

## Gluten-Free Afternoon Tea



*"A simple cup of tea is far from a simple matter"*

-Mary Lou Heiss

### Selection of Gluten-Free Sandwiches

Burford Brown Egg Mayonnaise, Chive & Caraway (182 kcal)

Sundried Tomato, Brie & Rocket (212 kcal)

Severn & Wye Smoked Salmon, Dill & Cream Cheese (161 kcal)

Peppered Pastrami, Creamed Horseradish, Iceberg Lettuce (182 kcal)

### Homemade Cakes, Pastries and Sweets

Roasted Peach & English Sparkling Wine Crunchy Sphere (152 kcal)

Strawberry & Basil Delice (351 kcal)

Raspberry & Vanilla Crème Diplomat Tart (221 kcal)

Tiramisu Cup (193 kcal)

Coconut Panna Cotta (298 kcal)

### Scones

Plain and Raisin Scones (425 kcal/portion)

Raspberry Jam (80 kcal/jar)

Strawberry Jam (76 kcal/jar)

Clotted Cream (293 kcal/portion)

### Afternoon Tea

£45 per person

*Add a glass of*

*Hambleton English Sparkling, NV* £15

*Hambleton English Rosé, NV* £18

*Ayala Brut Majeur, NV* £17

*Free-Flowing Prosecco (90 min)* £20

Please inform us of any allergy or dietary requirement so we may assist you. Adults need around 2000 calories a day.

A discretionary 12.5% service charge will be added to your bill. All prices include VAT



Please use the QR code to access all allergen information.



# Artisan Teas & Infusions

## Black Teas

### Tregothnan Classic English Breakfast

The first tea grown in England, Tregothnan's Classic English Breakfast is made with tea leaves hand-plucked from beautiful gardens in Cornwall that are blended with the finest Assam. The perfect brew for any time of day.

### Ceylon OP

A black tea grown at altitude in Sri Lanka. OP or Orange Pekoe refers to the highest grade of tea consisting of only unbroken leaves. This gives the cup a rounder, smoother mouthfeel with a delicate perfume.

### Afternoon Tea

Light and exotic blend of unique hand-plucked leaves from Tregothnan's Cornish estate with the finest tea from Darjeeling (Tregothnan's twin). Afternoon Tea is delicately refreshing with invigorating citrus notes.

### Earl Grey

Named after the 2<sup>nd</sup> Earl Grey (a previous Prime Minister), this blend English & Assam tea leaves is scented with the oil of the bergamot citrus fruit. Perfumed and rich, it can be enjoyed with milk or lemon.

### Lapsang Souchong

A distinctly smoky tea, its unique taste is created by carefully withering the leaves over smoking, fragrant Chinese wood, then drying the tea in bamboo baskets over burning pine. Lapsang Souchong is definitely the Marmite of the tea world... but love it or hate it you won't find anything else quite like it.

### Lavender Black

Cornish & Assam teas blended with lavender for a light, fragrant and relaxing cup.

## Green & White Teas

### Pai Mu Tan

Slightly richer than other white teas, Pai Mu Tan is nonetheless a light-bodied, fragrant and mellow tea with fruity and grassy aromas.

### Tregothnan Green

Rich in health benefits, the process of creating green teas varies from black as oxidation is replaced by steaming so the fresh leaves retain their natural green colour and nutrients.

### Jasmine

Green tea leaves are lightly oxidised and blended with jasmine flowers for a delicate and perfumed cup.

## House-Blended Wellness Infusions

### Blue-tea-ful

This anti-oxidant powerhouse blends the butterfly pea flower with blue mallow flowers, lemongrass and vitamin-rich super berries.

### Energise

Ginkgo is brilliant at improving brain function and rosemary helps to increase focus – with a touch of black pepper, chilli & cinnamon to light the fire.

### Renew

Raspberry leaf for balance and mood-enhancing Lemon Balm are added to rose petals in this soul-inspiring blend.

### Rosy Glow

A natural boost for skin and hair that combines anti-ageing superstars rose, marigold & hibiscus with sweet strawberry and apple.

### Bliss

A blend of soothing Chamomile, Passion Flower & Catmint to ease tension and restore calm.

### Refresh

Cooling Mint and Hyssop blended with all-around super herb Echinacea, sweet Elderflower and lemon.

### Immuni-tea

Orange Lillies, Turmeric & Ginger all help to ward off those pesky bugs with their anti-bacterial properties while Cinnamon, Orange & Mango help the medicine go down!

## Botanical Infusions

### Moroccan Mint

A wonderfully invigorating spearmint tea that is highly scented and known to aid digestion.

### Red Berry

A delicious fruit tisane that includes strawberries and raspberries from Kent and apples Cornish orchards.

### Chamomile Flower

Whole chamomile flowers give an elegant and soothing tea known for its relaxing properties.

### Lemon Verbena

Also known as verveine, lemon verbena has notes of citrus and lemongrass and is known to aid digestion and relaxation.

### Manuka

Grown exclusively at Tregothnan since it was first introduced from New Zealand in the 1800s, Manuka has a distinctively sweet spicy flavour.

### Rooibos

Rooibos or 'Red Bush' is a South African tisane traditionally made from the leaves of the flowering shrub, Aspalathus linearis. With a multitude of health benefits, Rooibos is a delicious caffeine-free alternative to traditional teas.

## Coffee

Espresso (2 kcal) / Double Espresso (2 kcal) / Americano (2 kcal)

Cappuccino (157 kcal) / Latte (157 kcal)

Turmeric Latte (157 kcal) / Beetroot Latte(162 kcal) /  
Matcha Latte(159 kcal)

Hot Chocolate (168 kcal)

All made with full fat milk as standard.

## Milk Choices

Full Fat (62 kcal/100ml) Skinny (37 kcal/100ml), Soy (44 kcal/100ml),  
Almond (13 kcal/100ml), Oat (35 kcal/100ml), Coconut (20 kcal/100ml)