



THE SWAN  
at LAVENHAM

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HOTEL AND SPA

## Introduction

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

Henry James, *The Portrait of a Lady*

The custom of drinking tea dates back to the third millennium BC in China and was popularised in England during the 1660s by King Charles II and his wife the Portuguese Infanta Catherine de Braganza, it was not until the mid-17th century that the concept of 'afternoon tea' first appeared.

It is largely considered that Afternoon Tea originated from one of Queen Victoria's ladies in waiting, Miss Anna Maria Stanhope, the 7th Duchess of Bedford. Around this time it was usual to have a long gap between the luncheon and dinner. As a result ladies found themselves becoming hungry during the day. Anne requested that light sandwiches, tea and cake be brought to her in the late afternoon. Over time, she started to invite close confidantes to join her in her rooms at Woburn Abbey, to exchange news and stories over tea and light refreshments, and gradually these kinds of afternoon teas became a tradition.

Other social hostesses picked up on the idea and the practice became respectable enough to move it into the drawing room. This pause for tea became a fashionable social event. During the 1880s upper-class and society women would change into long gowns, gloves and hats for their afternoon tea which was usually served in the drawing room between four and five o'clock.

High tea is traditionally an early evening meal consisting of cold meats, eggs, fish, cakes and sandwiches. The term high tea refers to the height of the tables with high tea being served on high tables and low tea on low tables.

[#highfive4hightea](#)

### Dietary Requirements

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

## Champagne & Sparkling by the glass

125ml 750ml

Sassy Pear Cider, Normandy, France NV

(175ml) **£4.00** £15.00

Sassy Rosé Cider, Normandy, France NV	(175ml) <b>£4.00</b>	£15.00
Langlois-Chateau, Crémant de Loire Brut, Saumur, NV		<b>£8.50</b>
	£36.00	
Prosecco Bonotto delle Tezze, Vigne di Collabrio, DOCG Treviso, Brut, 2015		<b>£8.50</b> £36.00
Meonhill, Réserve Brut, Didier Pierson, Meon Valley, Hampshire, NV		<b>£9.50</b> £48.00
Champagne Frerejean Frères 1 <sup>er</sup> Cru, Brut, Grauves, NV		<b>£11.50</b>
	£58.00	
Champagne Ayala Rosé Majeur, Brut, Aÿ, NV		<b>£13.50</b>
	£72.00	
Champagne Bollinger, Special Cuvée Brut, Aÿ, NV		<b>£15.50</b>
	£78.00	

## *Champagne & Sparkling by the bottle*

Ayala Brut Majeur, Aÿ (Half-Bottle), NV		£35.00
Langlois-Château, Crémant de Loire Rosé Brut, Saumur, NV		£38.00
Méthode Cap Classique, Blanc de Blancs, Estate Brut, Klein Constantia, 2012		£43.00
Crémant de Bourgogne, Domaine Henri Naudin-Ferrand, NV		£48.00
Bollinger, Special Cuvée Brut, Aÿ (Half-Bottle), NV		£41.00
Bollinger, Brut Rosé, Aÿ (Half-Bottle), NV		£48.00
Ayala Rosé Majeur, Brut, Aÿ, NV		£72.00
Coulon 1er Cru Les Paradis, Blanc de Blancs, Brut, Villedommange, NV		£68.00
Billecart-Salmon, Brut Réserve, Mareuil-sur-Ay, NV		£69.00
Pierre Péters Grand Cru, Blanc de Blancs, Extra Brut, Le Mesnil-sur-Oger, NV		£69.00
Guy Larmandier, Blanc de Blancs, Brut, Grand Cru, Cramant, NV		£75.00
Deutz, Brut Classique, Aÿ, NV		£80.00
Laurent Perrier, Brut Rosé, Tours-sur-Marne, NV		£87.00
Krug Grande Cuvée, Brut, Reims, NV		£183.00

## *Traditional Afternoon Tea*

Finger Sandwiches  
 Cucumber, dill and black pepper  
 Smoked salmon and lemon crème fraiche  
 Maple roasted Suffolk ham  
 Manor Farm hen's egg with light mustard mayonnaise

Raisin Scone and Apple & Walnut Scone

Served with clotted cream and house made jam and preserves;  
raspberry, strawberry, lemon curd

#### Afternoon Tea Cakes

A selection of individual cakes and patisseries from our kitchen

Served with your choice of Newby's of London teas or infusions

£ 22.50 per person

## *Gentleman's Afternoon Tea*

#### Finger Sandwiches

Cucumber, dill and black pepper  
Smoked salmon and lemon crème fraiche  
Maple roasted Suffolk ham  
Manor Farm hen's egg with light mustard mayonnaise

Mature Cheddar and mustard Scone, Shallot and Thyme Scone

Served with a mixed herb butter

#### Savoury Delights

Mini lamb burger with mint and yoghurt  
Crab and mango tart  
Vegetarian spring roll with plum sauce  
Salt cod croquette

Served with your choice of Newby's of London teas or infusions

£ 22.50 per person

## *High Tea*

Select from one of the following:

Dingley Dell Scotch egg with crushed peas and mustard mayonnaise

*To accompany this dish, why not try a glass of  
Chinon Rouge, Domaine de la Marinière, France, 2015, £8.50 (175ml)*

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Smoked salmon and chive omelette with  
parmesan shavings and watercress

*Sumaridge Maritimus, Chardonnay & Sauvignon Blanc, Walker Bay,  
South-Africa, 2011, £10.75 (175ml)*

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Eggs Florentine

*Prosecco Bonotto delle Tezze, Vigne di Conegliano,  
DOCG Treviso, Brut, 2016, £8.50 (125ml)*

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Adnams Welsh rarebit with Suffolk chutney

*Sokol Blosser, Evolution 19th Edition, Dundee Hills,  
Oregon, America, NV, £9.75 (175ml)*

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### Port soaked blue cheese with salt baked beets

*Taylor's Port, Late Bottled Vintage, 2011, £7.50 (100ml)*

### Raisin Scones and Apple & Walnut Scones

Served with clotted cream and house made jam and preserves;  
raspberry, strawberry, lemon curd

*Late Harvest Sauvignon Blanc, Vina Morande, Casablanca Valley, Chile, 2015, £7.50 (125ml)*

### Afternoon Tea Cakes

A selection of individual cakes and patisseries from our kitchen

Served with your choice of Newby's of London teas or infusions

£ 26.50 per person

## *The Swan Teas and Infusions*

### Black Tea

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#### Assam (India)

Strong and smooth with notes of sweetness, India's finest Assam derives character from cool winter nights and monsoon rains. A bright amber cup, full-bodied and malty with hints of sweet honey

#### Ceylon (Sri Lanka)

Picked from the highlands of the Uva region in Sri Lanka, this Ceylon tea is a perfect representative of its type; bright with aromatic hints of lemon and a full, spicy finish

#### Darjeeling (India)

Long sunny days, rainy nights and a cool mountain breeze give Darjeeling its delicate taste, combining floral aromas with flashes of muscatel grape that lead to a refreshing, invigorating finish

#### English Breakfast

A perfect blend of tea from India, Sri Lanka and Kenya, this celebrated and enduring tea remains an essential element of the British morning. This fresh tea is full-bodied, robust and reviving.

#### Decaf English Breakfast

The caffeine-free companion of the classic English Breakfast tea. A rich, strong infusion that can be enjoyed with or without milk

#### Earl Grey (India)

Named after the British Prime Minister, the second Earl Grey, who was believed to have received a gift of black tea scented with bergamot orange from the Chinese in 1830. The archetypal British blend combines black tea with the flavour of bergamot to give a tea with a fragrant citrus aroma and smooth finish

#### Lapsang Souchong (China)

Originating in the Wuyi mountain of China's Fujian province, this black tea is smoked over the embers of hot pine wood to give the leaves an intense smoky flavour

#### Premium Pu Erh

A rich umber cup with a smooth, woody taste, earthy aroma and an irresistible chocolate finish

## Oolong Tea

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#### Milk Oolong (China)

Made with the finest Tieguanyin oolong from China, this pale cup has a comforting aroma of cream and caramel whilst exuding a delightfully floral taste

#### Fujian Oolong (China)

Exquisitely balanced with hints of fruit and spice. Two thousand years of mastery have developed a slightly fruity and spicy tea, with a sweet finish

## Green Tea

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#### Green Sencha (China)

Picked high in the mountains of China's Fujian province in early spring, this Chinese green tea is steamed in the final stage of processing. A subtle, fresh fragrance balanced with hints of rice and a smooth finish

#### Jasmine Blossom (China)

This tea is created by repeatedly placing fragrant night-flowering jasmine blossoms on fresh green tea. Its smooth floral flavour reflects its unique hand production

#### Garden Berries

A sweet blend of summer berries brings succulent fruit flavour to this fresh green tea. Tastes sweet and fresh with a slightly tart finish

## Fruit Tisane

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#### Mango and Strawberry

A delicious blend of fruits that epitomise the summer time. Whole pieces of mango and strawberry combine to create a succulent drink with an intense summery aftertaste

#### Fruity Berries

A harmonious blend of deep fruit flavours, tempered with floral notes and hints of liquorice

## Herbal Tisane

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### Chamomile

With a reputation as old as the pyramids for aiding sleep and relaxation, chamomile is perfect in the evening. Its infused flowers have a heady aroma of sweet hay and a floral, grassy flavour

### Ginger and Lemon

A classic combination of flavours, blending fresh lemongrass and ginger pieces with liquorice resulting in an invigorating tisane with a bold, lasting edge and enduring finish

### Peppermint

Almost spicy when first sipped, the penetrating taste of peppermint leaves rich in menthol oils gives way to a clean, refreshing finish

### Liquorice Mint

A pale green-yellow cup combining notes of invigorating peppermint with a distinct and lasting liquorice finish

### Spa Blend

A light yellow-green cup, floral and earthy with notes of spice and a subtle citrus aroma. Delicate and balanced with a smooth finish

### Forest Fiesta

Light yellow in colour, with a citrus mint aroma. Tastes of white chocolate and forest fruit with a satisfying finish

## Rooibos

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### Rooibos Breakfast (South Africa)

A colourful blend, this caffeine-free tisane entices with its sweet aroma of orange and mango, flavours of fruit and nut, and lasting spiciness.

## White Tea

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### Silver Needle (China)

A pale yellow cup with aromatic notes of melon and honey. Slightly creamy with a clean, refreshing finish

## *Coffees*

For those who prefer coffee to tea, choose from our list of specially selected coffees

## Cafetières

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### Continental House Blend

A blend of beans from India, Colombia and Brazil. The beans are high roasted to produce a rich all day coffee with wonderful aroma

### Colombian

Produced in south west Colombia. This mild coffee has notes of hazelnuts and almonds yet it is sweet with medium body

#### El Salvador

Grown on the Monte Sion Estate, this Rainforest Alliance coffee has a thick sweetness, complex fruitiness and a rich smooth finish

#### Kenyan AA grade

This coffee is from the foothills of Mount Kenya. It has distinctive citrus fruit acidity with dark flavours and medium body

#### Brazilian

Grown on the certified Rainforest Alliance Daterra Estate. A smooth and malty coffee with complex sweetness, as well as bright fruit acidity and a distinct marzipan and vanilla aftertaste

#### Swiss Water Decaffeinated

Caffeine is slowly removed by washing the beans in pure spring water. The result maintains the original flavours of the beans