

## Afternoon tea

### The origins of afternoon tea

One of the most delicious of British traditions, afternoon tea is the signature moment in The Garden Room at The Principal York.

Afternoon tea was introduced in England by Anna, the seventh Duchess of Bedford, in 1840, as a way of curbing her hunger mid-afternoon. The Duchess asked that a tray of tea, bread and butter, and cake be brought to her room every afternoon. Later she asked friends to join her, and this pause for tea became a fashionable social event.

### Our chefs

Head Pastry Chef Brian Roberts creates all of the beautiful cakes and pastries for The Garden Room, while Executive Chef Rhys Jackson oversees the sandwiches and the savoury course. With a passion for local, seasonal ingredients, together they prepare hundreds of afternoon teas every week.

### Afternoon treats

Cream tea	£7.50
Trio of mini scones with jam and clotted cream	
Savoury scones, chutney	£7.50
Ask a member of the team for today's flavours	
Cake of the day	£5.50
Selection of cakes and sweets	£13.50
Petits fours	£7.50

## Afternoon tea

### Traditional afternoon tea

£23.50

Jerusalem artichoke and potato soup, crème fraîche, sage (v)

Game terrine, sourdough crisp, ale chutney

Yorkshire Blue cheese muffin

York ham and piccalilli mayonnaise sandwich

Cucumber, lemon and chive butter sandwich

Mini scones: buttermilk | orange and chestnut | currant, cherry and almond  
served with clotted cream and apricot and orange jam

Chocolate and caramel macaron

Spiced pumpkin cupcake, cream cheese icing

Bramble and apple crumble cake

The Garden sweet our chefs' favourite cake this week

### Champagne afternoon tea

£30.50

Traditional afternoon tea with a glass of Champagne

### Special diet afternoon teas

£23.50

We also offer vegan and non-gluten containing afternoon teas  
which require booking in advance. Please ask to see a menu.

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### The children of Applefields School

Our children's afternoon tea has been designed for children, by children.

To gain some inspiration for a new children's afternoon tea, Pastry Chef Martyn Edmonds asked the children of Applefields School – a special school for secondary-aged students who have a wide range of learning difficulties – to help him.

Martyn's brief was to be as 'colourful and imaginative as they could be', and the students didn't disappoint! They came back with lots of designs and Martyn picked his favourites to feature on the menu, alongside our home-made scones.

### Children's afternoon tea

£14.95

Tuna fish sandwich by Jessica

Strawberry jam heart sandwich by Jordan

Plain, fruit, and orange and chestnut scones  
with preserves and clotted cream

Mint chocolate top hat by Amelia

Chocolate chip handprint cookie by Bethany

Chocolate cupcake with a cherry on top by Joey