



# Afternoon Tea

## The Palace Lounge

*We only use free-range eggs.*

*VAT at current standard rate.*

*An optional 12.5% service charge will be added to your bill.*

The Rubens at the Palace Hotel, 39 Buckingham Palace Road,

London, SW1W 0PS, United Kingdom

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## 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.

## A 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 7<sup>th</sup> 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.

## Rubens Traditional Tea Selection

### Traditional English

A blend from the finest 2<sup>nd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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.

## 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.

## 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.

# The Rubens Scone Menu

Your choice of our selected tea varieties

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Traditional

Raisin

Buttermilk

Wholemeal, orange, honey and currant

White chocolate and lavender

Savoury cracked black pepper and Parmesan

Served with homemade strawberry preserve and clotted cream

**£19.50 per person**

## 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.

## 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.

## The Living Wall Afternoon Tea

Your choice of our selected tea varieties

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Egg and cress

Smoked salmon

Ham and mustard

Cucumber and cream cheese

Chicken bridge roll

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Nougat Cheesecake with bee pollen and a honey flapjack

Strawberry panna cotta tartlet

Edible flower, elderflower and sparkling wine jelly

Blackcurrant and viola macaroon

Geranium and rhubarb caviar pearls on a pistachio blini

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Plain scone

Honey and ginger scone

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Served with homemade strawberry preserve, lemon curd  
and clotted cream

**£29.50 per person, add a glass of Champagne for £7.50**

## Prince and Princesses Afternoon Tea

*For children under the age of 12*

Egg and cress

Ham and cheese

Chicken bridge roll

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Nougat Cheesecake with bee pollen and a honey flapjack

Strawberry panna cotta tartlet

Blackcurrant and viola macaroon

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Plain scone

Served with homemade strawberry preserve  
and clotted cream

**£15.00 per person**