



AN  
*English Country*  
GARDEN



How many kinds of sweet flowers grow  
In an English country garden?  
We'll tell you now of some that we know  
Those we miss you'll surely pardon  
Daffodils, heart's ease and flox  
Meadowsweet and lady smocks  
Gentian, lupine and tall hollihocks  
Roses, foxgloves, snowdrops, blue forget-me-nots  
In an English country garden

How many insects come here and go  
In an English country garden?  
We'll tell you now of some that we know  
Those we miss you'll surely pardon  
Fireflies, moths, gnats and bees  
Spiders climbing in the trees  
Butterflies drift in the gentle breeze  
There are snakes, ants that sting  
And other creeping things  
In an English country garden [...]

*Jimmie Rodgers*



# English Sparkling Wine

---

Nyetimber Classic Cuvée NV *Sussex, England*

£11.50/ £60

Ridgeview, 'Cavendish' Brut 2014 *Sussex, England*

£11.50/ £60

Hush Heath Balfour Leslie's Reserve *Kent, England*

£13/ £70

Gusbourne Estate Brut Rosé *Kent, England*

£14/ £80

Lady Ruby

£12



In accordance with the Weights & Measures Act 1995 the measures for the sale of spirits on the premises is 50ml. Wines are sold by glass at 175ml and champagne at 125ml. Wine is also available in 125ml serving and spirits are available in 25ml serving upon request.

# Vegan Afternoon Tea

---

£32 per person

All enjoyed with a selection of Rare Teas  
or £42 with a glass of English sparkling wine

## Sandwiches

Smashed avocado *roasted piquillo peppers, rocket, wholemeal bread*

Grilled aubergine *hummus, harissa, white bread*

Cucumber *mint, coconut riata, caraway bread*

Barbecue baked sweet potato *coriander, lime, cashew mayo, onion bread*

## Sweets

Lemon drizzle cake

Salted caramel slice *toffee popcorn*

Cashew & blueberry 'cheesecake'

Chocolate brownie *raspberry*

## Vegan scones

*Olive oil spread, selection of preserves*



Some menu items may contain nuts, seeds or other allergens, wines may contain sulphites - for further details please ask your server. Our fish is responsibly caught from sustainable sources. Consuming raw or undercooked meats, poultry, sea food, shellfish or eggs & unpasteurised cheese may increase your risk of foodborne illness. Includes 20% VAT.

A discretionary service charge of 12.5% will be added to your bill.

(V) - Vegetarian, VEGAN - Vegan, GF - Gluten free, NF - Nut free, DF - Dairy free

# Classic Afternoon tea

---

## Sandwiches

Truffled Copper Marans egg mayonnaise *white bread*  
Heatherfield smokehouse smoked salmon *lemon crème fraîche, wholemeal bread*  
Cucumber *cream cheese & chives, caraway bread*  
Coronation chicken *onion bread*

## Sweets

Lavender panna cotta *sparkling wine jelly*  
Elderflower & strawberry Battenberg  
Rhubarb profiterole  
Chocolate brownie *raspberry*

Poppy seed & orange blossom and plain Homemade scones  
*Devonshire clotted cream, strawberry jam and orange curd*



Some menu items may contain nuts, seeds or other allergens, wines may contain sulphites - for further details please ask your server. Our fish is responsibly caught from sustainable sources. Consuming raw or undercooked meats, poultry, sea food, shellfish or eggs & unpasteurised cheese may increase your risk of foodborne illness. Includes 20% VAT.  
A discretionary service charge of 12.5% will be added to your bill.

(V) - Vegetarian, VEGAN - Vegan, GF - Gluten free, NF - Nut free, DF - Dairy free

# Gluten free Afternoon tea

---

## Sandwiches

Truffled Copper Marans egg mayonnaise *white bread*  
Heatherfield Smokehouse smoked salmon *lemon crème fraîche, brown bread*  
Cucumber *cream cheese & chives, white bread*  
Coronation chicken *brown bread*

## Sweets

Lavender panna cotta *sparkling wine jelly*  
Elderflower & strawberry Battenberg  
Carrot cake cream *cheese icing, walnuts*  
Chocolate brownie *raspberry*

## Gluten free sultana scones

*Devonshire clotted cream, strawberry jam and orange curd*



Some menu items may contain nuts, seeds or other allergens, wines may contain sulphites - for further details please ask your server. Our fish is responsibly caught from sustainable sources. Consuming raw or undercooked meats, poultry, sea food, shellfish or eggs & unpasteurised cheese may increase your risk of foodborne illness. Includes 20% VAT. A discretionary service charge of 12.5% will be added to your bill.

(V) - Vegetarian, VEGAN - Vegan, GF - Gluten free, NF - Nut free, DF - Dairy free

## 108 *Pantry Teas*

---

Choosing the correct teas is vital to delivering our popular Afternoon Tea. The Rare Tea Company is an independent tea company based in London. Founded in 2004 by Henrietta Lovell it sources and supplies the world's best tea. Henrietta travels the world seeking out tea-gardens crafting the most delicious leaves and buying directly from the farmers. By sourcing direct from farms, she is able to secure unique harvests and ensure that they are crafted using sustainable practices to benefit both the land and the people who live on it.

Some tea selections are very rare, with only a few kilos produced each year. Others can be grown on a larger scale. All of them are crafted by skilled men and women on independent farms, not industrially processed by large agri-businesses.



# Black Tea £4

---

The British Afternoon Tea was developed to complement the rich, dark flavors of these leaves. These black teas have been traditionally hand-crafted in small batches with great care to preserve their wonderful subtleties of flavour.

## English Breakfast\*

*Makaibari Estate, Darjeeling, India and Satemwa Estate, Shire Highlands, Malawi*

A traditionally British tea crafted for a unique depth of flavour. This tea combines the light floral nature of a Darjeeling with deeper, maltier notes.

## Earl Grey\*

*Satemwa Estate, Malawi and Reggio Calabria, Italy*

Elegant black tea scented with pure Calabrian bergamot. A clean and exceptionally bright infusion with exhilarating citrus notes.

## 2nd Flush Muscatel Darjeeling

*Makaibari Estate, Darjeeling, India*

This highly fragrant black tea is picked in the foothills of the Himalayas, on one of the oldest and most beautiful estates in Darjeeling.

This tea has a heady floral aroma with soft notes of muscatel grapes.



*\*Please inform us how you would like your English Breakfast or Earl Grey tea (Soft, normal or strong) and it will be infused to your particular taste.*

# Green Tea £4

---

GREEN TEA has as many subtleties of flavour as the finest of wines. Great skill is required to unlock the flavours hidden in the tea leaf often using traditional methods passed down for thousands of years.

## China Green Leaf Tea

*Fuding, Fujian Province, China*

The leaves are fired in a wok over charcoal in the same way and in the same place they have been made for over 3000 years. Clean, bright and remarkably delicate.

## Genmaicha

*Shizuoka, Japan*

Moriuchi Sencha with organic Japanese toasted brown rice. Rich, vegetal notes of buttery asparagus, with a popcorn like aroma and flavour from the brown rice.

## Oolong

*Anxi, China*

*This Chinese oolong is known as the Iron Goddess of Mercy (Tie Guan Yin). Crafted to an exact point at which the leaves reveal their hidden subtleties. The first infusion has a succulent sweetness with later infusions leading to green floral notes. Each time you infuse the leaves, different subtleties are revealed.*



## White Tea £4

---

WHITE TEA is the least processed of all teas. The young leaves and buds are all picked in spring and simply dried in the warm mountain sunshine. They share very delicate flavours and contain the highest level of antioxidants.

### China White Leaf (White Peony)

*Fuding, Fujian Province, China*

This subtle tea has a gentle sweetness with grassy notes & a delicate hint of apricot.

### Jasmine Silver Tip Tea

*Fuding, Fujian Province, China*

The tea is not flavoured but carefully scented over six consecutive nights with fresh jasmine flowers.



# Herbal Infusions £4

(Caffeine free)

---

HERBAL TEA is not strictly 'tea' because all tea comes from the leaves of *camellia sinensis*. They are infusions of the leaves and stems of different herbs. These herbal infusions contain no additives or flavourings and are naturally caffeine-free.

## English Chamomile

*Tregothnan Estate, Cornwall, UK*

Grown in a botanical garden on the Tregothnan Estate in Cornwall, these flowers are tenderly picked with delicate blossoms and long stems, which add hay flavours. The aroma is of English summer meadows. These chamomile flowers are extraordinarily sweet, pure and aromatic.

## English Peppermint

*Tregothnan Estate, Cornwall, UK*

A rare English peppermint grown in Cornwall in the 14th century family-run estate. Counter-intuitively, the menthol oils infuse more easily from the dried leaf, giving a brighter, cleaner flavour than fresh mint.

## Lemon Verbena

*Provence, France*

*Aloysia citrodora* or lemon verbena is originally from South America. It was brought to Europe by the Spanish in the 17th Century. A pure herb with a mellow lemon flavour, it makes a wonderful digestive.

## Wild Rooibos

*Cederberg Mountains, South Africa*

The real South African Red Bush. A richly delicious infusion with deep earthy notes, bright red berries and cedar. Can be beautifully enhanced by the addition of honey or maple syrup and a twist of lemon zest.

# THE ⊗ JUICERY

## SIGNATURE JUICES & BLENDS

Medium £6 / Large £8

### London Greens

Pear, spinach, cucumber, basil, lime, coconut water  
RECOVERY, POTASSIUM, RE-HYDRATION

### Greenwich

Beetroot, apple, pomegranate, carrot, mint leaves  
ANTIOXIDANT, CLEANSE, LONGEVITY

### Mercer

Mango, ginger, carrot, apple  
VITALITY, ENERGISE, WAKE-UP

### Digestion Booster

Kale, apple, ginger, fennel, cucumber, lemon  
PRE-WORKOUT, ANTIOXIDANT, HYDRATING



# Individual Cake Selection

---

## CLASSIC

Baked vanilla cheesecake £4.00

Dark chocolate *Guinness cake, Baileys cream* £4.00

Bakewell tart £2.50

Pecan pie £2.50

Chocolate & banana cupcake *NF* £4.00

White chocolate & passion fruit tart £2.50

Fruit cake *NF, GF, DF, Sugar Free* £2.50



Some menu items may contain nuts, seeds or other allergens, wines may contain sulphites - for further details please ask your server. Our fish is responsibly caught from sustainable sources. Consuming raw or undercooked meats, poultry, sea food, shellfish or eggs & unpasteurised cheese may increase your risk of foodborne illness. Includes 20% VAT. A discretionary service charge of 12.5% will be added to your bill.

(V) - Vegetarian, VEGAN - Vegan, GF - Gluten free, NF - Nut free, DF - Dairy free

## GLUTEN FREE

Mixed meringues *NF* £2.50

Chocolate brownie £2.50

Carrot cake £4.00

Matcha tea & white chocolate slice £2.50

Elderflower & strawberry Battenberg £2.50

Pistachio, coconut & carrot cake *DF* £2.50

## VEGAN

Lemon drizzle cake *GF, NF* £2.50

Fig & walnut slice £2.50

Salted caramel slice £2.50

Raw brownie £2.50

Date & coconut truffle £2.50

Chia seed paleo protein truffle £2.50

Cinnamon & sesame protein ball £2.50

Some menu items may contain nuts, seeds or other allergens, wines may contain sulphites - for further details please ask your server. Our fish is responsibly caught from sustainable sources. Consuming raw or undercooked meats, poultry, sea food, shellfish or eggs & unpasteurised cheese may increase your risk of foodborne illness. Includes 20% VAT.

A discretionary service charge of 12.5% will be added to your bill.

(V) - Vegetarian, VEGAN - Vegan, GF - Gluten free, NF - Nut free, DF - Dairy free

