Tradition lives because young people come along who catch its romance and add new glories to it.

Michael Novak
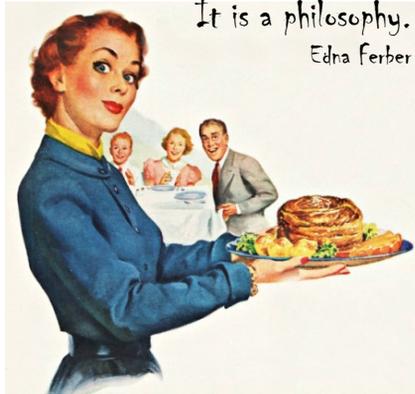
This Sunday we serve

Traditional Sunday Roast

Roast Beef ... is not only a food. It is a philosophy.

Edna Ferber

A brief History of the Roast

It's widely believed that the British people's love of beef began during the reign of King Henry the VII in 1485. His Yeomen Warders – the royal guard – would eat fresh roasted beef every Sunday after church, and it's suggested that this became such a ritual that the guards were affectionately referred to as "beefeaters".

Throughout the Industrial Age, almost every household would pop a roast on before heading to church on a Sunday. It had become an act with a kind of religious and social importance to it. No doubt in those times this was the best meal anybody had all week.

Our Sunday roast remains a dish that's treated as something special – a meal that takes time and care to prepare and one that should be consumed at a dinner table. Though meat is no longer roasted in front of the fire, and today is baked in the modern oven, we still cling onto the term 'Sunday Roast'. It is the time for families or friends to get together and share great food.

Every Day we invite you to enjoy

Traditional Afternoon & Cream Tea

The story of "Afternoon Tea"

Anna, the seventh Duchess of Bedford, is reputed to have introduced the tradition of taking afternoon tea in the early 1840's. She requested a pot of water, cakes, bread and butter to appease her appetite in the long hours between early lunch and late supper.

The Duchess is said to have shared the idea with friends and by the end of the decade afternoon tea had become a widespread social event. Here at The Glenesk we are delighted to continue the tradition by serving freshly cut sandwiches, homemade scones, preserves and cream, along with a range of cakes, pastries and a selection of fine teas.

with Speciality Teas, Premium, freshly roasted Coffee from Prosecco or Champagne

FORTH COFFEE ROASTERS

Breakfast 7 am - 10 am, **Lunch** 12 noon - 3 pm, **Dinner** 5.30 pm - 9.30 pm