

TEA



5

Tea 5 is the ideal location for a quiet drink, an informal meeting or for a catch up with family or friends. With 24 different teas, fresh coffees made to order, as well as a choice of carefully selected wines, beers and soft drinks you are sure to be spoilt for choice.

A wide range of fresh pastries, homemade cakes and scones as well as a Light Lunch and Afternoon Tea Menu are available.

TAKING TIME FOR TEA

In our Tea salon, you will have the opportunity to sample some of the very finest teas available including one of the rarest highly prized white teas, picked only two days of the year at dawn, processed entirely by hand. The beauty of its fine, silvery buds, its delicate and refreshing taste makes it one of the most glamorous and expensive teas in the world.

Tea is often thought of as being a quintessentially British drink, and we have been drinking it for over 350 years. But in fact, the history goes much further back. According to legend, in 2737BC, the Chinese emperor Shen Nung was sitting beneath a tree while his servant boiled drinking water, when some leaves from the tree blew into the water. Shen Nung, a renowned herbalist, decided to try the infusion that his servant had accidentally created. The tree was a Camellia sinensis, and the resulting drink was what we now call tea. But Britain, always a little suspicious of continental trends, had yet to become the nation of tea drinkers that it is today. Since 1600, the British East India Company had a monopoly on importing goods from outside Europe, and it is likely that sailors on these ships brought tea home as gifts. The first dated reference to tea in this country is from an advert in a London newspaper, Mercurius Politicus, from September 1658. It announced that "China Drink, called by the Chinese Tcha, by other Nations Tay alias Tee" was on sale at coffee house in Sweeting's Rent in the City. It was marriage of Charles II to Catherine of Braganza that would prove to be a turning point in the history of tea in Britain. She was a Portuguese princess, and a tea addict, and it was her love of the drink that established tea as a fashionable beverage first at court, and then among the wealthy classes as a whole. Capitalising on this, the East India Company began to import tea into Britain, its first order being placed in 1664 for 100 lbs of China tea to be shipped from Java.

Anna Duchess of Bedford is credited with creating the ritual of Afternoon tea around 1840. Traditionally a light lunch was served at midday and dinner at 8.00pm thus people often became hungry during the hours of 3-5pm. In order to suppress her hunger Anna began requesting the maid serve tea, bread and butter sandwiches and cakes during the late afternoon. Not content with dining alone, Anna began inviting friends to join her for tea and a new social event emerged that became increasingly popular with the upper and middle classes. Afternoon Tea Menu consists of a selection of dainty sandwiches, scones served with clotted cream and jam, cakes and pastries all served alongside a cup of steaming tea at whatever time of day.

TEA, DO YOU KNOW WHAT YOU'RE DRINKING?

Tea did not reach Britain until the 1600's but soon became popular and so Britain began trading with China until war broke out in the 1800's. Britain then began to seek other locations for the production of tea and chose Northern India, who began to produce Assam and Darjeeling. It is therefore true to say that it was the British who introduced tea into India and it is the Chinese that invented it.

WHAT ARE THE DIFFERENT STYLES OF TEA?

It is the different methods of processing that determine the different style of tea:

Black Tea undergoes a full fermentation process composed of four basic steps:

- 1) The leaves are plucked and spread out to wither.*
- 2) The leaves are rolled to release the chemicals for the flavour and colour fermenting and drying.*
- 3) The leaves are spread out to allowed to absorb oxygen (oxidise), this causes them to change colour from green to red.*
- 4) The oxidised leaves are fired to stop fermentation and this turns them black.*

A cup of black tea has more antioxidant power than a serving of broccoli.

The water should always be boiling and the tea steeped for 3 minutes.

Oolong Tea or semi fermented tea is mostly made in China. The leaves are wilted in the sun, then shaken in bamboo baskets to lightly bruise the edge. They are then spread out to dry until the leaves turn yellow. Oolong tea is always whole leaf, never rolled. The water should be brought to the boil and the tea steeped for 5 minutes.

Green Tea is unfermented tea. The freshly picked leaves are allowed to dry and then are heat-treated to stop any fermentation. One third of the caffeine of black tea and high in antioxidants that prevent arterial blockage. When making green tea the water should never be boiling.

White Tea is a very rare tea. Tea at it most natural state, hand picked, unfermented. High in antioxidants. Its name comes from its wonderful silvery colour.

Herbal and tisanes, caffeine free blends of herbs and fruits, digestive, soothing and lifting properties.

BLACK TEA MENU

- Sofitel Breakfast Tea** £6.00
A stout combination of Indian black teas makes a smooth, full-bodied brew. Sofitel English Breakfast is delicious when complimented with milk and sugar.
- Earl Grey** £6.00
A large black leaf tea, China based, beautifully balanced with refreshing citrus bergamot, silky and smooth with a delightful aroma. Recommended with cream tea, meat, game and strong cheeses.
- Assam Leaf** £6.00
A full-bodied black tea, high grown in the north of India, a golden tippy leaf, yielding a rich aroma, strong, rounded malty flavour and attractive red liquor an ideal breakfast tea. Recommended with bacon, ham and smoked fish.
- Ceylon Orange Pekoe** £6.00
A high grown large leaf black tea, rich, amber liquor, light full-flavour, delicate taste, scented aroma. Recommended with continental style breakfast and spicy food.
- Flavoured Black Tea Violet Delight** £6.50
A wonderful blend of China black tea, violet flavouring with mallow flowers
- Lapsang Souchong** £7.00
A large black leaf tea from the Fujian province, smoked over pine fire, a distinct smoky tea with a silky tarriness, wonderful depth of flavour. Recommended with English breakfast food and fish.
- Darjeeling First Flush** £8.00
A rare and wonderful experience, this Indian black tea from the first tender new shoots grown between February and April on the foothills of the Himalayas, producing a wonderful light liquor, with a delicate flavour of green muscatel. Recommended with spicy, fish, poultry, after meal and light savouries.

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill



OOLONG TEAS

Rose Congou/Pouchong

£6.50

A China black tea from the Guangdong province, enriched with rose petals & flavoured with rose aroma, very gentle, light, delicious tea, recommended with sweet food and savoury.

Orange Blossom Oolong

£6.50

A semi-fermented tea, with all the delicate nuttiness of an oolong, lightly infused with orange blossoms. A wonderfully refreshing marriage of flavours and a sweet aroma, recommended with sweet food and savoury.

GREEN TEAS MENU

Chun Mee

£6.50

An unfermented tea, long, fine jade leaves, elegant pale yellow liquor, lightly scented, highly refreshing velvety green taste. Its flavour is enhanced with a sprinkle of sugar or mint – a refreshing all day drink (no milk).

Gunpowder

£6.50

Basic green tea from China's Zhejiang Province. This tea takes the name from the rolled leaf balls that are leaden in colour; it has slight smoky flavour.

Sencha Genmai Cha

£6.50

A Japanese green tea, blended with roasted rice kernels and popcorn. Clear, sparkling taste, with a slight savoury edge, high in vitamin C. Recommended all day with light food.

Jasmine flower

£6.50

This Jasmine tea consists of green tea grown in China and is scented with jasmine petals multiple times. It has a sweet floral scent with green tea undertones, sweet and refreshing that is delicately sweet taste, and a lingering aftertaste.

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill



WHITE TEAS MENU

Pai Mu Tan £8.50

Delicate, smooth and flowery tea, ideal for evening.

Royal White/Silver Needles £10.00

One of the rarest highly prized white teas, picked only two days of the year at dawn, processed entirely by hand. The beauty of its fine, silvery buds and its delicate refreshing taste makes it one of the most glamorous and expensive teas in the world.

ART TEAS BY HARNEY & SONS

Golden Flower £8.00

The taste is a blend of slightly sweet and bitter; the tea and the flower combined.

Jasmine Fairy Maidens £8.00

Tones of Jasmine accent the sweet and vegetal flavour of this tea.

Spring Season £8.00

The Osmanthus adds a distinctive apricot flavour to this pleasant tea.

SPICED TEAS

Traditional Indian Masala Tea £6.95

During brewing process in milk, black tea is infused with green cardamoms, cinnamon, fennel seeds, pepper corn, nutmeg and star flower flavours.

DECAFFEINATED TEAS

Rooibos Decaffeinated leaf tea £6.50

Rich in vitamin C, mineral salts, proteins and anti-oxidants

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill



HERBALS AND FRUIT TEAS

Chamomile (Egyptian)

£5.50

Drinking the liquor from the chamomile flower is very ancient and widespread through many cultures. It is grown in Europe and Mexico, but we like the sweetness of the flowers grown in Egypt.

Strawberry-Kiwi

£6.50

Rosehips, hibiscus, and dried fruit make this blend bright and colourful and cheerful red. Provides excellent fruity aroma. Caffeine Free.

Orange-Passion Fruit

£6.50

Colourful blend of fruit and flower pieces. Crimson-red colour mixed with orange hues. Strong and fruity aromas fills up smell palette. Caffeine Free.

Organic Green with Citrus

£6.50

This was one our first certified Organic teas. This Indian Green Tea is certified organic and blended with cut lemongrass and citrus peels. The liquor of this tea is a very light green-brown.

Moroccan Mint

£7.50

The leaves of this gunpowder are very dark and tightly balled, made from tougher leaves. The mint flavour in this tea and the oxidation process darken the liquor to a light brown. A slight charred or burnt aroma due to the drying process, as well as a strong mint aroma. Caffeinated tea

DECAFFEINATED TEAS

Rooibos Decaffeinated leaf tea

£6.50

Rich in vitamin C, mineral salts, proteins and anti-oxidants

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill



FINE TEAS BY HARNEY & SONS

Classic English Breakfast

£14.75

There are many versions of this tea, our English Breakfast has an ancient pedigree. Researchers have traced this teas heritage back to the black tea the English drank regularly in the 1800's. Medium to full bodied tea with toasty aroma.

Earl Grey Supreme

£14.75

Earl Grey Supreme uses a higher grade of teas along with the addition of Silver Tips. Most of people never go back to regular Earl Grey once they have tasted the Supreme. This tea is perfect blend of black, white teas and bergamot oil.

Dragon Pearl Jasmine

£14.75

Delight in Dragon Pearl Jasmine tea is a masterpiece from Fuan, China comprised of little, hand rolled, tea "pearls" gently infused with floral essences from jasmine flowers. The tea is a beautiful to look at and the light coloured brew is full of floral and sweet aromas.

Classic Peppermint

£14.75

Marvellously brisk Peppermint comes from Oregon and the leaves produce a wonderfully aromatic and crisp tasting tisane. Caffeine free, herbal

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill



HARNEY & SONS FINE PACKAGED TEAS

Blueberry Green

£20.95

Artfully blended Chinese green tea with lemongrass, blueberry and vanilla to create a brew that is sure to hit all the right notes. Delicious hot or iced.

Tower Of London Blend

£20.95

Tower of London Blend is reminiscent of Elizabethan preserves, flavourful and tempting. Chinese black tea mix with dried stone fruit, then finish the blend with oil of bergamot and honey flavour. It is amethyst-like “jewel”.

Royal Palace Tea

£20.95

Royal Palace tea is a lovely blend of black teas, with notes of lemon and grapefruit.

HISTORIC ROYAL PALACE TAGALONG

Tower Of London Blend

£4.95

One of the most popular teas from historic royal palace collection, especially with its brilliant amethyst-inspired tin.

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill



COFFEE SELECTION

	<u>Small</u>	<u>Large</u>
Macchiato	£4.00	£4.50
Espresso	£4.00	£4.50
Café Latte	£4.50	£5.50
Cappuccino	£4.50	£5.50
Americano	£4.50	£5.50
Mocha	£4.50	£5.50
Syrups – Vanilla/ Caramel		£0.50
A cafetière of regular or decaffeinated coffee		£8.00
Take away coffee		£4.00
Our famous Mariebelle's hot chocolate		£4.50

TEA SALON CAKES

A fantastic selection of homemade cakes and pastries

**Please ask our ambassador for today selection*

REFRESHING DRINKS

Peach iced tea	£3.50
Lemon iced tea	£3.50
Mint ice tea	£4.50
Iced coffee	£4.50
Frappuccino	£4.65

SOFT DRINKS

	<u>125ml</u>
Bitter Lemon, Tonic or Slim Line Tonic Water	£2.50
Ginger Ale	£3.00
	<u>330ml</u>
Coke, Diet Coke and Coke Zero	£3.80

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill

SMOOTHIES

Smoothie of the day	<u>250ml</u>
<i>Please ask for today's flavour</i>	£6.00

MINERAL WATER

	<u>125ml</u>	<u>Bottle</u>
Willow Still or Sparkling	£3.50	£4.95
Aqua Panna		<u>500ml</u> £4.50
San Pellegrino		£4.50

JUICES

Cranberry, Pineapple, Tomato, Grapefruit, Apple or Orange Juice	£3.80
---	-------

FRUIT MOCKTAILS

Sofitel Shake	£4.65
Pineapple juice, orange juice, cranberry juice & lime with grenadine syrup	
Sunrise Surprise	£4.65
Orange juice, grapefruit juice & apple juice	
Sweet Secret	£4.65
Orange juice, pineapple juice & grenadine	

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill. All our food is prepared in a kitchen where nuts, gluten and other food allergens are present. Our menu descriptions do not include all ingredients - if you have a food allergy, please let us know before ordering. Full allergen information is available, please ask a team member for details.



WINE LIST

White Wine

	<u>175ml</u>	<u>Bottle</u>
Colombard-Sauvignon Crusan, Cotes de Gascogne, France 2015	£7.00	£27.00
Garganega- Trebbiano di Soave Soave Classico, Bolla 'Il Gambero', Veneto, Italy 2014	£8.00	£30.00
Chardonnay Veramonte, Casablanca Valley, Chile 2015	£8.50	£32.00
Pinot Grigio Fantinel, Borgo Tesi, Friuli-Venezia Giulia, Italy 2014	£9.50	£34.00
Sauvignon Blanc Errazuriz '1870', Aconcagua Coast, Chile	£10.00	£35.00
Mâcon-Village Domaine de la grange Magnien, Burgundy, France 2014	£10.50	£40.00

Rosé Wine

	<u>175ml</u>	<u>Bottle</u>
Pinot Grigio Rosé Cantine Marchenesi, Veneto, Italy 2014	£8.00	£30.00

Red Wine

	<u>175ml</u>	<u>Bottle</u>
Cabernet-Sauvignon La Campagne, Pays d'Oc, France 2015	£7.00	£27.00
Shiraz Berri Estate, South-East Australia, Australia 2015	£7.50	£29.00
Merlot Kleine Salze, Coastal Region, South Africa 2014	£8.00	£30.00
Pinot Noir Joseph Mellot 'Destinée', Loire Valley, France 2014	£9.50	£33.00
Malbec Bodegas Etchart, Cafayate Valley, Argentina 2015	£10.00	£36.00
Rioja Don Jacobo 'Crianza', La Rioja, Spain 2011	£11.00	£38.00

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill. In accordance with the Weights and Measures Act of 1985, champagne and sparkling wines are sold by the glass measured at 125ml. Wines are sold by the glass measured at 175ml. Wines by the glass at 125ml are available upon request. Port and Sherry are sold by the glass measured at 100ml. Please note that all vintages were correct at the time of printing, but are subject to change. Food Allergies and Intolerances: Before you order your drinks, please speak to our staff if you want information on any ingredients.



CHAMPAGNE & SPARKLING WINE

	<u>125ml</u>	<u>Bottle</u>
Prosecco, Sant'Orsola, NV	£7.50	£42.00
Moët & Chandon 'Brut Impérial', NV	£12.00	£64.00
Moët & Chandon 'Rosé Impérial', NV	£15.00	£84.00
Bollinger Special Cuvée, NV		£98.00

BOTTLED BEERS

Becks Blue - Non alcoholic	<u>275ml</u>
	£4.50
Corona	<u>330ml</u>
Peroni	£5.00
Duvel	£5.00
	£6.50
White Shield	<u>500ml</u>
Erdinger Weissbier	£7.00
	£7.00

BOTTLED CIDER

Magners	<u>568ml</u>
	£5.50

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill. In accordance with the Weights and Measures Act of 1985, champagne and sparkling wines are sold by the glass measured at 125ml. Wines are sold by the glass measured at 175ml. Wines by the glass at 125ml are available upon request Port and Sherry are sold by the glass measured at 100ml. Please note that all vintages were correct at the time of printing, but are subject to change. Food Allergies and Intolerances: Before you order your drinks, please speak to our staff if you want information on any ingredients.



BREAKFAST MENU

(Served between 7.00 am – 10.00 am)

All Butter Croissant	£2.00
Almond & Cherry Danish	£2.00
Pain Au Chocolat	£2.00
Pain Au Raisins	£2.00
Freshly Baked Cookies	£2.00
Greek Style Yogurt	£6.00
Served with seasonal berries & granola <i>or</i> sliced banana, honey & granola	
Exotic Fruit Salad	£6.00

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill. All our food is prepared in a kitchen where nuts, gluten and other food allergens are present. Our menu descriptions do not include all ingredients - if you have a food allergy, please let us know before ordering. Full allergen information is available, please ask a team member for details.



LUNCH MENU

(Served between 10.00am – 6.00pm,
Weekends and bank holiday until 5.00pm)

LIGHT BITES

Freshly Baked Artisan Breads ^(v)	£5.00
Served with grilled cherry tomato, olive oil & balsamic vinegar	
Kitchens Soup of the Day	£6.50
With artisan bread	
Sesame Chicken Teriyaki Skewers	£10.95
Our Lamb Kofta	£11.50
Served with garden salad & tzatziki	
Mezze Platter ^(v)	£11.95
Tzatziki, hummus, olives, grilled artichokes, pimentos, pita bread	
Oak Smoked Scottish Salmon Platter	£12.95
Served with brown bread & horseradish sauce	

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill. All our food is prepared in a kitchen where nuts, gluten and other food allergens are present. Our menu descriptions do not include all ingredients - if you have a food allergy, please let us know before ordering. Full allergen information is available, please ask a team member for details.



SALADS

Heirloom Tomato & Boccaccini Salad ^(v)	£12.95
With olives, cipollini onions, basil and balsamic dressing	
Warm Goats Cheese Crottin Salad ^(v)	£13.50
With sun blushed tomato, croutons, avocado, pimentos peppers, beetroot, caramelized onions & drizzled with rocket pesto	
Chicken Caesar Salad	£13.65
With baby gem, parmesan shavings, anchovies, croutons & Caesar dressing	
Chipotle BBQ Chicken Salad	£13.95
With grilled courgettes, pimentos peppers, red onions, avocado, halloumi cheese, honey & mustard dressing	
Grilled Salmon Fillet Salad	£13.95
With roasted beetroot, butternut squash, avocado, quinoa, cranberries & French dressing	
Smoked Duck Salad	£13.95
Served with walnuts, pomegranate, watercress, orange, Dijon & Lemon dressing	

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill. All our food is prepared in a kitchen where nuts, gluten and other food allergens are present. Our menu descriptions do not include all ingredients - if you have a food allergy, please let us know before ordering. Full allergen information is available, please ask a team member for details.



GOURMET SANDWICHES & WRAPS

Roasted Mediterranean Vegetable & Hummus Wrap ^(v)	£8.50
Prawn Marie Rose Sandwich Served with avocado and watercress salad, bloomer bread	£9.50
Chipotle Spiced BBQ Chicken Wrap Served with avocado, mango & sundried tomato	£9.50
Smoked Chicken & Brie Ciabatta Accompanied with cranberry sauce	£10.50
“Croque Monsieur” Sandwich Served with ham & gruyere cheese	£11.50
“Croque Madame” Sandwich Served with ham & gruyere cheese, topped with fried egg	£11.50
Minute Steak Ciabatta With tomato and caramelized onion	£13.50

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill. All our food is prepared in a kitchen where nuts, gluten and other food allergens are present. Our menu descriptions do not include all ingredients - if you have a food allergy, please let us know before ordering. Full allergen information is available, please ask a team member for details.



CLUB SANDWICHES

Sofitel Club Sandwich £13.95

With grilled chicken, bacon, fried egg, tomato, lettuce & mayonnaise

Vegetarian Club Sandwich ^(v) £12.95

Avocado, mozzarella, cucumber, tomato, grilled peppers, lettuce and halloumi cheese marinated in green pesto

Aberdeen Angus Burger £15.50

With streaky bacon, cheddar cheese, caramelized onion, brioche bun, accompanied with french fries & salad

DELI BOARDS

English & French Cheese board £15.95

With applewood, french Brie, goats' cheese crottin, cashel blue, red onion chutney & selection of breads

Charcuterie Board £16.95

With chorizo, honey roasted ham, milano salami, serrano ham, cornichons, selection of breads & balsamic dressing

SIDES

Chunky Chips £4.00

French Fries £4.00

House Salad £4.00

Caesar Salad £4.00

^(v) *Vegetarian Option*

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill. All our food is prepared in a kitchen where nuts, gluten and other food allergens are present. Our menu descriptions do not include all ingredients - if you have a food allergy, please let us know before ordering. Full allergen information is available, please ask a team member for details.



SOFITEL'S LUXURY AFTERNOON TEA

(Served from 10.00am till 06.00pm Monday - Friday, from 10.00am till 5.00pm weekend and bank holidays)



SOFITEL TRADITIONAL AFTERNOON TEA

Selection of finger sandwiches:

Oak smoked Scottish salmon & chive cream cheese
Coronation chicken & avocado on walnut and raisin bread
Salt beef & horseradish bagel
Egg mayonnaise & red mustard leaves on white bread

Homemade scones with Devonshire clotted cream and strawberry
preserve

Assortment of Sofitel pastries and cakes

Selection of finest teas and infusions

Decaffeinated teas and a wide range of coffees are also available

Sofitel Traditional Afternoon Tea	£19.50
Champagne Afternoon Tea	£29.50
Including a glass of Moët Chandon 'Brut Impérial' champagne	
Rosé Champagne Afternoon Tea	£31.00
Including a glass of Moët Chandon 'Rosé Impérial' champagne	
Cream Tea	£9.50
Two scones served with clotted cream, strawberry jam and your choice of tea or coffee	
Traditional Afternoon Tea Finger Sandwiches	£9.50

All prices include value added tax at the prevailing rate. An optional service charge of 12.5% will be added to your bill. All our food is prepared in a kitchen where nuts, gluten and other food allergens are present. Our menu descriptions do not include all ingredients - if you have a food allergy, please let us know before ordering. Full allergen information is available, please ask a team member for details.

