



Quy Mill Hotel & Spa
Cambridge



*Afternoon Tea
Allergen Menu*

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Locally sourced, Freshly prepared

The Tradition of Afternoon Tea

Tea consumption increased dramatically during the early nineteenth century and it is around this time that Anna, the 7th Duchess of Bedford is said to have complained of "having that sinking feeling" during the late afternoon. At the time it was usual for people to take only two main meals a day, breakfast, and dinner at around 8 o'clock in the evening. The solution for the Duchess was a pot a tea and a light snack, taken privately in her boudoir during the afternoon.

Later friends were invited to join her in her rooms at Woburn Abbey and this summer practice proved so popular that the Duchess continued it when she returned to London, sending cards to her friends asking them to join her for "tea and a walking the fields". Other social hostesses quickly picked up on the idea and the practice became respectable enough to move it into the drawing room. Before long all of fashionable society were sipping tea and nibbling sandwiches in the middle of the afternoon.

SPARKLING AFTERNOON TEA £24.00

Includes a 125ml glass of Prosecco with Gluten Free or Dairy Free Traditional Afternoon Tea

CELEBRATION AFTERNOON TEA £30.00

Includes a 125ml glass of Joseph Perrier NV Brut Champagne with Gluten Free or Dairy Free Traditional Afternoon Tea

GLUTEN FREE TRADITIONAL AFTERNOON TEA £18.95

Sandwich Selection;

Cream Cheese & Cucumber
Oak Smoked Salmon & Caper Verde
Baked Gammon & Tomato Salsa
Sliced Green Apples, Avocado & Red Onion

Scones;

Fruit or Plain Scone

Sweet Selection;

Raspberry Macaroon
Beetroot, Spinach & Berry Smoothie
Peanut Butter & Chocolate Chip Cookie
Lemon Drizzle Cake, Lemon Icing
Strawberry Cup Cake
Fruit Cake Bar

DAIRY FREE TRADITIONAL AFTERNOON TEA £18.95

Savoury Selection

Hummus, Cucumber & Tomato
Grilled Portabella Mushroom, Basil Pesto & Red Onion
Peanut Butter, Sliced Banana & Redcurrant Jelly
Sliced Green Apples, Avocado & Red Onion

Scones;

Fruit or Plain Scone

Sweet Selection

Raspberry Macaroon
Beetroot, Spinach & Berry Smoothie
Peanut Butter & Chocolate Chip Cookie
Lemon Drizzle Cake, Lemon Icing
Strawberry Cup Cake
Fruit Cake Bar

Please inform a member of staff prior to ordering if you suffer from any food allergies or intolerances.

Prices include VAT at the prevailing rate.