

MENU

SPRING AFTERNOON TEA @ AUBREY PARK

£27.50 PER PERSON

SELECTION OF SANDWICHES
CORONATION CHICKEN OPEN SANDWICH
ROASTED RED PEPPER & HUMMUS

FINGER SANDWICH
EGG MAYONNAISE & WATERCRESS
SMOKED SALMON & CUCUMBER
HONEY ROASTED HAM & TOMATO

SCONES
FRESHLY BAKED PLAIN & FRUIT SCONES WITH
TIPTREE STRAWBERRY PRESERVE & CLOTTED CREAM

MINI DESSERTS
VANILLA & FRESH FRUIT TART
CLASSIC FRENCH MACAROON
MASCARPONE & BLUEBERRY CUP CAKE
DARK CHOCOLATE BROWNIE, SALTED CARAMEL
BANANA & CRANBERRY FLAPJACK

TWIST TEAS
HAND BLENDED IN HARPENDEN TWIST TEA IS A LOCAL ENVIRONMENTALLY
FRIENDLY TEA COMPANY, ALL THEIR TEAS ARE 100% NATURAL WITH CERTIFIED
PROVENANCE FROM SALSA AND THE SOIL ASSOCIATION, AS WELL AS ETHICAL
SOURCING INCLUDING ISO ACCREDITATION AND ALL COMPLETELY PLASTIC
FREE

TWENTY-FOUR SEVEN
A DELICIOUSLY, ROBUST, MALTY, FULL- BODIED STRONG ENGLISH BREAKFAST
TEA

CLASSIC EARL
A QUINTESSENTIALLY ENGLISH BLACK TEA BLEND WITH THE DISTINCTIVE
FLORAL FLAVOUR BERGAMOT OIL

BOOST
A DELICIOUS BLEND OF ASSAM AND CEYLON BLACK WITH YERBA MATE AND
GINSENG

GINGER SNAP
A WELL- BALANCED GINGER AND CINNAMON BLEND. WITH SWEET LIQUORICE
AND LEMON VERBENA (CAFFEINE FREE)

MINT HUMBUG (CAFFEINE FREE)
THE TRADITIONAL FLAVORS OF MINT AND INDULGENT TOFFEE EVOKE FOND
CHILDHOOD MEMORIES, DELICIOUS!

CHOCOLATE CHAI
THE SPICINESS OF A DELICIOUS CHAI MARSALA BLACK TEA WITH THE SWEETNESS
OF COCA NIBS

HISTORY OF AFTERNOON TEA

This Quintessentially British Event Afternoon Tea traditionally known as low tea, is a light meal snack typically eaten between 2pm and 5pm.

How it began

It is said that while living in Woburn Abbey, Anna Maria Russell, 7th Duchess of Bedford, is said to have transformed afternoon tea in England into a late-afternoon meal rather than simple refreshment.

During the 18th century, dinner came to be served later and later in the day until by the early 19th century, the normal time was between 7:00 and 8:30 p.m. An extra meal called luncheon had been created to fill the midday gap between breakfast and dinner, but as this new meal was very light, the long afternoon with no refreshment at all left people feeling hungry. She found a light meal of tea and cakes or sandwiches was the perfect balance. The Duchess found taking an afternoon snack to be such perfect refreshment that she soon began inviting her friends to join her. Afternoon tea quickly became an established and convivial repast in many middle- and upper-class households.

The Modern Tradition; loose tea is brewed in a teapot and served in teacups with milk and sugar. This is accompanied by sandwiches customarily cucumber, egg and cress, fish paste, ham, and smoked salmon, scones with clotted cream and jam and usually cream cakes and biscuits.