



The history of Afternoon Tea

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 of 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 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 the fashionable society were sipping tea and nibbling sandwiches in the middle of the afternoon, thus the Afternoon Tea was born.

Afternoon Tea at the Langstone Quays Resort - £18.00 per person

Warm fruit scones with Rodda's Cornish clotted cream
Tiptree strawberry preserve

'Sweet Items'

Carrot cake with cream cheese

Earl grey tea macaron

Lime tart, Italian meringue

Bourbon biscuit with Inaya 65% chocolate

White chocolate panna cotta with Zephyr 35% white chocolate

'Savouries'

Wholemeal bread & egg mayonnaise finger sandwiches **V**

Chicken & bacon slider

Cream cheese & cucumber blini **V**

Caramelised onion scones **V**

Tomato & basil palmiers **V**

Cream Tea - £9.50

Two warm fruit scones, with Rodda's Cornish clotted cream and
Tiptree strawberry preserve