



We're so proud to welcome you to Tea At The Quay. We had one ambition when we created this place, and that was to create a relaxed, safe space where you can enjoy great coffee and connect with the people that matter to you.

We've deliberately kept things simple with the menu. We offer outstanding coffee (our own blend), tasty light bites, and delicious sweet treats because that's who we are and what we do. We don't claim to be a restaurant, we don't ever plan to become one either! There are some great restaurants in Mistley and Manningtree, so we just want to be a great coffee shop! But as always, we're really keen to get your feedback and ideas so make sure you chat with us when you're in, or drop us a message on socials or through our website.

Have a great day! Matt and Chris x

**Love our coffee?
Take it home with you!**



Buy a bag of beans or ground coffee right here, right now, or you can order online at www.mistleyquaycoffee.co.uk.

Smoothies

ENERGY

Strawberry, Blueberry, Banana, Raspberry, £4.90

Blackcurrant, Spinach + Superfoods and

Orange juice

VITALITY

Pineapple, Mango, Banana, Papaya, £4.90

Ginger, Goji berries + Superfoods and

Orange juice

DETOX

Pineapple, Apple, Spinach, Kale, Ginger, £4.90

Lemon + Superfoods and Apple juice

From the bar

Glass of house wine (white or red) £5.20

Glass of prosecco £5.20

Bottle of prosecco £16.50

Bottled beer (pint) £4.90

Bottled beer (330ml) £3.95

Spirit and mixer (single) £4.80



Log on to our free wifi



Menu



**@TeaAtTheQuayMistley
@MistleyQuayCoffee**

Food

Build your own

First, let's choose your bread type...



Tiger or Malted Sandwich or Toastie



Bagel



Croissant



Panini

Now, let's choose your filling...

Cheese	
Ham	
Tomato	Up to 2 fillings = £7.25
Cucumber	Add an extra filling = +30p

Coronation Chicken	£7.85
Tuna & Sweetcorn	
Pulled Pork	
Salmon & Cream Cheese	<i>All served with salad and crisps</i>

Eggs

Since opening, our signature dish has become scrambled eggs with smoked salmon on an English muffin with chili jam. This comes served with salad and dressing. **£8.95**

We can also offer scrambled eggs on toast for a simpler dish for **£5.45**. Or add baked beans to the mix for **£5.95**.



Jacket Potatoes

Classic cheese and beans served with salad. **£7.95**
Or why not get a bit meaty with Pulled Pork, Coronation Chicken or Tuna and Sweetcorn, served with salad. **£8.45**



Something Savoury

Soup, usually two options, one containing meat and one veggie based. Served with bread and butter. **£4.75**



If you're feeling a bit more lunchy why not enjoy our tuna flakes packed salad? **£6.75**



What do you call cheese that doesn't belong to you? *Nacho cheese*
Cheesy Nachos with chorizo and dip. **£6.75**.
Cheesy Nachos with chorizo, pulled pork and dip. **£7.25**.



Halloumi burger with sweet chilli on a brioche bun. Served with salad and crisps on the side. **£8.95**
Halloumi burger with Pulled Pork. **£9.45**



Tasty Treats

Slice of cake	£4.10
Fruit scone with clotted cream and jam	£4.30
Cheese scone with butter and chili jam	£4.30
Toasted teacake with butter	£2.75
Chocolate Brownie	£3.95
Shortbread	£2.50
Jam	£0.50
Butter	£0.35

Pastries - See our counter for fresh pastries.



Please notify our team of any food allergies.

Drinks

Coffee

Americano	£3.00
Flat white	£3.10
Latte	£3.30
Double espresso	£2.90
Cappuccino	£3.10
Mocha	£3.50
Iced coffee	£3.30
Oat/Almond/Soya Milk	£0.40
Syrup Shot	£0.50

Hot Drinks

Cup of tea	£2.15
Cup of flavoured tea	£2.50
Pot of tea	£3.50
Pot of flavoured tea	£3.75
Hot chocolate	£3.30
Hot choc with cream & marshmallows	£3.70
Babyccino/children's hot chocolate	£1.80

Cold Drinks

Bottle of still water	£1.50
Bottle of sparkling water	£1.70
J20	£2.10
Can of fizzy drink	£1.60
Fruit Juice	£1.60