

## THE HISTORY OF TEA

Imported by East India Company, the first samples of tea reached England between 1652 and 1654. By the middle of the 18<sup>th</sup> century, tea had quickly proven popular enough to replace ale as the English national drink.

Prior to the 17<sup>th</sup> century, the English had two main meals – breakfast and dinner.

It was Anna, 7<sup>th</sup> Duchess of Bedford, who first invited her friends to join her for an additional meal of bread and butter sandwiches, small cakes and of course, tea.

Later, made popular by Queen Victoria, Afternoon tea developed into an indulgent cuisine.

Wafer-thin crust free sandwiches, typically of cucumber, smoked salmon and cheddar cheese, fancy cakes and regional British savouries and pastries such as Welsh rarebit, Scottish scones and English crumpets were enjoyed

Two distinct forms of tea services evolved: 'low' and 'high' tea.

Low Tea, enjoyed in the low or early part of the afternoon, was served in aristocratic homes and featured gourmet tidbits with emphasis being on the presentation and conversation.

High Tea originated from the working class; not having the means of two main meals each day they combined afternoon tea with the evening meal, serving meats, breads and cakes with hot tea at the end of the day.

The real Tea Connoisseur prefers loose leaf tea simply because it brings out the wonderful variety of nuances and flavours. Tea is very similar to wine; there are an endless number of different types, with the influence upon the final taste resultant from the production method, the harvest time and the shape of the leaf.

Selected teas are grown in optimum climate conditions and where highly advanced cultivation techniques are practiced.

There are only five countries in the world that fulfil these criteria's; India, Sri Lanka, China, Taiwan and Japan.

Today, Gunners' Barracks preserves a rich tradition of using the highest quality teas from these countries and partnered with Ronnefeldt teas we can offer outstanding quality to all who visit.

## MORNING MENU

Available Monday to Friday 10am-12pm

MORNING TEA	32
A set selection of cakes and pastries, finger sandwiches, tea or coffee	
DEVONSHIRE TEA	18
Two homemade scones served with clotted cream and preserve, tea or coffee	
FINGER SANDWICHES	22
A set selection of six finger sandwiches on Sonoma bread, tea or coffee	
TOASTED CROISSANT	14
Honey glazed ham and cheese, green salad	
FRENCH TOAST	15
Poached fruits, mascarpone cream	
FIG AND CARAMELISED ONION TART	18
Ricotta, bitter leaf salad	
SPANISH OMELETTE	17
Chorizo, roast capsicum, olive and parsley	
SEASONAL FRUIT SALAD	15
With sweet yoghurt and mint	
FRESHLY SQUEEZED	8
Carrot, orange and ginger	
Apple, cucumber, spinach and mint	
Beetroot, celery and apple	
Or a selection of your choice	

A minimum of one menu item per person must be ordered

## **AFTERNOON TEA**

Available all day from 10am

### **TRADITIONAL AFTERNOON TEA**

45

A set selection of cakes and pastries, finger sandwiches, scones and preserve  
With your selection of tea or coffee.

### **GLUTEN FREE AFTERNOON TEA**

A set selection of cakes and pastries made with buckwheat, quinoa, chickpea flour and almond meal  
With your selection of tea or coffee.

### **CHILDRENS TRADITIONAL AFTERNOON TEA**

30

Petit pastries, finger sandwiches, scone, jam and cream, choice of hot chocolate, soft drink or juice

### **SPARKLING AFTERNOON TEA**

50

Traditional Afternoon tea served with a glass of Australian sparkling wine  
With your selection of tea or coffee.

### **COCKTAIL AFTERNOON TEA**

60

Traditional Afternoon tea served with your choice of the following and tea or coffee

- Contemporary long island iced tea with Absolut and Bacardi with our freshly made iced tea
- Toblerone- Amaretto, Kahlua, Frangelico shaken over cream and a shot of caffeine
- Caribbean punch- freshly squeezed pineapple juice with Malibu and coconut cream
- Sunrise- freshly squeezed orange juice with Jose Cuervo Tequila and Cointreau
- Margarita
- Classic vodka martini- gently shaken with olives and a twist

### **CHAMPAGNE AFTERNOON TEA**

65

Traditional Afternoon tea served with a piccolo of French champagne  
With your selection of tea or coffee.

**Gift cards are available for purchase. Please ask your waiter.**

A minimum of one menu item per person must be ordered

## BLACK TEAS

### ASSAM MOKALBARIE (INDIA)

An extravagant broken tea with a superbly lively aroma of malt and spices

### ST JAMES ENGLISH BREAKFAST (CEYLON)

A premium tea from the Uva Highlands with a fruity and lively aroma, appealing to many

### IRISH BREAKFAST (CEYLON/INDIA)

Similar to English breakfast but with extra Assam tea for a dark colour and strong flavour

### ORANGE PEOKO (CEYLON)

A well balanced leaf tea blend from tea estates of the Dimbula district, high aromatic

### DARJEERLING DELIGHT

A clear, fresh spring tea with typical Darjeeling bouquet – from the best organic tea gardens

### EARL GREY (CHINA/INDIA)

A delegate blend with the typical citrus aroma of bergamot

### CLASSIC CHAI (INDIA)

This exotic, spicy milk tea from India is both mysterious and delicious

### VANILLA (INDIA)

Fine pieces of vanilla were added to this delicate tea from India to offer a mature full sweetness

### RED ROSES (FOP SUMMER – CHINA)

A blend of the finest China tea with rose petals and the delicate aroma of the rose; flowery, mild and light

### SUPERIOR OOLONG (SUMMER – FORMOSA)

An exquisite Taiwan tea that is semi-fermented. Only minute quantities of this rarity are harvested every year. A fascinating tea with great richness of favour, and a fruit and nut character full of elegance

## GREEN TEAS

7

### WOKU GARDEN

This organic fragrant tea is carefully handcrafted to accentuate the delicate sweetness of spring

### FANCY SENCHA (CHINA)

A subtle flavoured leafed tea with a delicate characteristic

### JASMINE PEARLS (SPRING – CHINA)

The leaves of this rare specialty from China are plucked by hand and rolled into small balls. It is flavoured with freshly plucked jasmine petals, which lend it its unusual and delicate flowery aroma

### SUPERIOR GYOKURO (SUMMER – CHINA)

Harvested only once a year, this unbelievably fine, premium quality tea has a subtle and mildly sweet aroma

## WHITE TEA

7

### YIN LONG (SPRING – CHINA)

A rare tea produced from the mountain province of Anhui. When harvesting; only the delicate downy shoots are carefully rolled by hand to a small ball and heated in the pan to halt fermentation. A subtle peach flavour with a touch of tartness

## HERBAL INFUSIONS

7

### CHAMOMILE

Chamomile tea has a pleasant and relaxing effect and tastes typically tangy and aromatic

### PEPPERMINT

Peppermint tea's natural menthol refreshes and relaxes