The Rubens at the Palace Hotel,
39 Buckingham Palace Road, London, SW1W 0PS.
T: +44 (0) 20 7834 6600 W: www.rubenshotel.com
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We only use free-range eggs.

VAT at current standard rate.
An optional 12.5% service charge will be added to your bill.

Afternoon Tea

The Palace Lounge

The Living Wall Afternoon Tea

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Brief History of Afternoon Tea

Tea was first introduced to Britain in the 1640's as sailors returning from the Far East brought back packets of tea into the country as gifts. By 1700 tea had become a popular drink and was on sale in more than 500 coffee houses in London.

In 1840, Anna, the 7th Duchess of Bedford, pioneered the idea of Afternoon Tea. In her household the evening meals were served fashionably late at eight o'clock which left a long period between lunch and dinner. To stave off pangs of hunger she started to request a tray of tea, bread and butter along with some cake to be brought to her room in the late afternoon. This soon became a habit and she started to invite friends to join her for this daily ritual.

Initially this practice was limited to the upper classes and it is probably from this time that the notion of tea and the aristocracy became associated with each other. In the late 1800's no well brought up young English women could consider herself socially acceptable unless she knew how to make and present Afternoon Tea.

As with any fashion, the hostesses did their best to outdo each other. Bread and butter were soon replaced by sandwiches filled with exotic ingredients such as lobster, smoked salmon, roast beef and these were served alongside scones, crumpets, teacakes, and English muffins.

"Taking tea" became so popular that the teashop emerged in London so that Afternoon Tea could be enjoyed by the general public. In the late 1880's hotels began to offer tea service in tea courts and Afternoon Tea was regarded as a fashionable event.

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Champagne

Per glass of 125ml

	per glass	*per bottle*
Guy Cadel Pale gold in colour with a steady flow of fine and persistent bubbles. Delicate, fresh and well-balanced with hints of citrus and white fruits. Well defined, subtly rounded with expressive flavours.	**£11.50**	**£57.50**
Joseph Perrier Demi Sec Semi sweet; flavours of yellow peaches and apricot jam finishing with notes of toasted brioche, honey and hints of aniseed.	**£14.50**	**£65.00**
Joseph Perrier Brut Full and round-bodied. A delightful roll over the palate. Intensely refreshing and lasting.	**£13.50**	**£62.50**
Laurent Perrier Brut Fresh and supple with rounded and expressive flavours, good balance and length.	**£15.00**	**£69.00**
Guy Cadel Rosé Prune marmalade and orange peel with notes of liquorice and leather. A hint of red berries with cinnamon.	**£11.50**	**£57.50**
Laurent Perrier Rosé Intensely fruity flavours, clean, well-defined and slightly sharp. Notes of strawberries, Morello cherries, blackcurrants and raspberries.	**£18.00**	**£95.00**

Oriental Tea Selection.

Long Jing Green

Probably China's finest green tea, the Long Jing is hand made and famous for its jade green blade-shaped leaf. The liquor is pale yellow and the flavour is initially sweet with a slightly savoury aftertaste of popcorn.

Jasmine Pearls

Each jasmine pearl is hand-fashioned by twisting and rolling exceptionally long downy leaf bud sets together which are then scented with fresh, aromatic jasmine flowers. The liquor is silvery, similar to that of a white tea. The taste is sweet and fragrant of delicate jasmine blossoms.

Silver Tips White

White silver tips are the buds of the tea plant Camellia Sinensis plucked before they are opened. When brewed, they produce a rare, delicate tea of a light creamy appearance and significant antioxidant qualities.

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Herbal Infused Tea Selection

Blackcurrant and Lavender

Lavender has long been valued for its fragrance and medicinal properties. With the combination of blackcurrant it creates a comforting fruity drink of delicious autumn taste.

Rooibos

Unique to South Africa, the Rooibos or red bush plant is naturally caffeine-free and rich in antioxidants.

Peppermint

A vibrant and clean infusion of roughly cut peppermint leaves. Almost spicy when first sipped, the predominant flavour sensation is that of a penetrating cool mint with a refreshing clean aftertaste.

Camomile Flowers

This light and delicate infusion is made from the most fragrant flowers to create a heady aroma of sweet hay and a floral, grassy flavour.

Cocktails

£ 11.00 each

Grape Martini
Absolute vodka, Elderflower syrup, fresh grapes and Champagne.

Miss Berry
Fresh seasonal berries muddled with Wyborowa vodka, sugar and lime juice.

Watermelon Martini
Absolut vodka and fresh watermelon.

Raspberry Cosmopolitan
Absolut Citron, Framboise, cranberry juice and raspberries.

Mojito
Havana Club rum, mint, sugar and topped with soda water.
Also available with strawberry or raspberry.

Champagne Cocktails

£ 12.50 each

Classic Champagne Cocktail
Brown sugar, Angostura bitters, Hennessy VS and Champagne.

Kir Royal
Crème de Cassis topped with Champagne.

Bellini
Peach purée and Champagne.

Tea Cocktails

£ 8.50 each

Peach Iced Tea
Twinning's English Breakfast tea, Archers peach schnapps, fresh lemon juice and a hint of sugar.

Cranberry Punch
Cranberry tea, Grand Marnier, Almond syrup and sugar.

Blackcurrant Cooler
Blackcurrant tea, Plymouth Gin, fresh lemon juice and lemonade.

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Rubens Afternoon Tea

Your choice of our selected tea varieties

~

Egg and cress

Smoked salmon

Ham and mustard

Cucumber and cream cheese

Chicken and almond bridge roll

~

Strawberry Cheesecake

Honey, cream and walnut financier

Lemon and lavender cupcake

Violet Chocolate Ganache

Rose Metal macaroon

~

Plain scone

Raisin scone

~

Served with homemade strawberry preserve and clotted cream

£29.50 per person

Rubens Traditional Tea Selection

Traditional English

A blend from the finest 2nd flush Assam teas producing strong, smooth and dark liquor. This is a traditional tasting tea with a palatable aroma of ripe citrus. Also available decaffeinated.

Darjeeling

This is a fine quality 2nd flush golden flowery orange pekoe from the Selimbong Gardens. The leaves produce exquisite delicate liquor of salmon pink colour. The taste of this tea, which is light and fragrant of ripe green muscatel grapes, has been described as Champagne of all teas.

Assam

A 2nd flush golden flowery orange pekoe grade black tea from the south of the Eastern Himalayas, Assam. The brew is rich and robust with a delicious malty flavour.

Signature Earl Grey

This is a rich dark Keemun tea, blended with the oil of the citrus fruit bergamot, and combined with delicate lavender flowers. This blend delivers deep copper colour liquor which is aromatic and floral in character whilst the lavender adds a soothing and relaxing aroma.

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The Rubens Scone Menu

Your choice of our selected tea varieties

~

Traditional

Raisin

Buttermilk

Wholemeal, orange, honey and currant

White chocolate and lavender

Savoury cracked black pepper and Parmesan

~

Served with butter, clotted cream,
homemade strawberry jam, and Marmite butter

£19.50 per person

Royal Afternoon Tea

Your choice of our selected tea varieties

~

Strawberry and basil sorbet

~

Egg and cress
Smoked salmon
Ham and mustard
Cucumber and cream cheese
Chicken and almond bridge roll

~

Strawberry Cheesecake
Honey, cream and walnut financier
Lemon and lavender cupcake
Violet Chocolate Ganache
Rose Metal macaroon

~

Plain scone
Raisin scone
Served with homemade strawberry preserve and clotted cream

~

Redcurrant semifreddo

£34.50 per person

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Queen's Afternoon Tea

Glass of Guy Cadel Rosé

~

Your choice of our selected tea varieties

~

Strawberry and basil sorbet

~

Egg and cress

Smoked salmon

Ham and mustard

Cucumber and cream cheese

Chicken and almond bridge roll

~

Strawberry Cheesecake

Honey, cream and walnut financier

Lemon and lavender cupcake

Violet Chocolate Ganache

Rose Metal macaroon

~

Plain scone

Raisin scone

Served with homemade strawberry preserve and clotted cream

~

Redcurrant semifreddo

£39.50 per person

Princes' and Princesses' Afternoon Tea

For children under the age of 12

Egg and cress
Ham and cheese
Chicken bridge roll

~

Strawberry Cheesecake

Violet Chocolate Ganache

Lemon and lavender cupcake

~

Raisin scone

Served with homemade strawberry preserve and clotted cream

£15.00 per person

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