

## 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

#### Traditional English Breakfast

A golden, well-rounded cup of tea created to ease you gently into the day

#### Earl Grey

A light, floral tea, perfectly combining Chinese black loose leaf with wonderfully citrus bergamot flavours

#### Afternoon Tea

A black tea with malty undertones. Blended with Darjeeling and Ceylon.

#### Ceylon Decaffeinated Black Tea

A full bodied Ceylon black tea with spicy undertones using a CO2 decaffeinating method.

#### Whole Leaf Peppermint

Mild sweet undertones and a crisp menthol freshness. A stimulant for mind and body.

#### Lung Ching

Medium bodied tea smoothly combining the classic green tea character with a sweet and slightly toasty notes.

#### White Jasmine and Apricot

A combination of white and green tea with succulent apricots, bound with delicate jasmine undertones and ginger.

#### Very Berry

A pure fruit tea consisting of a juicy berries and papaya. The deep red finish is characterized by a sweetness balanced by the tart hints of hibiscus.

#### Orange Blossom

A white blend tea capturing the essence of ripe oranges, by infusing soft white and vibrant green tea leaves with essential oils and orange pieces.

## AFTERNOON TEA MENU

BUXTED PARK  
HOTEL

### Traditional Afternoon Tea

Egg mayonnaise  
Honey-glazed ham and grain mustard  
Smoked salmon and crème fraiche  
Beef and horseradish  
Hummus and Mediterranean vegetables

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Buttermilk scones

Fruit scones

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Selection of seasonal homemade pastries and cakes  
Full selection of leaf teas served with semi skimmed milk

**£32 per person Kcal 1770**

### Little Ones Afternoon Tea

Fruit skewer  
Cake and pastry

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Selection of finger sandwiches to include:  
Chicken mayonnaise  
Ham  
Cheese

**£16 per person**

*Additional sandwiches are available £4 per person*

### Vegan Afternoon Tea

Guacamole and avocado sandwich  
Mediterranean vegetables and pesto sandwich  
Cucumber and tomato sandwich  
Red hummus sandwich  
Vegan cheese and chutney sandwich

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Warm plain and fruit scones, vegan whipped cream and strawberry jam

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New York vanilla cheesecake  
Dark chocolate mocha cake  
Victoria sandwich  
Date and caramel shot  
Chocolate brownie

**£32 per person Kcal 1628**

### Cream Tea

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

**£16 per person Kcal 424**