

The Mezemiso High Tea is designed by the inspiration of the themes and spices of two ancient cultures, Japanese and Lebanese. Although Japan and Lebanon look totally different, they are somehow connected by the special attention they give to their land, therefore, their crops are rich in flavours and herbs full of aromas. This menu of delicacies reflects the traditional afternoon tea for both countries.



WELCOME

The Mezemiso High Tea is inspired by the world of tradition.
Your High Tea includes a flavoursome piece of traditional
Lebanese canapes and Japanese Nigiri, lovingly
prepared by our chefs.

To drink, choose from chilled champagne, or an extensive list of expertly
brewed tea and coffee. Please ask anyone of our team for
a recommendation at any time.

We use only free-range eggs and chicken in our dishes and we are committed to using sustainable fisheries for our fish supplies. A full list of ingredients, including possible allergens per dish, is available upon request when placing your order. Please notify your waiter of any food allergies or intolerance when ordering. All food and beverage prices are subject to a 12.5% discretionary service charge. VAT is included at the current rate.



THE COLLECTION

Mezemiso High Tea

£35 per person

Signature Mezemiso Mocktail High Tea

£44 per person

Including a refreshing mocktail

Champagne Mezemiso High Tea

£58 per person

Including a glass of Ruinart NV

Or a glass of Ruinart Rose

IN THE MOOD TO CELEBRATE ...?

A few of our favourites by bottle....

Ruinart NV	90
Ruinart Rose	90
Bollinger La Grande Annee Brut	230
Dom Perignon Brut	390
Louis Roederer Crystal Brut	516

Please ask to see our full list of champagnes & wines

We use only free-range eggs and chicken in our dishes and we are committed to using sustainable fisheries for our fish supplies. A full list of ingredients, including possible allergens per dish, is available upon request when placing your order. Please notify your waiter of any food allergies or intolerance when ordering. All food and beverage prices are subject to a 12.5% discretionary service charge. VAT is included at the current rate.



THE SAVOURY COLLECTION

Scottish Salmon & Tuna Nigiri

(Fi)

A trio of homemade hommos wrapped with Lebanese bread

(SS, SD, GL)

Mashed grilled aubergine, snack cucumber and fresh pomegranate
on brioche of Lebanese bread

(SS, SD, VE, V, GL)

Baked thyme and sesame brioche (manooshi)

(SS, SD, GL)

Baked spicy tomato nuts paste (mohamarat)

(GL, NU, PE)

Baked dry goat yogurt (keshek)

(GL, DA, SD)

THE SWEET COLLECTION

A COLLECTION OF CAKES AND FANCIES INSPIRED BY OUR CHEFS

(choose one)

Chocolate peanut butter cake dusted with cocoa powder

(GL, DA, EG, PE)

Pistachio rose cake dense with semolina and moistened with rose water syrup
and rose butter cream

(GL, NU, EG, DA)

Carrot cake with hazelnut and spicy carrot dried with cranberries topped with
cream cheese

(GL, NU, DA, EG)

Gluten Free Strawberry Almond cake

(NU, DA, FL, EG)

EXTRA PLATES

Additional Sandwiches £4.50

Additional Nigiri £6

Additional Cake £5

We use only free-range eggs and chicken in our dishes and we are committed to using sustainable fisheries for our fish supplies. A full list of ingredients, including possible allergens per dish, is available upon request when placing your order. Please notify your waiter of any food allergies or intolerance when ordering. All food and beverage prices are subject to a 12.5% discretionary service charge. VAT is included at the current rate.



HOW WE MAKE TEA

At Mezemiso, we believe that even the humble cuppa requires a lot of love and attention to be the best it can be. Working alongside skilled tea masters to source and curate our tea menu, we particularly enjoy our rare and seasonal selections which we evolve and change with the seasons. In addition, we source our teas from their historical origins as we believe this gives a truly representative cup.

Once we source the finest teas, we give the leaves a little more attention than most, in fact we take a truly scientific approach. Treating the leaves as specialised ingredients that they are. Here are our secrets:

1. Weigh them according to tested recipes
2. We're then careful of the temperature of the water, ensuring that green & white teas are made with 70-80 degrees Celsius water to allow the flavours to come alive
3. We spend just the right amount of time infusing the teas ensuring a balanced extraction
4. Finally, we decant the infusion from the leaves, this stops the teas from over infusing and developing bitter flavours we all don't like

Tisane, often known as herbal teas, are produced using flowers and fruits rather than tea leaves.

We explore the five main tea types over the next few pages; we would be delighted to help making your selection.

We use only free-range eggs and chicken in our dishes and we are committed to using sustainable fisheries for our fish supplies. A full list of ingredients, including possible allergens per dish, is available upon request when placing your order. Please notify your waiter of any food allergies or intolerance when ordering. All food and beverage prices are subject to a 12.5% discretionary service charge. VAT is included at the current rate.



BLACK TEAS

Bold & strong

The most commonly drunk tea type in the West, and yet the least understood in terms of the sheer variety and depth of black teas out there. From a light and crisp Nilgiri Frost, or Darjeeling First Flush made from the freshest spring shoots, to a deeply decadent Yunnan Gold from the rich soils of China's Yunnan Province. To be a black tea, leaves must be fully oxidised allowing the more robust flavours to develop, they are then shaped and dried to determine the final result.

Assam Breakfast (India, Assam)

Broad, full, rich and malty

Whilst usually a blend, we source our breakfast tea from the finest gardens of Assam. This tea offers the perfect balance of strength, assertiveness and rich malty flavour, everything you need for the day.

Earl Grey (Sri Lanka, Ruhana)

Energising, extremely fragrant citrus notes on rich Ceylon base. To create our Earl Grey, we selected a delicious full-bodied black tea from Ruhana in Sri Lanka. Teaming this with a touch of bergamot, it tempers the richness and gives the tea the classic fruity note. A long-standing favourite.

GREEN TEAS

Vibrant, grassy & refreshing

Bursting with vibrant grassy flavours, a sublime natural sweetness and a satisfying silky texture. There are hundreds if not thousands of Green teas in China alone, ours are crafted by masters in China and Japan, with generations in producing nothing but the very best. A common misconception is a bitter drink but the taste of true green tea will encapsulate the very essence of spring sublime natural sweetness and a satisfying silky texture.

Jadesword Green (China, Hunan)

Fresh, whole leaf organic tea, selected for its sweet, spring flavour and packed at origin. With a slight grassy note, it is brisk and invigorating: just the thing to drink all day

We use only free-range eggs and chicken in our dishes and we are committed to using sustainable fisheries for our fish supplies. A full list of ingredients, including possible allergens per dish, is available upon request when placing your order. Please notify your waiter of any food allergies or intolerance when ordering. All food and beverage prices are subject to a 12.5% discretionary service charge. VAT is included at the current rate.



WHITE TEAS

Sweet & mellow

White teas are the least processed of all tea types, and yet the most challenging to perfect in production. China's Fujian Province is the traditional home of this tea type, and where we source two of our finest white teas: Silver Needle Supreme and White Peony. Silver Needle Supreme (Bai Hao Yin Zhen) is considered the rarest and most famous, composed entirely of individual buds, picked in early spring. White Peony is more full-bodied, with the addition of spring leaves as well as buds.

Heralded for its health benefits and delicate taste, white teas have been widely embraced around the world. More recent trends within China have seen the emergence of a sought-after market in aged white tea. Locals in Fuding have a saying: 一年是茶，三年成药，七年为宝的老白茶 – after three years aged white tea becomes like medicine; after seven years it becomes like treasure.

Jasmine Silver Needle (China, Yunnan)

This loose-leaf jasmine tea from China composed of delicate buds of white tea, scented with fresh jasmine flowers.

A perennial favourite, our Jasmine Silver Needle white tea marries the finest Silver Needle white tea with the fragrance of fresh jasmine flowers. The perfect, downy buds are picked in April and simply dried in the sun. In August, the tea is laid beneath a bed of fresh jasmine flowers for five consecutive nights, balancing the sweet white tea with fresh, fragrant jasmine aroma. Our Jasmine Silver Needle is delicate and soothing, the perfect partner for a moment of calm focus.

£7 Supplement

YELLOW TEAS

Smooth, rounded & prized

Yellow teas are unique to China, produced in limited quantities in a handful of regions. Their production method gives a unique flavour.

The rarest of all tea types, yellow tea is a speciality of Anhui, Sichuan, Zhejiang and Hunan provinces in China. There are just a handful of famous yellow teas in China and production is very limited. The teas were often historically used as tribute teas, given as gifts to the emperor. Our Jun Shan Silver Needle, is one of China's most sought after teas, produced exclusively on a single island in Hunan Province.

We use only free-range eggs and chicken in our dishes and we are committed to using sustainable fisheries for our fish supplies. A full list of ingredients, including possible allergens per dish, is available upon request when placing your order. Please notify your waiter of any food allergies or intolerance when ordering. All food and beverage prices are subject to a 12.5% discretionary service charge. VAT is included at the current rate.



OOLONG TEAS

Rich & complex

The most varied and complex of all tea types, Oolong teas are regarded amongst many tea connoisseurs to be the most exciting of all. Originating from China's Fujian Province, Oolong teas have been a cornerstone of tea culture in China and Taiwan for centuries. These incredible teas are more recently beginning to enjoy real favour on the global stage. The breadth of flavours and textures will take you on a journey from the ancient myths surrounding China's famed Iron Buddha (Tie Guan Yin) to the highest mountains of Taiwan.

Iron Buddha (China, Fujian)

Fresh, light, spring flower & brown sugar

The unmistakable taste of Iron Buddha, an intensity floral oolong tea, hand rolled and fried in Anxi in Fujian Province. Unlike more traditional heavily roasted Iron Buddha, this lightly oxidised Iron Buddha is gently tart, yet light and floral giving a bright and refreshing infusion.

£8.50 Supplement

TISANE

Fresh, uplifting & aromatic

The term Tisane originates from ancient Greek, it was reintroduced by the French in the mid-20th century meaning herbal or medical drink. Herbal teas promise the rich variety of the plant kingdom drawing on cultures and traditions worldwide. We work to source herbs, flowers & fruits that are bursting with vibrant flavours.

All our Tisanes are caffeine free

WHOLE PEPPERMINT TEA

Refreshing, bright and intensely minty

Our peppermint tea is striking and strong with fresh intensely minty flavour. It aids digestion and cleanses your palate, its great way to round off a meal.

LEMON GRASS & GINGER

Bracing, refreshing, fragrant lemongrass & warming ginger

This infusion harnesses lemongrass and whole ginger to invigorate and provide a revitalising citrus lift, with little spicy glow. Perfect as a post meal digestif.

We use only free-range eggs and chicken in our dishes and we are committed to using sustainable fisheries for our fish supplies. A full list of ingredients, including possible allergens per dish, is available upon request when placing your order. Please notify your waiter of any food allergies or intolerance when ordering. All food and beverage prices are subject to a 12.5% discretionary service charge. VAT is included at the current rate.