

# AMARANTO

RESTAURANT • LOUNGE • BAR

A Rose and an Amaranth blossomed side by side in a garden and the Amaranth said to her neighbour, “how I envy you your beauty and your sweet scent!

No wonder you are such a universal favourite.” But the Rose replied, “Ah my dear friend, I bloom but for a time: my petals soon wither and fall. But your flowers never fade, even if they are cut; for they are everlasting.”

~ Aesops Fables, 6<sup>th</sup> Century BC



**Tea Guild Award of Excellence 2012**

**Tea Guild Award of Excellence 2013**

In recognition of achieving the  
very highest standards  
in the service of tea

## Traditional English Afternoon Tea £39.00

Selection of Sandwiches:

**Organic Egg, Montgomery Cheddar**  
with Mustard Cress on Malted Bread

**Cucumber, Cream Cheese and Wasabi**  
on Walnut Bread

**East End Smoked Salmon and Prawn Cocktail**  
on Brown Bread

**Honey Roast Ham with Cloves**  
and English Mustard on White Bread

**Roast Organic Chicken**  
with Sage and Onion Stuffing,  
Mustard Mayonnaise on White Bread

Warm Traditional and Raisin Scones with Strawberry Jam,  
Lemon Curd and Thick Clotted Cream

Rhubarb and Custard Lolly  
Pistachio and Strawberry Tartlet  
Pimm's Choux  
Chocolate and Raspberry Macaroon  
Seasonal Trifle

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Served with a glass of:

Bollinger Special Cuvée Champagne	£	52.00
Bollinger Rosé Champagne	£	59.00
So Jennie, Alcohol Free Rosé Sparkling Wine	£	48.00

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## Vegetarian Afternoon Tea £39.00

Selection of Sandwiches:

**Organic Egg, Montgomery Cheddar**  
with Mustard Cress on Malted Bread

**Cheese and Heritage Tomato**  
with Sweet Pickles on White Bread

**Watercress and Pickled Beetroot**  
on Wholemeal Bread

**Cucumber, Cream Cheese and Wasabi**  
on Walnut Bread

**Grilled Vegetables and Pesto**  
on Brown Bread

Warm Traditional and Raisin Scones with Strawberry Jam,  
Lemon Curd and Thick Clotted Cream

Roly Poly

Fruit Tartlet

Apple's Choux

Chocolate and Raspberry Macaroon

Seasonal Trifle

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Served with a glass of:

Bollinger Special Cuvée Champagne	£	52.00
Bollinger Rosé Champagne	£	59.00
So Jennie, Alcohol Free Rosé Sparkling Wine	£	48.00

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# Oolong Blend

## **Iron Buddha**

This is a very rare tea. Medium fired and oxidised in the traditional way to give a beautifully satisfying flavour of roasted hazel and autumn fruits. It has hardly any tannin in it and tastes a little malty.

# Green Tea Blend

## **Organic Jade Sword**

Jade Sword is a bright, fresh and immensely versatile green tea, perfect for anytime of day. Picked from the organic tea garden of Shangba between 10<sup>th</sup> and 15<sup>th</sup> of May 2013, Guizhou Province. A clean tea that seems to suit all moods, occasions and personalities.

# White Tea

## **Silver Needle**

Our Silver Needle comes from Fuding, a serene region with icy waterfalls and crystal clear lakes. The peaceful setting is reflected in the flavour - soft and mellow, with the freshness of honeydew melon and the soothing sweetness of a ripe cantaloupe.

## **Jasmine Silver Needle**

Silver Needle is China's finest white tea. Picked and sun dried in April, in the mountains of China's Fujian Province. In August, the tea is laid beneath a bed of fresh jasmine flowers for seven consecutive nights, marrying the sweet white tea with fresh, fragrant jasmine aroma. Jasmine Silver Needle is a delicious tea to relax and unwind with.

# Black Tea Blends

## **Assam Breakfast**

A fantastic breakfast tea. Assam tea is low-grown and holds a reputation as the strongest full-bodied tea to be found. Perfect for those who love a strong and malty cup of tea, with or without milk.

# **Black Tea Blends** *continued*

## **Darjeeling Second Flush**

Darjeeling is home to some of the world's most famous and sought after teas. The cool, temperate climate of the region means that tea bushes can thrive throughout the spring and summer. The infused leaf expresses a rich and full-bodied aroma with hints of the sought after muscatel flavour for which the second flush is famed.

## **Earl Grey**

Made from a base of exceptional whole leaf Ceylon tea, scented with bergamot and decorated with a sprinkling of cornflowers to create a rich and full bodied flavour. Our Earl Grey tea is specifically blended for those who enjoy their tea with milk – its addition complements rather than overwhelms.

## **Organic Bohea Lapsang**

Drying the leaves slowly over barkless pine wood fires gives Wuyi Bohea soft, lingering smokiness, making it an incredibly richly and smoulderingly smoky yet with great harmony and wealth of aroma, leaving an impression of almost peaty warmth.

# Infusions

## **Lemongrass and Ginger**

Extremely refreshing and aromatic lemongrass blended with whole ginger pieces for a gently spicy finish; a bright and sharp herbal tea.

## **Black Currant and Hibiscus**

Whole blackcurrants, summer berries and hibiscus offer an intense, vivid and lively infusion with an unrivalled depth. A sumptuous herbal tea delight fully refreshing.

## **Chamomile Flowers**

A tranquil and calming herbal infusion of sweet and fragrant golden chamomile blossoms. Only the best chamomile flowers, harvested from the fertile plains of the Nile Valley in Egypt are used in this tea.

## **Organic Peppermint Leaves**

Stimulating and refreshing, a pot of peppermint doubles as an aromatherapy session. An invigorating herbal infusion, fresh and rich in mint oils, with an amazing minty and uplifting aroma. A perfect calming tea for an upset stomach.

# Tonino Lamborghini Cioccolata

## **Classic Hot Chocolate**

A genuine traditional flavour giving a smooth and chocolatey experience.

## **White Hot Chocolate**

A classic white chocolate with a sweet taste. Creaminess and sweetness blended together in this chocolate lover's favoured recipe.

## **Amaretto Hot Chocolate**

A bitter-sweet delicacy bestowing an unexpected sensation of harmony and delight.

## **Mint Hot Chocolate**

A great combination of warm chocolate with the freshness of mint.



# The Story of Tea Drinking

*The Nation's Favourite Pastime*

**There are few hours in life more agreeable  
than the hour dedicated to the ceremony known as afternoon tea.**

~ Henry James, *The Portrait of a Lady*

Tea is often thought of as a quintessentially British drink which is not surprising since we have been drinking it for over 350 years. However, the history of tea goes back much further to 2737 BC in fact, when the tea story is thought to have begun.

According to legend, the Chinese Emperor Shen Nung was sitting beneath a *Camellia Sinensis* tree while his servant was boiling water for him. The wind blew some leaves from the tree into the water. Instead of throwing away the infusion that had been accidentally created, the Emperor drank it and so the beverage we now know as tea was born. Apocryphal as this story may be, tea drinking was established in China many centuries before it was in the West, becoming the national drink of China during the Tang dynasty of 618 - 906 AD.

It was not until much later in the 17<sup>th</sup> century that tea became popular in Western Europe. As Britain was always a little suspicious of continental trends, it had yet to become the nation of tea drinkers that it is today. It was the marriage of Charles II to Catherine of Braganza that would prove to be the turning point in the tea story, as the Portuguese princess was an addict and it was her love of tea that established it as fashionable, first at court and then among the wealthy classes. Soon tea mania swept across England becoming the drink of choice in English high society, who took to tea with an enthusiasm that continues to the present day.

Later in the 1800's, the Duchess of Bedford, one of Queen Victoria's ladies-in-waiting, was credited with creating the afternoon tea time. Suffering hunger pangs between lunch and dinner the Duchess adopted the European tea service format and invited friends to join her at Belvoir Castle for tea around four or five in the afternoon. The menu centered around small cakes, bread and butter sandwiches (some time earlier, the Earl of Sandwich had the idea of putting a filling between two slices of bread), assorted sweets and of course, tea. The practice of hosting friends to tea in the afternoon was quickly picked up by other social hostesses and started a trend that is still very much part of British life today.

With recent scientific research indicating that tea drinking may have direct health benefits we can be rest assured that there will always be a place at the centre of British life for a nice cup of tea!