



AFTERNOON AND HIGH TEA MENU

Sweet treats for an afternoon pick me up

CREAM TEA

Freshly brewed tea and coffee

Scones with jam and cream

AFTERNOON TEA

Freshly brewed tea and coffee

Scones with jam and cream

Classical opera cake

Mini Irish cream éclair

Strawberry red velvet sponge

HIGH TEA

Includes the full afternoon tea menu plus a selection of finger sandwiches with the following fillings:

Egg mayonnaise and pea shoots

Smoked salmon and dill

Cucumber and cream cheese

Honey roasted ham

HEALTHY AFTERNOON TEA

Green tea, lemon and ginger infusion, organic caffeine free cinnamon coffee

SF Dark chocolate brownie

SF Angel food cupcakes

SF Banana, quinoa and coconut rice pudding

SF Blueberry and goji berry wholemeal scone with no added sugar, strawberry jam, whipped cream

ADD SANDWICHES

Houmous and tabbouleh filled pitta bread

SF Turkey, apple and brie on walnut bread

SF Curried egg and Greek yoghurt mayonnaise with broccoli sprouts on brown bread

Sweet potato latke with fat free cream cheese and smoked salmon

GLUTEN FREE SELECTION

The following sweet treats are all gluten free and are available as an alternative item from the afternoon tea menus.

Lemon polenta cake

Sticky toffee pavlova

Strawberry cheesecake

Rum and raisin panna cotta

Chocolate nemesis

SF Super Food Vegan

V Vegan

Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we guarantee the processes used by our ingredient manufacturers.

(V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard, (Se) Contains sesame seeds, (SD) Contains sulphur dioxide, (L) Contains lupin.

