



Traditional afternoon tea

English tea sandwiches, freshly baked scones, fresh cream and preserves, assorted afternoon pastries, premium tea leaves of your choice R260

Royal afternoon tea

A glass of kir royale.
English tea sandwiches, freshly baked scones, fresh cream and preserves, assorted afternoon pastries, premium tea leaves of your choice R300

THE ENGLISH TRADITION

The traditional English custom of taking afternoon tea is thought to have been started in the 19th Century by Anna, the seventh Duchess of Bedford.

In those days lunch was served early in the day, and dinner was not served until late in the evening. Every afternoon, the Duchess found that she was rather hungry and started taking a pot of tea and some light refreshments in her room. She began inviting her friends to join her and very soon taking tea in the middle of the afternoon became the fashionable thing to do.

Afternoon tea is served from three-thirty to five

TEA

THE HISTORY OF TEA

Tea is one of the oldest drinks in the world, dating back 5 000 years in history. According to Chinese legend, Emperor Shen Nung only drank boiled water for hygiene reasons. While resting under a wild tea tree, a slight breeze stirred the branches and caused a few leaves to drift down gently into his simmering water. He found the resulting brew deliciously refreshing and revitalising, and so tea drinking was discovered. The colourful years of the Emperor Tang Dynasty (AD 618-906) are often referred to as the Golden Age of Tea.

Tea comes from only one plant, *Camellia sinensis*, and processing the tea is what determines the colour and aroma. Black teas are fully fermented, Oolong teas have interrupted semi-fermentation, while green and white teas have no fermentation.

Herbal and fruit infusions are, as the name indicates, made from herbs and dried fruits and do not contain any tea leaves.

54 ON BATH TEA SELECTION

- | | |
|-------------------------|---|
| 1837 White Tea | Ethereal blend of white tea with notes of fruit and flowers from the Bermuda Triangle |
| Lung Ching | Yielding a beautiful jade infusion, this green tea, is also known as “Dragon’s Well” |
| Jasmine Pearls | Elegantly fragrant Chinese green teas, lavishly blended with jasmine blossoms |
| Silver Moon | Selected blends of green teas accented with berry and vanilla bouquet with just a hint of spice. A tea that is special for any moment |
| French Earl Grey | Fragrant variation of the great classic, this black tea has been delicately infused with citrus fruits and French blue cornflowers |
| 1837 Black Tea | Timeless classic black tea with notes of fruits and flowers, which leaves a lingering taste of ripe berries, anise and caramel |
| Red of Africa | Delicate rooibos blended with sweet tea spices and marigold. This tea is theine-free |