Afternoon Tea
“A simple cup of tea is far from a simple matter”

Mary Lou Heiss
The story began, or so they say, with the duchess.

A long time ago, in the not-so distant Leicestershire, Anna, the duchess, was hungry. Lunch in the 1840s was not a grand affair and dinner, while lavish, was not served until late. Famished, she called for tea and buttered bread to be brought to her room in the afternoon. Pleased with herself, she did the same the next day and the next. Soon, tea became a social affair and friends joined the afternoon tradition with pastries, cakes and finger sandwiches all added to the menu.

Our story begins with family.

From Chris and Jeff Galvin to the small family-run tea houses of India, Sri Lanka, China and Japan. It follows small independent British farmers, the artisan bakers and chocolate makers, those dedicating their lives to the perfect strawberry jam and the ever-busy Regents Park honey bees.

Welcome to the Athenaeum. We invite you to pour a cup of tea, relax, enjoy and become an integral part of our story.

**Afternoon Tea**

£39 per person

*Add a glass of:*

- Ayala Brut Majeur, NV  £15
- Ayala Rosé, NV  £17
- Bollinger Special Cuvée, NV  £19
- Free-Flowing Prosecco (60 min)  £10
The Menu

Selection of Sandwiches
Burford Brown Egg & Watercress Bridge Roll
Cumbrian Beef & Coleman’s Horseradish
Regents Park Honey-Roasted Dukeshill Ham & Mustard
Galvin Cure Smoked Salmon & Herb Cream Cheese
Coronation Chicken

Homemade Cakes, Pastries and Sweets
Lemon Meringue Tart
Chocolate Financier
Apple & Blackberry Choux Buns
Cranberry Macaroon
Opera Gateau

Scones
Plain and Fruit Scones
Strawberry Jam
Clotted Cream
Lemon Curd

If you have any allergies or dietary requirements, please inform your server. A discretionary service charge of 12.5% will be added to your bill.
Selection of Artisan Teas

Black Teas

Royal English Breakfast
This is our special blend of Ceylon & Assam black teas. The rich strength of Assam and the smooth flavour of Ceylon produce a full and rounded cup. A fantastic all-around tea!

Assam BOP
A black tea grown at high altitude in the north of India. BOP stands for Broken Orange Pekoe and reflects that the larger leaves are broken to give a greater surface area (and therefore infusion). This is a strong and intense tea with malty flavours that is best enjoyed with the addition of milk.

Ceylon OP
A black tea grown at altitude in Sri Lanka. OP or Orange Pekoe refers to the highest grade of tea consisting of only unbroken leaves. This gives the cup a rounder, smoother mouthfeel with a delicate perfume.

Darjeeling First Flush
Grown right against the Himalayas, the area of Darjeeling is famous for its exclusive teas. First flush is the highest grade of Darjeeling and refers to the fact that only the two first-grown leaves are plucked for use in the tea. Light, elegant and floral, many connoisseurs consider Darjeeling to be the ‘Champagne’ of teas.
White and Green Teas

Pai Mu Tan
A white, lightly oxidised tea grown in the Fugian province of China. Slightly richer than other white teas, Pai Mu Tan nonetheless a light-bodied, fragrant and mellow tea with fruity and grassy aromas.

Sencha Fukuyu
Grown in coastal Honshu, this benchmark steamed Japanese green tea is refreshing and distinctive. High in antioxidants, light and smooth with a strong, grassy flavour, this is the quintessential Japanese tea.

Gunpowder Green
A Chinese green tea that is made by rolling each leaf into a small pellet shape – often resembling gunpowder! This method helps to preserve the flavour and freshness of the tea leaf and results in a delicious, light-bodied and refreshing tea.

Flavoured Teas

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

Dragon Pearl Jasmine
Produced in the Fujian province of China, the tea leaves are layered with bloomed jasmine buds allowing the natural essential oils of the flower to seep into the leaves. The leaves are then rolled by hand into small pearls which unfurl in hot water releasing their fragrant and perfumed scent.
Infusions

Moroccan Mint
A wonderfully invigorating spearmint tea that is highly scented and known to aid digestion.

Passion Fruit & Orange
A delicious fruit tisane with apple, hibiscus, rosehip, sweet orange peel, passionfruit and orange.

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

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

Coffee

Espresso/Double Espresso
Macchiato/Double Macchiato
Cappuccino
Latte
Flat White
Americano