

Black Tea:

English Breakfast	2.70
Earl Grey	2.70
Chai	3.70
Oolong	3.00

Green Tea:

Gunpowder	3.00
Baked Apple	3.00
Cherry Blossom	3.00
Moroccan Mint	3.00
Jasmine Huang Shan Ya	3.00

White Tea:

White Peony	3.00
Champagne Cassis	3.00

Herbal and Infusion Tea:

Camomile flowers	2.90
Rooibos	3.00
Ginger Root	2.90
Peppermint	2.90
Blood Orange	2.90
Basket of Berries	2.90
Pure Life Wellness	3.00
Witches Brew	3.00
Magic Tea	3.00

Belvedere Japanese Green Tea:

Lemongrass Melange	2.80
Saffron Melange	2.80

Coffee:

Filter coffee	2.70
Single/double espresso	2.60/2.90
Americano	2.95
Flat white	3.10
Cappuccino	3.10
Latte	3.10
Mocha	3.60
Hazelnut mocha	4.00
Vanilla bean latte	3.40
Hazelnut latte	3.40
Gingerbread latte	3.40
Cinnamon latte	3.40
Chocolate caramel latte	3.40
White chocolate latte	3.40
Chai latte	3.95

Hot chocolates:

K Teas original hot chocolate	3.40
K Teas Orange hot chocolate	3.40
K Teas caramel hot chocolate	3.40
Spicy white hot chocolate	3.50
Flavoured with turmeric and cinnamon	
Add cream and marshmallows	0.60

Cold Drinks:

Sparkling water	2.00
Traditional / cloudy lemonade	2.50
Coke / coke zero	2.50
Fentimans rose lemonade/elderflower/ginger beer	2.50
Orange juice	2.00
Pineapple juice	2.00
Milk	2.10

Can't make up your mind?
Read the descriptions near the back to help you make your
choice or ask for a staff recommendation.

Food:

Toasted teacake, buttered (each)	1.60
Hot buttered crumpet (each)	0.90
Buttered toast (per slice)	0.90
With jam	1.00
Scrambled or poached egg on toast (2 slices)	6.75
with bacon	7.75
Cheese on toast (2 slices)	6.00
French toast (2 slices) with fruit and honey	10.00
Avocado and tomato on toast (2 slices)	6.00
Walnut and blue cheese on toast (2 slices)	10.00
With caramelised onion chutney	
Bacon/sausage sandwich	4.50
(50p per extra item)	
All day breakfast (veggie option available)	8.25
(bacon, sausage, egg, tomato, mushrooms, beans, toast)	
All day big breakfast (veggie option available)	12.25
(2 bacon, 2 sausages, eggs, tomatoes, mushrooms, beans, 2 toast)	
Sandwiches/wraps/bagels:	5.40
Cheese, spring onion and mayonnaise	
Grilled Halloumi, tomato and avocado	
Avocado salad	
Tuna mayonnaise with pepper	
Chicken avocado salad	
Ham salad	
BLT	
Brie and cranberry	
Brie, cranberry and bacon	6.10
Chicken club sandwich	7.40

Toasties/paninis:	5.85
Cheese & onion	
Cheese & tomato	
Cheese & ham	
Cheese & beans	
Mozzarella, tomato and basil pesto	
Tuna melt with pepper	
Brie and cranberry	
Brie, cranberry and bacon	6.70
Jacket potato	5.15
Cheese	
Mixed cheese	
Beans	
Tuna mayonnaise with pepper	
(add 50p for 2 fillings)	
Homemade soup (see specials board for flavours)	4.70
With bread add 50p per slice	
With half a sandwich	7.00
Rustic Afternoon Tea	£20.00
Served with a selection of sandwiches	
Homemade scone with jam and clotted cream	
A selection of homemade cakes	
Booking is essential for Afternoon Tea	

Nothing take your fancy? Speak to our staff and we will see what we can do for you.

There are (at least) four different types of tea: white, green, oolong and black. All made from the leaves of the shrub *camellia sinensis*, the type of tea depends on the type of tea processing it undergoes. Tea leaves are prone to wilt and therefore oxidise, if they are not dried quickly. As the chlorophyll breaks down, the tea leaves darken and release tannins; this process is called fermentation in the tea industry.

Black Tea:

More oxidized than green or white tea, it is generally stronger in flavour.

English Breakfast Tea

This medium bodied breakfast blend is the perfect combination of flavours and character of tea from India and Ceylon.

Earl Grey

Named after Charles, 2nd Earl Grey, who was Prime Minister from 1830 to 1834. A blend of black teas given the distinct, perfumed flavour by the oil obtained from the rind of the bergamot orange. The scent of this is said to have deeply relaxing qualities.

Chai Tea

This popular Indian black tea can be made with water or milk to offer a warming boost to the system, and give a caffeine kick. The ginger root provides a heat, which is soothed by the sweet aroma of the cardamom and cinnamon bark. This tea is made traditionally so will take up to 20 minutes to brew.

We filter our water to ensure you get the best cup of tea possible.

Oolong:

Oolong tea sits anywhere between green and black on the oxidation scale. Our Oolong sits closer to a black tea, making it a great starting point for those black tea drinkers feeling adventurous enough to give it a try.

Green Tea:

Originating in China it does not go through the oxidation process that black tea does and contains less caffeine but is said to contain the most powerful antioxidant known.

Gunpowder

Expect big flavours from this green tea, given its name due to its similarity in appearance to gunpowder. The leaves are rolled before drying out, creating a more intense flavour and aroma.

Baked Apple

This wonderfully smooth and fragrant green tea, has dried pieces of apple, almond slices and rose petals. It has the delicious aroma and flavour of baked apple pie. A sweet, healthy treat, perfect for a midday pick me up.

Cherry Blossom

This Japanese green tea is scented with the delicate sweetness and aroma of cherry blossom and dried cherry pieces.

Moroccan Mint

Combining the health benefits of green tea with the refreshing coolness of peppermint and sweetness of spearmint, this is a great tea any time of the day. Traditionally this tea is served sweetened, we have left this decision to the drinker.

Jasmine Huang Shan Ya

Taking its name from the mountainous region where it is grown, it is produced from the finest green leaves which have been steamed and then lightly scented with Jasmine. Perfect after a meal as it is believed to aid digestion.

White Tea:

The least processed of the teas and the leaves are picked earlier in the year when the bud is still closed. This produces a light cup with a light, slightly sweet taste.

White Peony

White Peony is comprised of mixture of unopened buds and larger leaves. This creates a light, bright white tea which is smooth in texture and packed for of health inducing antioxidants. A great every day white tea

Champagne Cassis

This delicious white tea is flavoured with black and red currants, balm leaves, lemongrass, cornflower and sunflower blossoms. Such a pretty display, it's almost a shame to drink this vibrant medley of fruit, petals and delicate white tea. Low Caffeine.

Herbal and Fruit Infusion Teas:

(Caffeine free)

Camomile Flowers

A whole host of wondrous health benefits are associated with this floral infusion, from ultimate relaxation to disease-fighting properties. There is something wonderfully relaxing and inspiring about drinking these little yellow flowers.

Rooibos Tea

From the *Aspalathus linearis* plant, Rooibos or Red Bush as it is more affectionately known, is not a 'tea' in the formal sense. Grown in South Africa, Rooibos has a distinctly different flavour and colouring and is completely caffeine free. It also boasts a high level of health inducing antioxidants, making this an increasingly popular drink.

Ginger Root Tea

Ginger root is believed to have healing properties and is used to relieve the symptoms of many things from the common cold to travel sickness. The unique warmth and slight bite,

which comes from drinking the root steeped in hot water, is not only delicious but leaves you feeling energised.

Peppermint Tea

Peppermint is a great cuppa at any time of the day. Often served after a meal, as it is a well known digestive aid.

Blood Orange

This fruit infusion has a wonderfully inviting aroma. Perfect for a summers day.

Basket of Berries

This luscious medley of berries, fruit, rosehip and hibiscus, is like summer in a cup.

Pure Life Wellness

This wonderfully aromatic blend is filled with ingredients that are as tasty as they are good for you. The mixture of refreshing lemongrass, bamboo, orange slices, lotus blossom and ginkgo creates a herbal infusion which is caffeine free and leaves you feeling rejuvenated.

Witches Brew

This is Caty's own blend of hibiscus, chamomile, peppermint and lavender. A blend to aid digestion, it can help with bringing down body temperature and blood pressure, and calm nerves and reduce anxiety. A blend that can be particularly helpful to women.

Magic Tea

Another of Caty's own blend. A mix of ginger, liquorice, lemon and honey which is blended to aid those suffering from coughs and colds.