



Teas

A little bit about our tea suppliers...

Tregothnan Estate

Located in Cornwall in the south of England, Tregothnan is a living and working private estate owned by the Boscawen family with a history dating back to 1334. Located eight miles from the coast, the Fal Estuary runs through the estate creating the warm and wet conditions perfect for tea plantations. Tregothnan released the first British-grown tea in 2005.

Jing Teas

Dedicated to sourcing the best teas worldwide, Jing works directly with producers to ensure authentic teas with character. Thousands of teas are tasted each year to ensure that only superior teas from passionate, quality-minded farms and estates are chosen.

Green & White

Jing Jade Sword Green Tea

Picked in the spring, the young Chinese tea leaves are withered briefly before undergoing 'sha qing' – a heating process that prevents the leaf from oxidising. This tea tastes almost fresh from the garden.

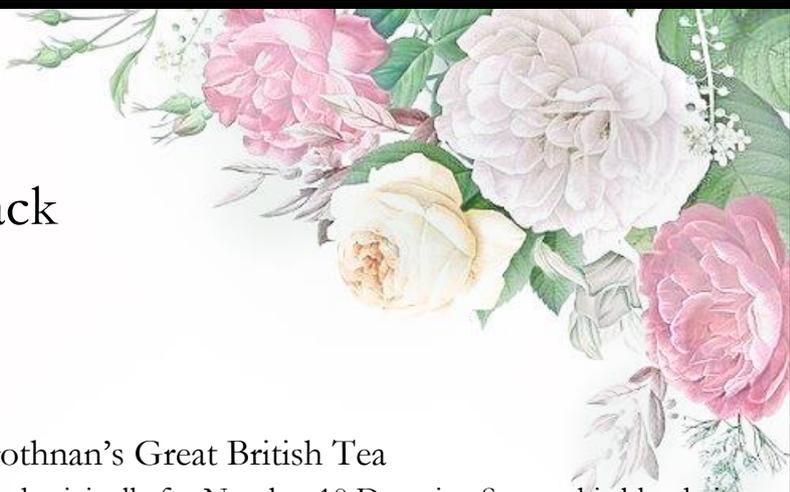
Jing Silver Needle White Tea

The least processed of all teas, the buds of the tea plant are withered and allowed to dry naturally over four days. This simple method allows the flavours of spring flower, melon and cucumber to shine.

Tregothnan Jasmine Green Tea

Tregothnan green *Camellia sinensis* leaves are lightly oxidised, dried and blended with jasmine flowers and China's finest green tea leaves. Our satisfying green tea is from the same type of bushes as those from which Green Tea was first discovered in China.





Black

Tregothnan's Great British Tea

Created originally for Number 10 Downing Street, this blend gives real meaning to the term 'English' breakfast. It is a strong and hearty mix of English-grown tea leaves and premium Assam.

Tregothnan's Earl Grey Tea

You wouldn't believe it (but it is true), the owner of Tregothnan, Lord Falmouth is the eighth great-grandson of Earl Charles Grey, the very same for whom this tea was created! Cornish-grown tea leaves and the finest Assam are infused with pure Bergamot oil.

Tregothnan's Afternoon Tea

A softer, lighter and more delicate version of English breakfast, this sees Cornish tea leaves blended with the Champagne of teas, Darjeeling. Equally perfect with milk and without.

Tregothnan's Manuka-Smoked Tea

Black tea from Cornwall and Assam lightly smoked over Manuka woodchips using Tregothnan's own single estate charcoal. This is a black tea with a subtle smoky and sweet honey taste.

Tregothnan's Lavender Black Tea

Lavender grown along the Cornish Riviera (also known as the Fal Estuary) is infused into a blend of Cornish and Assam teas. Delicately flavoured and reminiscent of the English summer.

Jing Keemun Black & Rose Tea

A medium-bodied Ceylon tea – the perfect partner to beautifully floral whole rosebuds. The result is a deeply fragrant black tea with a touch of sweetness.





Afternoon Tea at The Capital Hotel

with Claire Clarke

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

-Henry James

Our story begins, as all good stories should,
with a heroine and a pot of tea.

Every day around 4pm as Duchess Anna was sipping tea, she would feel the growl of her belly and look longingly at the clock wishing the hours away until she was invited down for dinner. One day, having eaten very little at lunch, she could no longer bear the wait and ordered from the kitchen her pot of tea accompanied by some buttered bread and cakes.

Pleased with herself, she ordered it again the next day, and the next and the next until every day at 4pm, the Duchess would receive tea, cakes and tiny sandwiches. She soon took to inviting friends to share in the sweet and savoury afternoon treats and her afternoon ‘snack’ quickly became a favourite social affair. Word quickly began to spread throughout the counties and the great traditional ceremony of English Afternoon Tea was born.

£35.00 Afternoon Tea

£42.00 with Free-Flowing Prosecco

£45.00 with a glass of Henriot Brut Souverain NV,
Champagne





The Menu

Sandwiches Selection

The Valley Smoke House Smoked Salmon, Lemon, Rocket, Caraway Seed Bread

Honey Glazed Ham, Tomato & Onion Seed Chutney, Onion Bread

Copper Maran Egg Mayonnaise, Wasabi Cress, White Bread
Cucumber, Sorrel Crème Cheese, Rye Bread

Sweets

Selection of Sweet Delights from Claire Clark

Scones

Plain and Fruited Scones

Served with Cornish Clotted Cream & Strawberry Jam

A little bit about Claire...

Claire Clark is one of the country's most renowned pastry chefs with a career encompassing time spent at some of the most prestigious restaurants, hotels and event caterers in England. Her career spans from the grandeur of the Ritz and Claridges in London to the Three Michelin-starred French Laundry in California. In recognition of her commitment to her craft, Claire was awarded an MBE in the Queen's Birthday honours list in July 2011.

Please inform us if you have any food allergies or dietary requirements.

Some of our menu items contain nuts, seeds and other allergens.



@hotelcapital



#afternoonteaatthecapital





Cocktails

£15.00 each

Sloely but Surely

Sipsmith Sloe Gin, Vanilla Syrup, Lime, Champagne

Espresso Martini

Victory Vodka, Kablua, Espresso

Camel 75

*Tarquin's Gin, Lemon Juice, Bergamot Liqueur,
Sugar, Bitters, Camel Valley Sparkling Wine*

Mojito

Havana 3 years, Lime, Mint, Soda

Cosmopolitan

Victory Vodka, Cointreau, Lime

Bellini

Prosecco, White Peach

Pisco Punch

Pisco, Lemon, Lime, Pineapple, Bitters

Pear Affair

Victory Gin, Poire Williams, Kummel, Lemon, Sugar, Champagne

Non-Alcoholic Cocktails

£8.00 each

Coconut lemonade

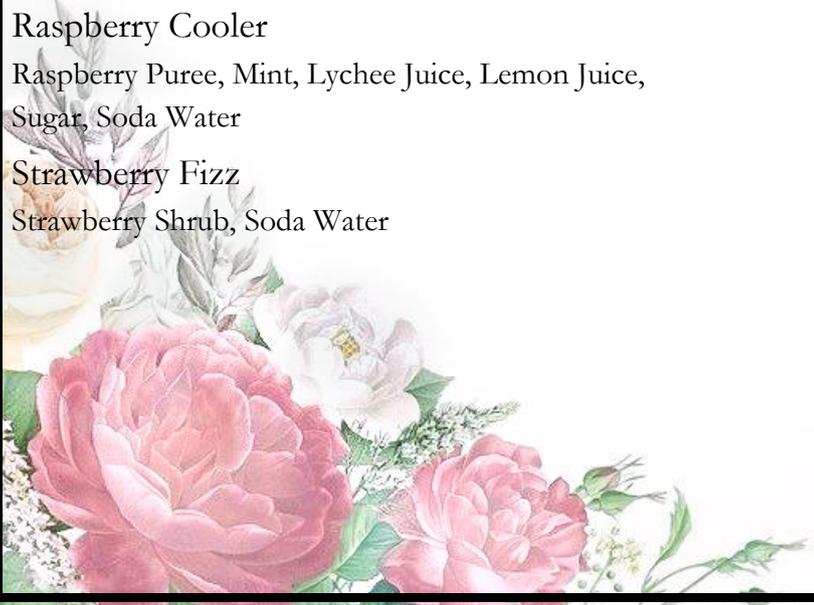
Coconut and Chai Syrup, Lemon Juice, Soda Water

Raspberry Cooler

Raspberry Puree, Mint, Lychee Juice, Lemon Juice,
Sugar, Soda Water

Strawberry Fizz

Strawberry Shrub, Soda Water





Infusions

Tregothnan's Manuka

First introduced into Tregothnan in the 1800s, the Manuka tree is native to New Zealand. Famous for its medicinal purposes, it is subtly sweet with a spicy finish.

Tregothnan's Red Berry

Strawberries and raspberries from Kent blended with ancient varieties of Cornish apple for a refreshing, caffeine-free infusion.

Tregothnan's Nettle

The ultimate health boost, nettle is believed to help detoxify the body, relieve allergy symptoms and act as a natural painkiller. Luckily, aside from its helpful qualities, nettle has a natural sweetness and richness making it a beautiful afternoon tisane.

Jing Chamomile

Elegant, floral and soothing, chamomile is prized for its curative and calming properties. Using only whole flowers, this is an aromatic tisane.

Jing Whole Rose

To create this herbal infusion, fresh whole rosebuds are carefully dried to preserve the natural flavour and scent.

Jing Lemon Verbena

Produced from French verveine leaves, this infusion has a light lemongrass and citrus scent.

Tregothnan Chocolate Mint

This refreshing and cleansing infusion made with mint grown on the estate has super menthol powers that aid digestion, prevent nausea, beat stress, tackle headaches, relieve heartburn, soothe muscle aches, and ease asthma.

Coffee available on request.

