



**SALLY  
LUNN'S**  
*FINEST*  
**BATH BUNN**  
1680

---

*Daytime Menu*  
白天餐單

這份白天餐單點餐服務至下午 6 點。  
晚餐點餐服務從下午 5 點開始。

麵包烘培坊博物館開放至下午 6 點。

歡迎光顧的客人免費進場參觀博物館，請享受！



## 歡迎光臨莎莉瓏的古老麵包之屋

您可以隨時品嚐白天菜單的任何餐點，餐點提供至下午六點！  
熱烈推薦您享用我們最有名氣的甜點，鹹點心，或套餐。

為您解釋我們的菜單…

我們將菜單分為甜的與鹹的餐點，莎莉瓏麵包甜或鹹的完美搭配各有特色，會讓味覺與嗅覺佇留在您的記憶裡。

我們為每一餐搭配最完美的組合，如果您以前從沒嚐試過這來自法國的真正麵包 Bun~莎莉露將會是您最好的起點！

### 享用麵包禮儀

我們每一個餐點都提供半個莎莉露麵包，你會發現我們偏好用麵包的上半部搭配甜品，下半部搭配鹹品。如果您擁有一整個，便能嚐到整個麵包的口感和味道了！

通常我們使用刀和叉來享用麵包，但是這沒有一定的規矩。如果莎莉露麵包無法讓您流露滿意的微笑，請務必告知我們服務員。

我們的傳統規矩是要讓每一位客人都高興，如果有任何不滿意的地方請讓我們知道得以改進。

任何有 (†) 符號標記的產品，皆販售於博物館旁的小商店。

莎莉瓏麵包是用祕密食譜加上高難度技巧製作的，好奇心重而無法嘗出原料的客人請不要失望，你可以參考下列線索：

莎莉露麵包是使用小麥，乳酪，與新鮮的蛋製成。  
麵包不包含任何肉類或魚類，除非您點的是我們的肉類或魚類餐點，我們會另外鋪在麵包上。

由於廚房空間和製作麵包過程的限制，我們很抱歉無法保證食物都不含果仁。

### 麩質問題

我們已盡量在處理表示無麥的餐點時做到不含麩質。在當下細小的廚房，我們已利用做好的廚具，技術，特別技巧把含麩量減至最低。

---

### 外帶莎莉露麵包

我們的麵包有盒子盛載以供您外帶或送禮，除非你冷凍麵包以避免變壞，建議賞味期限是四天。

美味的莎莉瓏麵包於樓下的博物館有售，  
一個£4

我們非常樂意你把享用莎莉瓏麵包的照片上傳分享至 facebook, 如果照片有趣創新，更有機會的得到免費的麵包款待！

*Sally Lunn Bun Public Breakfast Menus 莎莉瓏麵包早餐* served until 11.30 營業至 11 點 all include the drink stated 所有菜餚均配有一壺茶

<b>Full English Breakfast Bun</b> 15.5 半個烤莎莉·倫恩麵包，上面撒上黑布丁、蘑菇、乾腌培根、桑德里奇農場香腸、烤豆和煎蛋。 Half a toasted Sally Lunn Bun topped with black pudding, mushrooms, dry cure back bacon, Sandridge Farm sausage, baked beans and a fried egg.	<b>Sally Lunn's French Toast</b> 13 (橘子、肉桂或薑汁牛油) 麵包 配莎莉瓏熱茶 Half a <i>Sally Lunn Bun</i> dipped in cinnamon eggs topped with dry cure smoked bacon and honey.
---	--

*Sally Lunn Bun Luncheon Selections 莎莉瓏午餐精選* include **House tea** – but you can change this – see bottom of page\* 含莎莉瓏熱茶 或參考底部以更改飲品

<b>The Quick Lunch</b> £22.5 or £24.75 (2 or 3 courses 兩或三道菜) 是日西湯 + 任選一款三文治+蘋果蛋糕 - home-made soup of the day (served on one plate with the savoury dish*) - any savoury topping or any toasted sandwich - home-made Somerset apple cake & clotted cream 趕時間之選	<b>The Trencher Lunch</b> £23 or £27.5 (2 or 3 courses 兩或三道菜) 是日西湯 + 任選一款 Trencher 菜式 + 蘋果蛋糕 - home-made soup of the day - any Trencher dish (see p.5) - home-made Somerset apple cake & clotted cream
--	---

*World Famous Afternoon Teas 莎莉瓏下午茶餐* include **House tea** – but you can change this – see bottom of page\* 含莎莉瓏熱茶 或參考底部以更改飲品

<b>Sally Lunn 2 course High Tea</b> £18 煙三文魚麵包 + 奶油麵包 A round of <i>Sally Lunn Bun</i> topped with finest Scottish Smoked Salmon followed by the world famous Sally Lunn Cream Tea.	<b>The Bath Cream Tea</b> £11.8 肉桂醬麵包 (附奶油) Half a toasted <i>Sally Lunn Bun</i> topped with our own Cinnamon Butter and served with lots of Ivy House clotted cream.
<b>Sally Lunn Cream Tea</b> £11.8 草莓醬麵包 (附奶油) Half a toasted & buttered <i>Sally Lunn Bun</i> served with our best Strawberry Jam and lots of Ivy House clotted cream.	<b>Cornish Cream Tea</b> £12.2 兩個英式鬆餅 配草莓醬及奶油 Two home-made buttermilk scones served with Tiptree Strawberry Jam and lots of local Ivy House clotted cream.
<b>Queen Victoria's Tea</b> £11.8 檸檬醬麵包 (附奶油) Half a toasted <i>Sally Lunn Bun</i> served with our own Lemon Curd and lots of Ivy house clotted cream.	<b>Wheat and Dairy Free Tea</b> £12.2 兩個草莓醬無麩鬆餅 (附奶油或人造黃油) Two home-made wheat free and dairy free scones served with Tiptree Strawberry Jam and lots of Ivy House clotted cream, or dairy-free margarine.

\*隨下午茶餐附送的餐飲為熱茶 (£4.15)，客人想改飲品只需補回差價。其他飲品選擇及價錢在背頁。

## The Bun That Isn't a Bun

莎莉瓏麵包是巴斯的美味佳餚，是真正的“巴斯麵包”。很多人會與倫敦買到的巴斯麵包混淆，其實外面買的會比莎莉瓏真正的麵包較小型，較重實，較甜。

實際上 Bun 這個子難用文字描述，因為 bun 其實有點像是麵包，有點像吐司，又有點像蛋糕。這種包是由一個很大卻很輕的麵團製作而成，有點像法國的甜捲蛋糕，卻又不是蛋糕，它是一個麵包！

### *Sally Lunn Bun – Sweet Toppings 甜料麵包* ½ a Sally Lunn toasted bun 半個莎莉瓏麵包

---

<b>Jam 草莓醬或藍莓醬 (英女王最愛)</b> £6 Buttered & served with a generous pot of Strawberry or blackcurrant Tiptree Jam – <i>the Queen's choice of jam!</i>	<b>Marmalade 皇室 橘子醬</b> £6 Buttered & served with a generous pot of Tiptree thick cut Seville orange Marmalade – <i>the Queen's marmalade.</i>
<b>Cinnamon Butter 肉桂醬</b> £6.2 Spread with our famous cinnamon butter then toasted.	<b>Milk chocolate butter 牛奶巧克力牛油</b> £6.2 Toasted, with our very special milk chocolate Butter.
<b>Amazing Lemon Curd 檸檬醬</b> £6.2 Toasted, buttered & served with the best lemon curd you have ever eaten.	<b>Milk jam (Dulce de leche) 焦糖抹</b> £6.2 Toasted and served with our caramel spread made with west country milk and sugar. <b>Add a pot of clotted cream</b> £3.3 額外奶油附加 3.3 鎊

### *Home-Made Cakes, Sweet Treats and Desserts 莎莉瓏制甜品*

---

<b>Rich Chocolate cake 巧克力蛋糕</b> £4.38 A light Belgian chocolate and almond cake filled with rich chocolate butter cream, made without wheat with Ivy House clotted cream.	<b>Sally Lunn's bread pudding 麵包焦糖布丁</b> £4.48 Creamy bread pudding made with <i>Sally Lunn Buns</i> , fruit and muscovado sugar and served with Ivy House clotted cream.
<b>Traditional Somerset apple cake 蘋果蛋糕</b> £3.98 Bramley apples, sultanas and cinnamon in a light sponge with Ivy House clotted cream.	<b>Lemon, orange and almond cake</b> £4.28 <b>檸檬橘子果仁蛋糕</b> A light citrus sponge, with a lemon sugar crust (Made without wheat)
<b>Carrot cake 胡蘿蔔蛋糕</b> £4.18 Packed with carrot, fruit, nuts, and spices, filled with cream cheese and served with Ivy House clotted cream.	<b>Ginger parkin 薑餅配橘子雪糕</b> £4.78 A traditional English ginger bread. Served with a homemade marmalade ice cream.
<b>Victoria sponge 英式維多利亞蛋糕</b> £3.98 A light sponge layered with raspberry jam and vanilla butter cream.	

### *Home-made Soups 湯品* (附小塊麵包) 請詢問是日湯品選擇

---

#### **A choice of seasonal soups 是日精選西湯** £7.2

Freshly made every day using our historic recipes.

Served with ¼ of a Sally Lunn bun

*Sally Lunn Bun – Savoury Toasts and Toppings* 咸料麵包 all made with ½ a Sally Lunn bun 覆蓋在半個麵包上

---

**Spiced Beef 咸牛肉配甜芥末醬** £13

Our own recipe traditional recipe home cured salt beef with a honey mustard sauce

**Traditional Ham & Piccalilli 火腿醃菜** £11

A generous portion of our own home made shredded ham and Piccalilli. Dressed salad garnish

**Roast vegetable 烤雜菜** £10

Peppers, courgette, aubergine, tomatoes & onion with pesto mayonnaise.

**Smoked Salmon 煙三文魚** £13

Scottish smoked salmon, lemon, dill and cream Cheese

**Double Bacon 雙層煙肉** £12

Local dry cure smoked bacon, lettuce, tomato and mayonnaise

**Toasted Sandwich – ‘Club’ 雞肉煙肉** £13

Smoked chicken breast, smoked bacon & mature cheddar cheese & mayonnaise.

**Toasted Sandwich - Creamy Brie 雜菜蔓越莓** £10.5

With cranberry sauce. Served with dressed mixed leaf & cherry tomato garnish.

**Welsh Rarebit toast 懷舊威爾斯烤乳酪** £10.5

Tangy toasted traditional cheese sauce dish from the 1700s with home-made chutney.

**Welsh Rarebit Special Toast 威爾斯烤乳酪.蘑菇.煙肉.酸辣醬** £12.5

With buttery mushrooms, Sandridge dry cure smoked back bacon and home-made chutney

*Sally Lunn Bun Hot Trencher Dishes* **Trencher 菜式** with a slice of Sally Lunn Bun 附一片麵包

---

大約 1500 年左右我們才發明盤子使用其吃飯，在這之前古老的方法是用一塊名為 Trencher 的硬麵包當作盤子，盛載著的食物殘留味道與香氣在麵包裡，我們因此把所謂的盤子也吃掉。這傳統是由喬治王時代開始，但也許是由莎莉瓏在三百多年前流行的。放心！現在我們除了把食物放在在硬麵包上，我們還會提供盤子給您。

**Steak Trencher 英式醬汁燉牛排** £18

Casseroled slowly in an old English ale gravy.

**Braised Chicken & Ham c.1615**

**懷舊紅燒雞肉火腿** £16.95

Historic comfort food. A thick & meaty casserole with a delicate sweetness - packed with 17<sup>th</sup> century flavours

**Vegetable Trencher 雜蔬菜** £14.5

Aubergine, peppers, courgette, onions & tomatoes with mature cheddar cheese.

**Today's Special Trencher 是日特選** £17.25

Made with fresh local ingredients, served on Sally Lunn trencher with seasonal vegetables

**Sally Lunn House Blend Tea 莎莉瓏茶** £4.15<sup>†</sup>

A subtle blend of Indian, Ceylon & African teas. Developed to suit the palate of all regular tea drinkers. The flavour has depth without being too strong. In the words of Dr. Johnson, it is a tea which “amuses the evening, solaces the midnight and welcomes the morning.”

**Earl Grey 英國伯爵茶** £4.2

A beautifully fragrant tea blended from Darjeeling and black China leaf teas flavoured with real oil of Bergamot. Said to be named after the Earl who invented the tea. Ideally serve without milk.

**Russian caravan 俄羅斯祁門紅茶** £4.2

A blend of Chinese teas giving an aromatic, full bodied, slightly smokey taste. The name originates from the 18th century camel caravans that transported tea from the Far East to Europe via Russia.

**Chamomile 甘菊茶** £4.2

This herbal infusion or tisane is often used to relieve stress and as an aid to sleep. Always served without milk, sometimes with a slice of lemon.

**Darjeeling 大吉嶺紅茶** £4.2

The most fragrant and delicate of all teas. Sometimes called the Champagne of teas. Picked in the foothills of the Himalayas, this tea should always be lightly brewed in order to appreciate its exquisite delicacy. Take black or with milk/lemon.

**Chai 印度拉茶** £4.3

Indian chai produces a warming, soothing effect, acts as a natural digestive aid and gives one a wonderful sense of well being.

**Ceylon 錫蘭紅茶** £4.2

Whole leaf tea needs a longer brewing time, then the full body and pungent flavour of this tea can be enjoyed to the full. It has a dry, smooth character and golden liquor. It is believed that this is the tea taken into battle by the Duke of Wellington.

**Lapsang Souchong 拉普小種薰茶** £4.2

A distinctive smoky, tarry flavour identifies this tea from the Fukien Province of China. Traditionally the teas were cured with smoke from white pine wood. Ideally served without milk.

**Assam/Decaffeinated Assam** £4.2

**阿薩姆/低卡阿薩姆紅茶**

The richness of the flavour of this tea is reflected in its reddish liquor. Described as brisk, strong & malty, this tea is an excellent brew for starting the day. Best served with milk.

**Peppermint 薄荷茶** £4.2

This cut peppermint tisane is often drunk as an aid to digestion. This tea produces a delightfully relaxing brew with a great fresh taste.

*Freshly Roasted Cafetière Coffees* 摩卡壺咖啡

---

**Sally Lunn House Decaffeinated**

**哥倫比亞咖啡 (低咖啡因)** £4.2

Using Colombian as a base for decaffeinated produces a good “all round” coffee with a nice mellow taste and caffeine reduced to 0.001 gram per cup.

*Freshly Roasted Coffees* 鮮烤咖啡

---

**Sally Lunn House Coffee – per cup** £3.5<sup>†</sup>

**Espresso 特濃咖啡 – per cup** £3.2

**Double Espresso 雙倍特濃咖啡 – per cup** £3.5

**Latte 鮮奶咖啡 – per large cup** £3.9

**Mocha 巧克力咖啡 – per large cup** £4.1

**Cappuccino 意大利泡沫咖啡 – per large cup** £3.9

*Hot Chocolate* 熱巧克力飲品 per cup

---

**Large Hot Chocolate 熱巧克力** £4.1

**Baileys Hot Chocolate with Cream** £7.1

**甜酒熱巧克力加奶油**

Homemade to our own special recipe 根據自家秘密食譜製作

## Beers, Long and Soft Drinks 啤酒與飲料

---

Apple juice 蘋果汁	£3.75	傳統檸檬汽水	
Sparkling Elderflower 接骨木花汽水	£4.1	Coca-Cola or Diet coco-cola 可口可樂	£3.8
Ginger Beer 姜啤	£4.1	Mineral Water 礦泉水 (300mL/1L)	£2.9/£4.1
Orange Juice 橙汁	£3.75	Ales 啤酒 – Bath ales Gem	£6.3
Traditional Sparkling Cloudy Lemonade	£4.1	Sally Lunn beer	£6.2
		Bath ales Ginger hare	£3.98
		Stout 黑啤酒 – Guinness	£6.2
		Cider 蘋果酒	£6.2
		Lagers 淡啤酒 – Peroni or San Miguel	£4.75

## Table Wine 餐酒

---

Available in medium white or smooth red 可選擇紅酒或白酒

175ml glass 一杯 (175mL)	£7.1 - £7.5
250ml glass 一杯 (250mL)	£9.15 - £10.2
750ml bottle 一瓶 (750mL)	£25.5 - £32

### 莎莉瓏歷史

傳說莎莉瓏在 1680 年從法國逃難至巴斯這裡的這個烘培麵包房，她開始發明製作出一種有營養的圓麵包，這麵包出乎意料的鬆軟美味，成了從古至今屹立不倒的莎莉瓏麵包—bun.

莎莉瓏是根據在法國做奶油甜卷麵包的方法，使用新鮮的雞蛋，當地的牛油及熱牛奶製成。

18 世紀時莎莉瓏麵包提供給巴斯的社會名流 Beau Nash，作為早餐與下午茶，莎莉瓏麵包因此有了名氣，這棟房子也以她命名。莎莉瓏麵包成功的祕訣一直藏在碗櫥中，並隨著房子持有人代代相傳。

### 莎莉瓏博物館

古老的麵包烘培坊在地窖中，每天開放。

光顧的客人可以免費進場參觀，請愉悅地享受！

在這裡你會看到中世紀羅馬式建築及烤爐，這些事莎莉瓏從 1680 年期在這裡烘培麵包最美麗的證據。

