

# High Tea

Relax and indulge over a high tea, with a selection of delicious finger sandwiches, scones and sweet treats, accompanied by your choice of champagne, sparkling wine or loose leaf tea and espresso coffee.

## Savory

A selection of freshly prepared finger sandwiches;  
Cucumber with sour cream and Salmon  
Freshly baked scones with clotted cream and preserve

## Sweet

Lemon curd Tartlets  
Neenish Tartlets  
Citrus Slice  
Mini Florentines

<i>Your options are:</i>	<i>For One</i>	<i>For Two</i>
Tea or Espresso Coffee	\$20	\$35
Deutz Sparkling Wine 1 x 200ml bottle per person	\$30	\$50
Moet Chandon Champagne 1 x 200ml bottle per person	\$50	\$90

Available daily between 2 and 5 pm.  
See the Lounge Bar or Ruapehu Restaurant to order.



# High Tea History

## A very British tradition

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

*Henry James*

According to legend, one of Queen Victoria's (1819-1901) ladies-in-waiting, Anna Maria Stanhope (1783-1857), known as the Duchess of Bedford, is credited as the creator of afternoon teatime. Because the noon meal had become skimpier, the Duchess 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.

Adopting the European tea service format, she invited friends to join her for an additional afternoon meal at five o'clock in her rooms at Belvoir Castle. The menu centered around small cakes, bread and butter sandwiches, assorted sweets, and, of course, tea.

This summer practice proved so popular, the Duchess continued it when she returned to London, sending cards to her friends asking them to join her for “tea and a walking the fields.”

The practice of inviting friends to come for tea in the afternoon was quickly picked up by other social hostesses.

High Tea is often a misnomer. Most people refer to afternoon tea as high tea because they think it sounds regal and lofty, when in all actuality, high tea, or “meat tea” is dinner. High tea, in Britain, at any rate, tends to be on the heavier side. American hotels and tea rooms, on the other hand, continue to misunderstand and offer tidbits of fancy pastries and cakes on delicate china when they offer a “high tea.”

Afternoon tea (because it was usually taken in the late afternoon) is also called “low tea” because it was usually taken in a sitting room or withdrawing room where low tables (like a coffee table) were placed near sofas or chairs generally in a large withdrawing room. In England, the traditional time for tea was four or five o'clock and no one stayed after seven o'clock. Most tea rooms today serve tea from three to five o'clock.

The menu has also changed from tea, bread, butter and cakes, to include three particular courses served specifically in this order:

**Savories**, - Tiny sandwiches or appetizers

**Scones** - Served with jam and Devonshire or clotted cream

**Pastries** - Cakes, cookies, shortbread and sweets

We are proud to offer you to experience this old English tradition.

Served in the Ruapehu Lounge, our 1929 historical building, a choice of several varieties of tea, finely cut sandwiches, freshly baked scones and a range of delicate pastries combine to make for an unforgettable afternoon.

# *Tea Selection*

## *Luxury Leaf “T “ Bags The Original Earl Grey*

The legend of Earl Grey Tea is one of politics and intrigue. When a British diplomat saved the life of an official of the Imperial Chinese Court, tea enhanced with the peel of a special variety of orange, and its recipe were given to Charles, 2nd Earl of Grey, also then the Prime Minister of England.

The tea that became known as ‘Earl Grey Tea’ combines tea with the flavour of bergamot. This original Earl Grey Tea offers a rich and strong brew, enhanced with oil of Bergamot; it is a distinctive and unique flavour.

## *Natural Rosehip with Hibiscus*

The English have enjoyed rosehips since the beginning of history, and its tart flavour is softened here with Hibiscus flowers. Reputedly a rich source of natural antioxidants, Rosehips and Hibiscus Flowers produce a reddish infusion with a strong fruity aroma.

The beverage is said to be rich in Vitamin C, and a host of other health benefits and is best taken without sugar, although a touch of honey can be added if sweetness is desired.

## *Supreme Ceylon Single Origin*

Ceylon Tea was recognized as the finest since the late 1800s when its bright, full bodied teas made tea and Ceylon famous throughout Europe. There was good reason for this as the island produces teas to please every palate - from the earthy and rich low elevation teas, to the light, delicate high elevation teas.

This Ceylon Broken Orange Pekoe is the quintessential Ceylon, offering body, brightness, structure, strength and colour; the features that made Ceylon the home of the finest teas.

## *Pure Peppermint Leaves*

Savoured as a refreshing beverage since Roman times, Peppermint is naturally caffeine free and ideal taken after a meal to aid digestion. The natural peppermint oil in the leaves impart a menthol aroma and a zest to the infusion of the leaf, making this a cooling and uplifting beverage.

The infusion of peppermint leaves with a touch of honey is an ideal palate cleanser and effective in rehydration; especially useful for hangovers!

### *Natural Ceylon Ginger Tea*

A spicy, reviving Ceylon tea. Ginger has a pronounced sharp flavour and is prized in the East ayurveda as a digestive aid. The 'hot', throat warming character of ginger balances a bright, high grown Ceylon Tea to offer a deliciously refreshing spice tea. Natural Ginger Tea is a centuries old tradition in Ceylon, as a reviving, 'pick me up' brew.

### *Green Tea with Jasmine Flowers*

A mild and delicate tea with pale yellow infusion and pronounced Jasmine aroma. Green Tea naturally enriched with the petals of Jasmine has been a favourite of the Chinese since the Southern Song Dynasty. The sweet smelling Jasmine flowers are mixed with Green Tea to naturally impart their fragrance and distinctive flavour.

Jasmine is known for its soothing and warming properties.

A delicious palate cleanser after strong tasting or rich food.

### *Pure Chamomile Flowers*

Chamomile is a gentle and relaxing herb enjoyed for centuries by Europeans as a tonic. The daisy-like Chamomile flower has an uplifting aroma reminiscent of apples. The subtle flavour of Chamomile is concentrated in the flower and this infusion offers the pure infusion of the Chamomile flower, without leaves and stem.

Chamomile is often enjoyed as a relaxing, naturally caffeine free infusion before bedtime, with its soothing aroma and very delicate flavour.

### *Mediterranean Mandarin*

Light and bright high elevation, single region Pekoe from Nuwara Eliya, 5,000 feet above sea level in the mountains of Ceylon enhanced with a touch of the uplifting aroma and juicy sweetness of Mediterranean Mandarin. The lightness of the tea is deliciously and lifted by the sweet, zestful flavour of Mandarin, one of the most appealing fruits of the citrus family.

The Mandarin fragrance enhances the sensual appeal of this brew, producing an invigorating, refreshing tea; perfect as an afternoon or evening cuppa.

## *Coffee*

Café latte or Macchiato

Decaffeinated or Espresso

Cappuccino

“Ah, that is a perfume in which I delight; when they roast coffee near my house, I hasten to open the door to take in all the aroma.”

*Jean Jacques Rousseau*