

# & FANCIES FOLIAGE

AFTERNOON TEA AT THE ATHENAEUM



## GLUTEN-FREE AFTERNOON TEA

Afternoon tea reimagined. Inspired by Fondant Fancies, the natural beauty of our Living Wall and nearby Royal Parks, this is a quintessentially British experience. Afternoon tea, The Athenaeum way.

### Selection of Sandwiches

Maldon cured smoked salmon, horseradish crème fraîche

Coronation chicken, fresh coriander

Aged Butler's Secret Cheddar cheese, sun-blushed tomatoes, chives

Singaporean kaya eggs

### Homemade Cakes, Pastries and Sweets

Blueberry cheesecake

Chocolate brownie sensation

Citrus cake

Pear and pistachio financier

Lemon and raspberry panna cotta with yuzu chocolate

### Plain and raisin scones

Raspberry jam, strawberry jam, clotted cream

### Afternoon Tea

£60 per person

Add a glass of:

|                                     |     |
|-------------------------------------|-----|
| Gusbourne NV English sparkling      | £17 |
| Gusbourne NV English sparkling rosé | £19 |
| Taittinger NV Champagne             | £21 |
| Free-flowing prosecco (90 min)      | £20 |

### Tea Blending Trolley

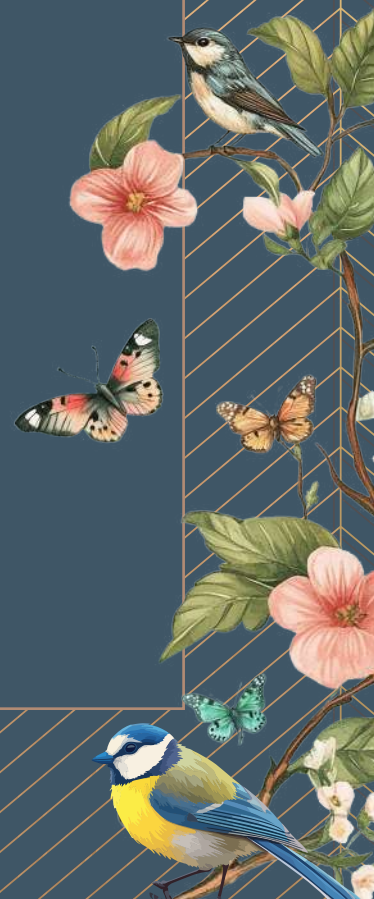
A unique blending experience that features a signature cocktail and tea blending trolley, all of which will follow nature's changing cues. Trained by Master Tea Blender Alex Probyn, our team guide you in exploring 45 bespoke ingredients — including English-grown tea from Cornwall by Tregothnan, and seasonal botanicals. After a few thoughtful questions, your perfect blend will be revealed.

Afternoon Tea £70 per person includes the Blending Experience

Please inform us of any allergy or dietary requirements so we may assist you.  
A discretionary 13.5% service charge will be added to your bill. All prices include VAT



Please use the QR code to access all allergen information





# ARTISAN TEAS & INFUSIONS

## BLACK TEAS

### Tregothnan Classic English Breakfast

The first tea grown in England, Tregothnan's classic English breakfast is made with tea leaves hand-plucked from beautiful gardens in Cornwall that are blended with the finest Assam. The perfect brew for any time of day.

### Afternoon Tea

Light and exotic blend of unique hand-plucked leaves from Tregothnan's Cornish estate with the finest tea from Dajeeling (Tregothnan's twin). Afternoon Tea is delicately refreshing with invigorating citrus notes.

### Earl Grey

Named after the 2nd Earl Grey (a previous Prime Minister), this blend of English and Assam tea leaves is scented with the oil of the bergamot citrus fruit. Perfumed and rich, it can be enjoyed with milk or lemon.

### Lapsang Souchong

A distinctly smokey tea, it's unique taste is created by carefully withering the leaves over smoking, fragrant Chinese wood, then drying the tea in bamboo baskets over burning pine. Lapsang Souchong is the Marmite of the tea world... but love it or hate it you won't find anything else quite like it.

### Lavender Black

Cornish and Assam teas blended with lavender for a light, fragrant and relaxing cup.

## EMELYNE'S BLEND

A delightful black tea infused with cherry, notes of caramel, mixed berry fruit and cocoa. This aromatic blend is a perfect pairing with our afternoon tea. Emelyne recommends adding a single sugar and a dash of milk.

## BOTANICAL INFUSIONS

### Peppermint

A wonderful invigorating tea that is highly scented and known to aid digestion.

### Red Berry

A delicious fruit tisane that includes strawberries and raspberries from Kent and apples from Cornish orchards.

### Chamomile Flower

Whole chamomile flowers give an elegant and soothing tea known for relaxing properties.

### Lemon Verbena

Also known as verveine, lemon verbena has notes of citrus & lemongrass and is known to aid digestion and relaxation.

### Manuka

Grown exclusively at Tregothnan since it was first introduced from New Zealand in the 1800's, Manuka has distinctively sweet spicy flavour.

### Rooibos

Rooibos or 'Red Bush' is a South African tisane traditionally made from the leaves of the flowering shrub, Aspalathus Linearis. With a multitude of health benefits, Rooibos is a delicious caffeine-free alternative to traditional teas.

## GREEN & WHITE TEAS

### Pai Mu Tan

Slightly richer than other white teas, Pai Mu Tan is nonetheless a light-bodied, fragrant and mellow tea with fruity and grassy aromas.

### Tregothnan Green

Rich in health benefits, the process of creating green teas varies from black as oxidation is replaced by steaming so the fresh leaves retain their natural green colour and nutrients.

### Jasmine

Green tea leaves are lightly oxidised and blended with jasmine flowers for delicate and perfumed cup.

## HOUSE-BLENDED WELLNESS INFUSIONS

### Blue-tea-ful

The anti-oxidant powerhouse blends the butterfly pea flower with blue mallow flowers, lemongrass and vitamin-rich super berries.

### Energise

Ginkgo is brilliant at improving brain function and rosemary helps to increase focus - blended with green tea, a touch of black pepper, chilli and cinnamon to light the fire.

### Renew

Green tea is combined with lemon, rose, lemon balm and jasmine blossom in this soul-inspiring blend.

### Rosy Glow

A natural boost for skin and hair that combines anti-aging superstars rose, marigold and hibiscus with sweet strawberry and apple.

### Bliss

A blend of soothing chamomile, linden blossom, passion flower, lavender and safflower to ease tension and restore calm.

### Refresh

Cooling mint, sweet fennel, lemon verbena and nettle help to aid digestion and restore vitality.

### Immuni-tea

Orange lillies, turmeric and ginger all help to ward off those pesky bugs with their anti-bacterial properties while cinnamon, orange and mango help the medicine go down!

## COFFEE

Espresso / double espresso / americano  
cappuccino / latte / turmeric latte  
beetroot latte / matcha latte

### Hot Chocolate

All made with full fat milk as standard.

## MILK CHOICES

Full fat, skinny, almond, coconut, oat, soy

