

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 late 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

English Breakfast

Robust, malty black tea blend of Assam and Ceylon.

Earl Grey

Delicate black tea with citrus bergamot aroma.

Afternoon Tea

Darjeeling and Ceylon black tea blend, ideal with scones.

Ceylon Decaf

Full-bodied, spicy decaf Ceylon black tea.

Lung Ching

Medium-bodied green tea with sweet, toasty notes.

White Jasmine & Apricot

White and green tea with apricot, Jasmine, and ginger.

Rooibos Orange & Cactus Fig

Rooibos blend with papaya, orange, and fig notes.

Whole Leaf Peppermint

Premium whole peppermint leaves with crisp menthol freshness.

Chamomile Flowers

Calming chamomile tea soothes nerves and digestion.

Very Berry

Vivid berry and papaya fruit tea with hibiscus tartness.

Lemon & Ginger

Refreshing lemongrass, lemon peel, and ginger blend.

FLAVOURS OF AUTUMN AFTERNOON TEA MENU

STANBROOK ABBEY
HOTEL



Traditional Afternoon Tea

Roast beef, horseradish & salad leaf

Poached salmon, dill & lemon

Egg mayonnaise & watercress

Falafel, guacamole & chilli

Autumn-spiced root vegetable roll with quince

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Warm homemade plain & fruit scones

Blackberry & Tonka jam

Cornish clotted cream

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Miso toffee apple tart

Fig & lemon trifle

Dark chocolate & clementine torte

Vanilla & plum sponge

£32 per person

Champagne Afternoon Tea

For the height of decadence, add a chilled glass of Bruno Paillard Champagne (125ml) to your Traditional Afternoon Tea order.

£45 per person

Children's Afternoon Tea

Ham sandwich

Cheese sandwich

Egg sandwich

Homemade warm plain scone with berry jam & Cornish clotted cream

Lemon & raspberry cake pop

Triple chocolate brownie

Banoffee tart

£16 per person

Plant-Based & Vegetarian Afternoon Tea

Cream cheese & cucumber

Sundried tomato & avocado

Plant-based pesto, pepper & salad leaves

Cheese & chutney

Jackfruit bon-bon

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Warm homemade plain & fruit scones

Berry jam & vanilla cream

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Pavlova & seasonal fruit

Blackcurrant torte

Date & caramel shortbread

Courgette & avocado cake

£32 per person

Non-containing Gluten Afternoon Tea

Roast beef, horseradish & salad leaf

Poached salmon, dill & lemon

Egg mayonnaise & watercress

Falafel, guacamole & chilli

Jackfruit bon-bon

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Warm homemade plain & fruit scones

Berry jam & Cornish clotted cream

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Chocolate brownie

Blackcurrant torte

Courgette & avocado cake

Date & orange truffle

£32 per person

Cream Tea

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

£10 per person

We are happy to cater to specific dietary requirements. Please let a member of the team know if you have any allergies or intolerances and we can work with you to provide a suitable menu

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.