6.95
Ham and Mushroom	£7.25

All served with salad garnish & coleslaw.)

**Add any extra topping for £1.25**

## DRINKS

### Soft Drinks:

*Belvoir Elderflower Presse*

(Summer-picked Elderflower, fresh lemon juice & water. Scented and refreshing)

£2.75

*Belvoir Sparkling Apple Juice*

(Made from fragrant Pink Lady apples)

£2.75

*Belvoir Cucumber Mint Presse*

(Thirst quenching Cucumber and Mint flavours)

£2.75

*Belvoir Ginger Beer*

(Traditionally brewed with fresh Root Ginger)

£2.75

Bottled Water - Still/Sparkling

£2.25

**J20's** — all flavours

£2.75



### Cans:

Lemonade, Diet Coke, Coke, Fanta Orange.

£2.25

Slimline Tonic Water

£1.50

## DRINKS

### Beers:

*Black Sheep Ale*  
(Black Sheep Brewery 4.4%) £4.95

*London Pride*  
(Amber Ale 4.7%) £4.95

*Doom Bar*  
(Amber Ale 4.3%) £4.95



### Lagers:

*Budweiser*  
(King of Beers 4.8%) £4.25

Corona Extra  
(4.5%) £4.25



### Ciders:

*Bulmers Original Cider* (Medium apple cider 4.5%) £4.95

## Large Salads:

Beef	£8.95
Ham	£8.75
Tuna	£8.45
Mature Cheddar	£8.95

(All served with a brown or white baguette.)

## Jacket Potatoes:

With Butter	£6.25
With Beans	£6.95
With Mature Cheddar	£7.75
With Tuna Mayo	£7.95
With Coronation Chicken	£8.25

(All served with salad garnish & coleslaw.)

**Add any extra filling to your baguette, sandwich or jacket for £1.25**



## Set Lunches (BOOKING REQUIRED) 12:45 - 1:30pm

Hot or Cold Buffet	£10.95
Hot or Cold Buffet with Dessert	£15.00
Sunday Carvery	£14.95
Sunday Carvery with Dessert	£18.95



## Launde Teas (BOOKING REQUIRED, 2 PEOPLE MINIMUM)

Our typically English afternoon tea consists of a selection of sandwiches, cakes, homemade scones with jam and cream, accompanied by a pot of tea or coffee (free refills) Per person: £13.95

Why not add some bubbles?

Make it a **Prosecco Launde Tea** for an **extra £6.95 per person**

## **MENU**

### **Breakfast Butties:**

Bacon Buttie	£4.95
Fried Egg Buttie (free range)	£4.25
Toast with honey, jam or marmalade	£2.25
Cheese on Toast	£4.25
Beans on Toast	£3.95
Eggs on Toast (free range) poached or scrambled	£4.25

**Add any extra topping for £1.25**



### **Desserts:**

Dessert of the Day	£4.95
Fresh Fruit Salad with Natural Yoghurt	£4.50

### **Ice-cream (variety of flavours):**

Please ask for flavours available — <b>per scoop</b>	£1.50
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### **Cakes:**

Homemade Scone, Jam & Fresh Cream	£3.95
Cakes (see board - GF, DF, V, Vegan available)	£3.95
Two homemade cookies	£1.50
Toasted Teacake with Butter & Jam	£2.75

## **DRINKS**

### **Hot Drinks:**

Tea/Decaff Tea - (per pot)	£2.25
Coffee/Decaff Coffee -(per pot)	£2.75
Latte/Cappuccino (mug)	£2.95

### **Speciality Teas:**

Earl Grey/Peppermint/Green/Others	£2.50
Hot Chocolate	£2.95
Deluxe Hot Chocolate with marshmallows & cream	£3.50



### **Cold Drinks:**

Orange/Blackcurrant Squash	£1.50
Orange/Apple/Grapefruit Juice	£1.95
Bottled Water - Still/Sparkling	£2.25