



CHURCH  
HOUSE

WESTMINSTER



## AFTERNOON TEA

### THE HISTORY OF AFTERNOON TEA

Prior to the introduction of high tea, the English had two main meals - breakfast and dinner. By the middle of the eighteenth century, dinner for the upper and middle classes had shifted from noon to an evening meal served at a fashionably late hour. This did not suit the Duchess of Bedford, Anna Maria Stanhope (1783-1857). The Duchess, one of Queen Victoria's ladies-in-waiting, suffered from 'a sinking feeling' at about four o'clock in the afternoon. At first, the Duchess had her servants sneak her a pot of tea and a few breadstuffs, but then began inviting friends to join her at five o'clock in her rooms at Belvoir Castle. The menu centred around small cakes, bread and butter sandwiches, assorted sweets and, of course, tea.

This summer practice proved so popular that the Duchess continued it when she returned to London and high tea was quickly picked up by other social hostesses.

### WESTMINSTER HIGH TEA

£21.00 per person

An assortment of sandwiches to include smoked salmon and cream cheese, egg mayonnaise and cress, honey roast ham with English mustard, cucumber and mint.

Currant scones served with Cornish clotted cream and English strawberry jam and an assortment of afternoon tea pastries served with a range of teas, herbal and fruit infusions or Fairtrade coffee.

Add a glass of sparkling wine

£7.00 per person

Add a glass of Pimm's No.1

£5.75 per person

Prices are exclusive of VAT. For those with special dietary requirements or allergies, who may wish to know about the food or drink ingredients used, please ask to speak to a member of the events team. (V)-vegetarian; (VG)-vegan; (GF)-gluten free.