



AFTERNOON

SPA

Mercure Shrewsbury Albrighton Hall Hotel & Spa,
Ellesmere Road, Shrewsbury, Shropshire, SY4 3AG
01939 291000

Mercure
HOTELS

The History of Afternoon Tea



Tea consumption increased dramatically during the early nineteenth century and it is around this time that Anna, the 7th Duchess of Bedford is said to have complained of ‘having that sinking feeling’ during the late afternoon. At the time it was usual for people to take only two main meals a day, breakfast, and dinner at around 8 o’clock in the evening. The solution for the duchess was a pot a tea and a light snack, taken privately in her boudoir during the afternoon.

Later friends were invited to join her in her rooms at Woburn Abbey and this summer practice proved so popular that the Duchess continued it when she returned to London, sending cards to her friends asking them to join her for ‘tea and a walk in the fields.’ Other social hostesses quickly picked up on the idea and the practice became respectable enough to move it into the drawing room. Before long all of fashionable society was sipping tea and nibbling sandwiches in the middle of the afternoon.

Afternoon Tea

A selection of the following traditional sandwiches

Moyden's Wrekin White

Onion jam and endive lettuce on malted wheat bloomer

Honey Roast Ham

Whole grain mustard mayo and watercress on white bloomer

Prawn and Crayfish

Baby gem and lemon crème fraiche on malted bloomer

Cucumber and Cream Cheese

Black pepper and rocket on white bloomer

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Warm Scone

Served with fresh whipped cream and strawberry preserve

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Selection of Cakes

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Accompanied with a choice of

Twinings Traditional English Breakfast, Early Grey or Assam Tea

£14.95 per person

With Prosecco

£21.45 per person

Cream Tea

Warm Scone

Served with fresh whipped cream and strawberry preserve

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Accompanied with a choice of

Twinings Traditional English Breakfast, Early Grey or Assam Tea

£5.95 per person