

## SELECTION OF TEAS

### YORKSHIRE TEA

Made with Yorkshire water by Yorkshire Folk.

### TWINING'S ENGLISH BREAKFAST

A mix of Assam & Ceylon Teas make this a marvellously dark infusion with a malty spiciness. Best served with a dash of Milk

### TWINING'S EARL GREY

Tea with the fragrant flavour of bergamot & lemon. A delicate tea with a delicious twist of citrusy bergamot, this carefully selected tea that is light, delicate and refreshing.

### TWINING'S PURE GREEN TEA

Gentle sencha steaming and pan firing creates this refreshing, earthy blend which retains its natural, distinctive flavour. We suggest brewing this tea for a maximum of 2 minutes, any longer and you may lose the delicate taste.

### TWINING'S PURE CAMOMILE

Like the centre of these pretty daisy-like flowers, this is a golden infusion which is slightly sweet and floral. Made with all-natural ingredients, and naturally caffeine free with no added sugar. Infuse for two to three minutes. Leave for a little longer if you prefer a stronger taste.

### TWINING'S CRANBERRY & RASPBERRY

The deep-red colour and zing of cranberries help to make this infusion crisp and refreshing, while the raspberry notes bring a touch of sweetness to this mouth-watering blend.

### TWINING'S LEMON & GINGER

To create this sunny and invigorating infusion, it is a blended two of the world's best loved ingredients; spicy, warming ginger with the bright, zesty taste of lemons. Infuse for two to three minutes. Leave for a little longer if you prefer a stronger taste.

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### GOURMET COFFEE FROM THE HEART OF YORKSHIRE

The Elmbank Hotel is delighted to be partnering with York based Coffee Roasters & Tea Specialists York Emporium. Set up in 2010, York Emporium, has served the ever increasing need for roasted coffee & tea in Yorkshire and beyond.

They source high quality coffee beans and loose leaf tea from around the world and all orders are freshly roasted and hand packed at the York-based roastery.

Make your selection from the following

Espresso, Double Espresso, Lungo, Americano, Flat White, Cappuccino, Café Latte, Mocha or Macchiato.



AFTERNOON TEA

Elmbank

# Elmbank

THE HISTORY OF AFTERNOON TEA IS A DELIGHTFUL JOURNEY THAT COMBINES TRADITION, SOCIAL CUSTOMS AND CULINARY INNOVATION.

## ORIGINS IN THE 17TH CENTURY

The concept of afternoon tea can be traced back to the 17th century when Catherine of Braganza, the Portuguese wife of King Charles II, introduced the custom of drinking tea to the English court. Tea, initially a luxury imported from China, quickly gained popularity among the aristocracy.

## EARLY AFTERNOON REFRESHMENT

In the early 18th century, Anna, the Duchess of Bedford, is credited with popularising the idea of having a light meal in the afternoon to stave off hunger between lunch and the late evening dinner. This practice spread among the upper classes and became known as "afternoon refreshment" or "low tea."

## TEATIME RITUAL

By the mid-19th century, afternoon tea had become an established social custom. It was served in the drawing rooms of aristocratic households, featuring a spread of tea, sandwiches, cakes, and pastries. This ritual provided an opportunity for the upper classes to socialise and showcase their refinement.

## VICTORIAN ERA EXTRAVAGANCE

During the Victorian era, afternoon tea became more elaborate and extravagant. The spread expanded to include a wide assortment of sweets, fruits, and desserts, reflecting the opulence of the time. It was also an occasion for displaying fine china, silverware, and linens.

## SPREAD TO THE MASSES

As tea became more affordable and accessible, afternoon tea gradually extended beyond the aristocracy and into the middle classes. Tea shops and hotels started offering afternoon tea to a wider audience.

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TRADITIONAL AFTERNOON TEA - £27.50 PER PERSON

SPARKLING AFTERNOON TEA - £33.00 PER PERSON

YORK GIN AFTERNOON TEA - £35.00 PER PERSON

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V - Vegetarian, VG - Vegan, VGA - Vegan option Available

If you have a food allergy, intolerance or sensitivity, please speak to your server about ingredients in our dishes before you order your meal. On average an adult needs 2000 kcals a day.

## SANDWICHES & SAVOURIES

SMOKED SALMON AND CREAM CHEESE SANDWICH (128 kcal)

ROAST HAM AND ENGLISH MUSTARD SANDWICH (123 kcal)

EGG MAYONNAISE AND WATERCRESS (166 kcal) V

GOATS CHEESE, CHERRY TOMATO AND BASIL TARTLET (164 kcal) V

SAUSAGE ROLL (194 kcal)

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## CAKES

WHITE CHOCOLATE LIME MACARON (92 kcal)  
Green shell, white chocolate lime ganache

PASSIONFRUIT LAYER CAKE (102 kcal),  
Layers of vanilla sponge fillet with passionfruit mousse and passion fruit mirror glaze

RASPBERRY RED CUPCAKE (102 kcal)  
Bright red sponge, bright red raspberry mousse, freeze dried raspberries

CARROT CUBE (152 kcal)  
Carrot sponge, orange buttercream frosting, pumpkin seeds & toasted pistachio

BLACK CHOCOLATE CHOUX (80 kcal)  
"Carbon black" cocoa powder choux bun, dark chocolate chiboust filling

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## SCONES

Plain & fruit, clotted cream and jam (389 kcal)