



THE SPA HOTEL

Mother's Day

Sunday 30th March

Afternoon Tea Menu



The Spa Afternoon Tea

Sandwiches & savouries

Smoked salmon, cream cheese, cucumber
Smoked gammon knuckle, wholegrain mustard
Coastal cheddar, spring onion, salad cream (V)
Wild garlic quiche (V)
Pork and apple sausage roll

Followed by

Freshly baked buttermilk, vanilla and blueberry and plain
scones served with
Tiptree strawberry preserve and Cornish clotted cream

Afternoon tea cakes

Lemon and poppy seed petit gateaux
Raspberry and rose pavlova
Champagne and strawberry choux
Milk chocolate and Earl Grey delice

Your choice of tea from our extensive selection, or freshly
ground coffee

£40.00 per person

Chapel Down Afternoon Tea

Includes all of the above and a glass of
Chapel Down Brut

£54.00 per person

All prices include VAT. A discretionary 12.5% service charge will be added to your bill.
Please ask a member of staff to see our extensive drink list.

Food Allergies & Intolerances: Please always advise your server of any special dietary requirements, including intolerances and allergies. Where possible, our trained staff will advise you on alternative dishes. However, while we do our best to reduce the risk of cross-contamination in our restaurant, we CANNOT guarantee that any of our dishes are free from allergens and therefore cannot accept any liability in this respect.

Our Favourite Tea Quotes

"You can never get a cup of tea large enough or a book long enough to
suit me."
C.S. Lewis

"There are few hours in life more agreeable than the hour dedicated to
the ceremony known as afternoon tea."
Henry James, *The Portrait of a Lady*

"Thank God for tea! What would the world do without tea! How did it
exist? I am glad I was not born before tea."
Sydney Smith, *A memoir of the Rev. Sydney Smith*

"If you are cold, tea will warm you;
if you are too heated, it will cool you;
If you are depressed, it will cheer you;
If you are excited, it will calm you."
William Ewart Gladstone

"Tea" to the English is really a picnic indoors"
Alice Walker, *The Color Purple*

"There is no trouble so great or grave that cannot be much diminished
by a nice cup of tea"
Bernard-Paul Heroux

"Make tea, not war"
Monty Python

Our Teas

Continued....

Wild Rooibos

The real Red Bush from the Cederberg Mountains of South Africa. Beyond organic, this Rooibos is harvested completely wild in its indigenous environment. A rich and utterly delicious caffeine free infusion.

English Chamomile

Grown in a botanical garden in Cornwall, these chamomile flowers are extraordinarily sweet, pure and aromatic. The taste of summer meadows.

Sri Lankan Lemongrass

A smooth, rich herbal infusion with flavours of cut hay and lemon drops. This uniquely complex and full-bodied lemongrass is grown in a remote mountain tea garden near Ravanna falls.

South African Honeybush

A completely natural herbal tea, chemical and caffeine-free as well as being low in tannins, rich in antioxidants, mangiferin and polyphenols.

Champagne and Sparkling Wine

Chapel Down Classic Brut	125ml Bottle £15.00 £80.50
Alliances N.16 Brut, Champagne A. Robert Z	£15.50 £71.00
Argeo Prosecco Brut, Ruggeri	£8.80 £37.00

Gin & Tonic Selection

All served 50ml measure gin and 200ml choice of fever tree tonic waters.

Bombay Sapphire, ABV: 40% orange & lemon garnish	£12.90
Tanqueray, ABV: 43.1% lemon peel & juniper garnish	£13.15
Hendricks, ABV: 41.4% cucumber & mint garnish	£13.75
Tanqueray 10, ABV: 47.3% lime wedge garnish	£15.10

*The above spirits are available in 25ml measures upon request

For a more extensive drink list please ask a member of staff to see our full bar drinks menu

Refreshing Fruit Coolers

Martin Frobisher's sparkler (275ml)	
Cloudy apple	£4.15
Raspberry lemonade	£4.15
Sicilian lemonade	£4.15
Martin Frobisher's Fusion (275ml)	
Orange	£4.15
Apple	£4.15
Pineapple	£4.15
Cranberry	£4.15

Our Teas

Sourced and supplied by the Rare Tea Company

Single Origin English Breakfast

A rich black tea, from a family-run, independent tea garden in the mountains of Malawi. To compare this to an ordinary tea would be like comparing a line-drawing with a sculpture. It is like drinking a normal tea, but in 3-D. Strong, malty and naturally sweet

Rare Earl Grey

This Earl Grey is an orthodox tea, hand-crafted with natural Italian bergamot. It is tea as it used to be – not modern approximation of a classic. Clean and exceptionally bright, it can be enjoyed with a twist of lemon instead of milk.

Keemun

Traditional hand-crafted black China tea. First brought to our shores in the 19th century and soon became one of the most favoured afternoon teas. Soft and smooth with a feint hint of smoke from charcoal roasting. Best served without milk.

2nd Flush Muscatel Darjeeling

An Indian black tea grown in the foothills of the Himalayas on the beautiful Makaibari Estate where two thirds of the land is preserved virgin forest. It has a soft, floral aroma with subtle notes of malt and muscatel grapes. This tea is best served black with nothing added.

Our Teas

Continued....

Green Leaf Tea

An exquisite Chinese green tea that is meticulously hand-rolled. The leaves are fired in a wok over charcoal in the same way it has been produced for 3000 years. Clean and refreshing, this tea is the antithesis of bitter, mass produced green teas.

Jasmine Silver tip Tea

The finest White Silver tips scented with fresh jasmine flowers. Not flavoured and containing no additives. The delicate silver tips absorb the scent of fresh jasmine flowers over six consecutive nights. Once the preserve of Emperors, this is simply the finest jasmine tea available anywhere.

China White Leaf

A pure white China tea from Fujian Province. Entirely hand-made from tender spring buds and new leaves. Like White Silver tip it has a gentle sweetness combined with fresh grassy notes – but the open leaves give a deeper flavour and a hint of peach.

English Peppermint

A rare English peppermint grown in Cornwall on the ancient Tregothnan Estate, this is one of the very last English mints in production. It has a strong peppery nose with a smooth balanced flavour.