



A TRIBUTE TO NATURE





# AFTERNOON TEA

## AT THE CARLTON TOWER

Inspired by nature and the botanical elements of iconic British gardens, The Carlton Tower's Afternoon Tea brings a new take on the quintessentially British tradition.

Working with only locally sourced produce, exploring, and celebrating the best ingredients available, each piece is a sophisticated display of flavour, taking guests on a sensorial journey through Britain, season by season.

We preserve and enhance the natural sweetness of whole fruits by adding carefully selected layers of flavours without compromising the key ingredients and their natural taste. Each dish relies wholly on the naturally occurring sugars – only occasionally using honey and brown sugar for sweetness.

The Carlton Tower is proud to celebrate its Afternoon Tea as a tribute to nature.





## OUR PHILOSOPHY



Today more than ever, we are more and more aware of the need to respect the Earth, and this begins with what we choose to eat. Behind each product, there is a story, and there is a person who nurtured the product – from farmers to artisans to chefs. There is no story more beautiful than the relationship between the product, the producer, and the dish. We owe it to ourselves to respect nature, to respect producers, and to ensure that each we maintain the integrity of the taste of each product.

Nature revolves around the rhythm of the seasons, as do we as human beings. Each season brings different fruits, and our bodies nutritional needs should correspond to what nature gives us. Being in tune with nature allows us to explore taste in the right place at the right time. At their ripest, fruits are full of natural sugars and by extracting this, we do not have to add artificial sugars to our creations. Through this. we draw out the true layers and complexity of taste and pay homage to the depth of flavour. Instead of compromising the core flavours, we enhance them.

We ask that you keep an open mind to discovering a new, elevated taste experience, inspired by the great richness of British gardens that has guided us throughout.



# TRIBUTE TO NATURE AFTERNOON TEA

## Classic Afternoon Tea

75 per person

## Champagne Afternoon Tea

Ruinart Brut	90
Ruinart Rosé	93
Dom Pérignon	140

## Additional Champagne

Ruinart Brut	25
Ruinart Rosé	30
Dom Pérignon	70





## TO START

### Sandwiches

#### Cheddar, Beetroot & Zaatar

Cheddar Foam, Marinated Beetroot, Beetroot Jelly and Zaatar Powder (105 Kcal)

#### Celeriac & Tomato Sandwich

Slow Cooked Celeriac Basil Scent, Homemade Confit and Pure Tomato (72 Kcal)

#### Crab & Caviar

Homemade Pancake, Brown & White Crab, Lemon Zest and Traditional Calvisius Caviar (115 Kcal)

#### Chickpeas Crêpe Roll

Braised Short Ribs, Marinated Red Onion, Smoked Paprika and Fennel (110 Kcal)

### Palate Cleanser

Basil & Lime Sorbet (36 kcal)

## TO FOLLOW

### Scone Experience

The Scone Experience is a respectful ode to the British tradition. Immerse yourself in this journey of the senses, smells, texture & colour.

Plain Scones with Clotted Cream (50 kcal)

Sultana Scones with Homemade Clementine Jam (42 Kcal)

Honey Scones with Light Sour Cream (38 Kcal)

Cardamon Scones with Chocolate Cream (70 Kcal)

## TO CONCLUDE

### Patissieres

#### Frasier

Vanilla Sponge, Pastry Cream, Strawberry Jam, Vanilla Cream, Fresh Strawberry (366 Kcal)

#### Saint Honore

Unique Puff Pastry Shape, Vanilla Pastry Cream & Caramel (121 Kcal)

#### Chocolate Tacos

Homemade Chocolate Tacos, Chocolate Cremuex, Exotic Caramel & Guava Coulis (80 Kcal)

#### Lemon Thyme Tart

Homemade Sweet Tart, Lemon Lemon Marmalade, Fresh Thyme (95 Kcal)





## Our carefully, hand-picked selection of teas for natural health benefits

It is no secret that drinking tea is good for you. Tea has been an integral part of traditional medicine and is revered as a cure-all in many Asian countries. The Chinese and Japanese have consumed tea to improve health for centuries. It is even promoted in Western medicine to treat illness.

The benefits of drinking tea go far beyond simply feeling better when sick. Drinking tea can help protect our brains, improve heart health, and may even prevent certain types of cancer.

The following tea list focuses on great, well-known, and authentic teas, as well as different flavoured teas, which are more approachable even for non-tea drinker. The tea list also represents established teas from main countries but also has new countries such as New Zealand or Colombia.

All teas from 'Mariage Frères' are organic.

Tea evokes the senses and allows one to travel to different places across the world by taste and smell. This tea list reflects this remarkable ability of tea - taking one across Asia, on to Africa before ending in South America.



# BLACK TEAS

The United Kingdom is one of the largest markets for Black Tea consumption.

The following selection of Black Teas will satisfy any guest's preference

- from strong Black Teas such as Assam, to the most delicate like Darjeeling, to flavoured teas such as Marco Polo.

## · Blood Sugar Properties ·

Black Tea has been shown to reduce blood sugar levels.

Researchers attribute these health benefits to the polyphenols found within tea as these boast anti-inflammatory and antioxidant powers.



## GARDEN TEAS

### Queen Victoria, India

Second Flush Darjeeling  
& Vibrant Floral Notes

### Margaret's Hope, India

First Flush Darjeeling  
& Green Muscatel

### Los Andes, Colombia

Fine Whole Leaf Black Tea  
from the Andes & Cacao Beans

### Lahijan, Persia

Gilan Golden Tips, Fruity & Nutty

### Rize, Turkey

Strong & Coarse Black Tea

### Black Leopard, Malawi

Whole Leaf Tea, smoked  
over Guava Tree Wood

## TEA BLENDS

### Maharajah, India

Blend of Darjeeling & Assam, Very Round

### English Breakfast

Strong & Malty

### Earl Grey D'or, India

Assam Golden Tips, Femminello Bergamot

### Chai, Chandernagor, India

Masala Chai Spices

### Sultane, India

Blend of Finest Ceylon & Candied Fruits

### Marco Polo, India

Fruits & Flowers of Tibet

### Wedding Imperial

Malty Assam with Chocolate & Caramel

### Paris - London

Black & White Tea with Rose & Lavender

### Casablanca

Green & Black Tea, Moroccan Mint & Bergamot

A decorative illustration in the top right corner showing a branch of a tea plant with green leaves and small, dark berries. A small, colorful bird is perched on the branch.

# OOLONG TEAS

Traditionally, Oolong is from Taiwan, and it is also known as Formosa. This region mainly produces dark Oolong which has ripe fruit aroma, and a dark liquor. Located in New Zealand is a unique balled Oolong, with a clear, light liquor and clover honey with a hint of vanilla.

## • Dermatological Properties •

Oolong Tea can suppress allergic reactions because it combats free radicals, which is a healing property of an antioxidant. The antioxidants found in Oolong are essential for maintaining vibrant, youthful skin.

### **Oolong Imperial, Taiwan**

Honey & Chestnut

### **Oriental Beauty, Taiwan**

Candied Fruits, Apple & Vanilla







# WHITE TEAS & GREEN TEAS

White Teas are mostly made from the tea buds only, as the Yin Zhen also known as Silver Needle, however the taste is very delicate, especially when enjoyed while eating. The Pai Mu Tan also contains leaves, which brings a strong character to the tea, perfectly balanced to be combined with food.

· Energy Boost ·

The energy boost from tea is longer-lasting and steadier than that from a cup of coffee. L-theanine also increases alpha waves in the brain, helping to enhance focus while at the same time offering calming and relaxing effects.

**Yin Zhen, China** *(Supp 9)*  
Fresh Fragrance & Floral

**Lung Ching d'Or** *(Supp 9)*  
Appears Year of the Dragon

**Pai Mu Tan**  
White Flowers & a Woody Scent

**Nocturne Oriental**  
Sensual Floral Green Tea  
with a Citrus Scent

**Blanc & Rose**  
Noble Yin Zhen & Oriental Rose Buds

**Jasmine Beauty**  
Intense Jasmine Fragrance

**Every Day Matcha** *(Supp 7)*  
Powdered Japanese  
Green Tea & Umami

**Gyokuro Kansai**  
Rich in Vitamin C, low in Theine

**De-Stress Tea**  
Make your moments of  
relaxation a daily pleasure

**Genmaïcha**  
Delicious when Iced

**À La Porte Chinoise**  
A Garden of Exotic Teas





# PU-ERH TEAS & HERBALS

Pu-erh is very traditional in China as it is the only tea that is oxidised and fermented. Families in China have their own way and style to age this tea as part of their culture. To receive this tea as a gift is incredibly meaningful.

## · Digestive Properties ·

Pu-erh tea is well known in the history as in present days to be drunk after large meals to help digestion. Many years ago in China, Pu-erh was considered a tea-medicine.

### Pu-Erh

Earthy with a slightly sugary taste

### Pu-Erh Vintage 2008 *(Supp 9)*

Notes of Autumnal Fruits & Dewy Wood

### Mentha Piperita

A delicate lacework of cool, peppery reflections remaining remarkably mellow

### Verbena Citrodora

Gold Liquor with a velvety texture & a dizzying rush of Candied Citron

### Chamomilla

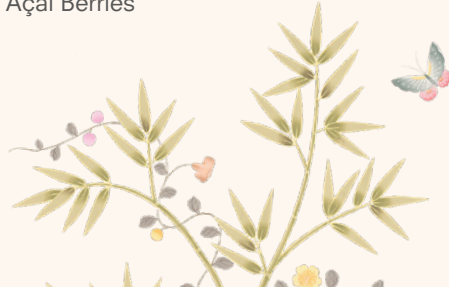
Hint of White Magnolia Flower

### Rouge Métis

Rooibos, Red & Black Berries, Rose & Lavender

### Rio Summer, Cold Brew

Rooibos, Mint & Açai Berries





# CHAMPAGNE SELECTION

<b>Bottle</b>	<b>750ml</b>
'R' de Ruinart	130
Ruinart Rose	165
Ruinart Blanc de Blanc	185
Billecart-Salmon, Brut Réserve	135
Billecart-Salmon, Brut Rosé	170
Billecart-Salmon, Cuvée Nicolas François 2007	285
Louis Roederer, Collection 242	140
Bollinger, Special Cuvée	135
Bruno Paillard, Première Cuvée	140
Pol Roger, Brut Réserve	150
Laurent-Perrier, Brut Millésimé, 2007	165
Bollinger, La Grande Année, 2007	196
Rare, Piper-Heidsieck, 2002	280
Grand Siècle, Laurent-Perrier	418
Cristal, Louis Roederer, 2009	630
Dom Pérignon, 2013	410
Dom Pérignon 'P2', 2002	690
Krug, Grande Cuvée	420
Krug, Vintage, 2004	480
Krug, Clos du Mesnil, 2004	1,750

Should you have any allergies or dietary requirements, please do inform our team.  
All prices are inclusive of VAT. A discretionary service charge of 15% will be added to the bill.





IN COLLABORATION

- WITH -

Ruinart

Paradis

*by*



RAYNAUD

LIMOGES

*Made in France*

design

fromental

You are welcome to purchase  
our Raynaud dinnerware -  
our team will be pleased to assist you.