

## 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.

### Tea Selection

*Made with semi skimmed milk (Kcal 41)*

**English breakfast** - It's a tea with a lot of flavour and a light finish. Perfect for when you fancy a really well rounded cup of tea.

**The Mighty Assam** - Smooth, rich and full bodied with an unmistakable malty punch. This tippy golden broken orange pekoe is Assam as it should be.

**Earl Grey** - A delicate loose leaf tea with the fragrant flavour of citrus bergamot.

**Elderflower & Blossom Darjeeling** - Light, sweet Darjeeling with a fragrant burst of elderflower. Brew to your taste.

**Jasmine Bloom Green Tea** - A delicate Chinese green tea scented with pretty white jasmine flowers, creating a tea that is pure elegance with smooth, floral notes.

**Simply Sencha** - This is a wonderfully mellow and slightly sweet green tea that makes for such easy drinking with a gentle, sweet flavour.

**Camomile** - This is a golden infusion which is slightly sweet and floral. Made with all-natural ingredients, nothing more, nothing less.

**All Day Decaf** - This is a fantastically well-rounded cup of tea, bold, brisk and full of flavour, perfect for any time of day or night.

**Superfruity** - A deliciously juicy and fruity blend, packed with wonderful countryside flavours.

### Coffee Selection

Espresso double (Kcal 16.2)

Americano (Kcal 4.5)

Cappuccino (Kcal 60)

Café latte (Kcal 94)

Café mocha (Kcal 179.5)

Hot chocolate (Kcal 151)

## ROYAL AFTERNOON TEA

Available 6th May

STANBROOK ABBEY  
HOTEL



## Royal Afternoon Tea

Roast loin of lamb, garlic rubbed sourdough crostini

Grilled aubergine roulade, mango chutney, crispy fried onions

King Charles III wild foraged mushroom toast

Coronation chicken salad, brioche slider

Braised pheasant pie, crispy bacon, parmesan

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Sultana scones and citrus scones with clotted cream and strawberry rose petal jam

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King's Coronation trifle

Crispy choux bun

English rose cheesecake

Blackcurrant and raspberry Coronation cake

**£34.95 per person**