## A Brief History of Afternoon Tea

Tea consumption increased during the early 19th century (early 1840s) around the time that Anna, Duchess of Bedford is said to have complained of a "sinking" feeling during later afternoon.

At this time, it was usual to take only two meals a day: breakfast in the morning and dinner at around 8 pm.

The solution for the Duchess was to have a pot of tea and a light snack taken privately in her boudoir during the afternoon.

Later, she invited her friends and before long, this practice proved so popular that all of fashionable society were sipping tea and nibbling sandwiches in the middle of the afternoon.

## Loose Leaf Tea Offering

#### Traditional English Breakfast

A golden, well-rounded cup of tea created to ease you gently into the day. Perfect with milk (and a touch of sugar can enhance the flavours) for a thoroughly

British afternoon tea!

#### Double Mint Infusion

Full of minty fresh flavour, this infusion delivers a cooling caffeine-free brew. Reputed to aid digestion, it is ideal as an after dinner infusion.

#### Earl Grey

Light, aromatic and floral in character, blended with the oil of the citrus fruit bergamot, produces an aromatic floral blend.

#### Assam

Assam Tea is a black tea named after the region where it is produced, an area south of the eastern Himalayas, roughly the size of Ireland. This is a rich and robust tea with a delicious malty flavour.

#### Sencha Green Tea

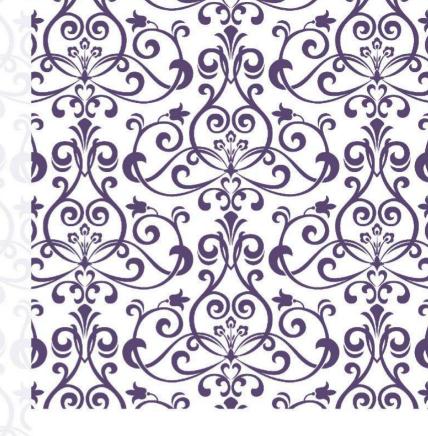
Sweet, smooth and grassy. A beautiful refreshing green tea from Japan.

#### Elderflower Blossom & Darjeeling

Elderflower flavour black tea with marigold flowers and pink cornflowers. Light, sweet, with peachy notes and a fragrant burst of elderflower.

#### Super fruity

A deliciously juicy and fruity blend, packed with wonderful countryside flavours. It's ideal any time of day as it's naturally caffeine free.



### AFTERNOON TEA MENU

# **NUTFIELD PRIORY**

— HOTEL & SPA —— NUTFIELD, SURREY





#### Traditional Afternoon Tea

(kcal 1,721)

Smoked salmon and lemon crème fraiche
Honey-glazed ham and grain mustard
Cucumber and cream cheese
Beetroot and goat's cheese tart
Tomato and red onion pinwheel

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Handmade warm plain and fruit scones

Fruit jam and clotted cream

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Strawberry and basil panna cotta
Chocolate orange tart, pineapple marmalade jelly
Red velvet and raspberry cake, cream cheese frosting
White chocolate and passionfruit delice
Crème de cassis profiterole
£32.95 per person

## Champagne Afternoon Tea

For the height of decadence, add a chilled glass of
Bruno Paillard Champagne (175ml) to your
Traditional Afternoon Tea order
£43.45 per person

#### Children's Afternoon Tea

Chicken mayonnaise finger sandwiches
Ham finger sandwiches
Cheese finger sandwiches
Plain scone
Marshmallow, brownie, cake pop, flapjack
Hot chocolate
£15 per person

## Why not treat yourself to...

Glass of Bruno Paillard Champagne £10.50
Glass of Bruno Paillard Rosé Champagne £15
Classic Champagne cocktail £13.50

#### Cream Tea

(kcal 946)

Freshly made fruit scones served with fruit jam and Cornish clotted cream. Served with your choice of freshly brewed tea or coffee

£10.50 per person

Hand PICKED

This is a sample menu only. Prices and dishes correct at time of publishing.

A discretionary service charge of 12.5% will be added to your bill. All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients. If more information about allergens is required, please ask a member of the team. Prices inclusive of VAT at current rate.

Adults need around 2000 kcal per day.