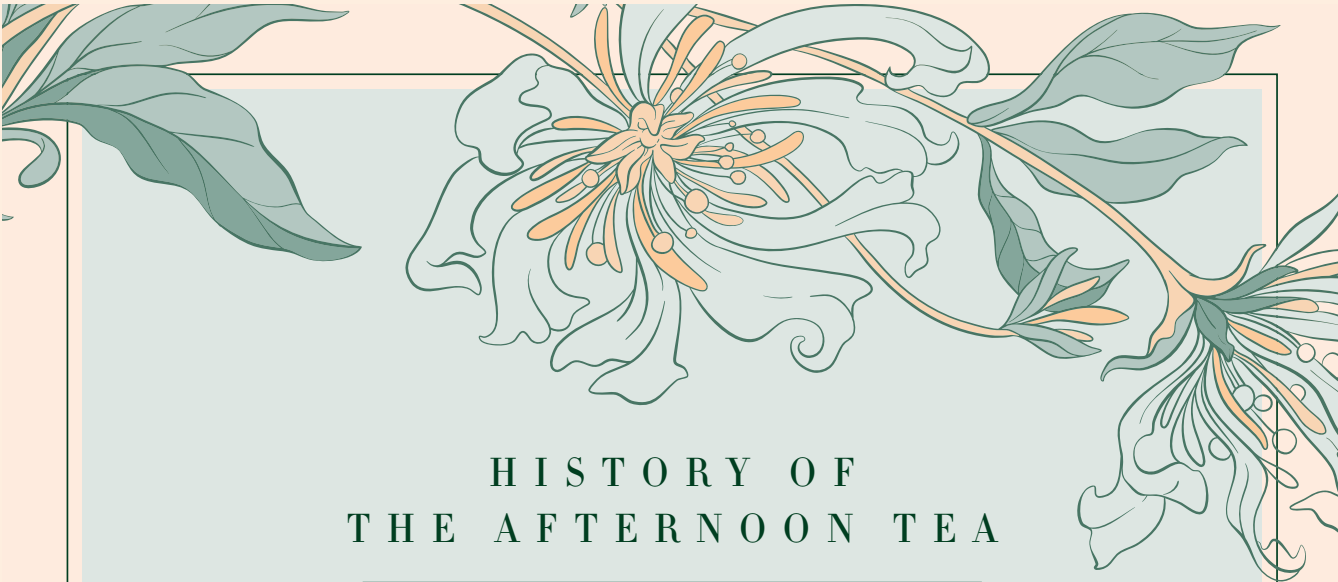


A detailed botanical illustration of a tea plant with large, light green leaves and several flowers. The flowers have multiple long, thin petals and prominent orange stamens. The illustration is positioned at the top of the left page.

HISTORY OF THE 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 of tea and a light snack, taken privately in her boudoir during the afternoon.

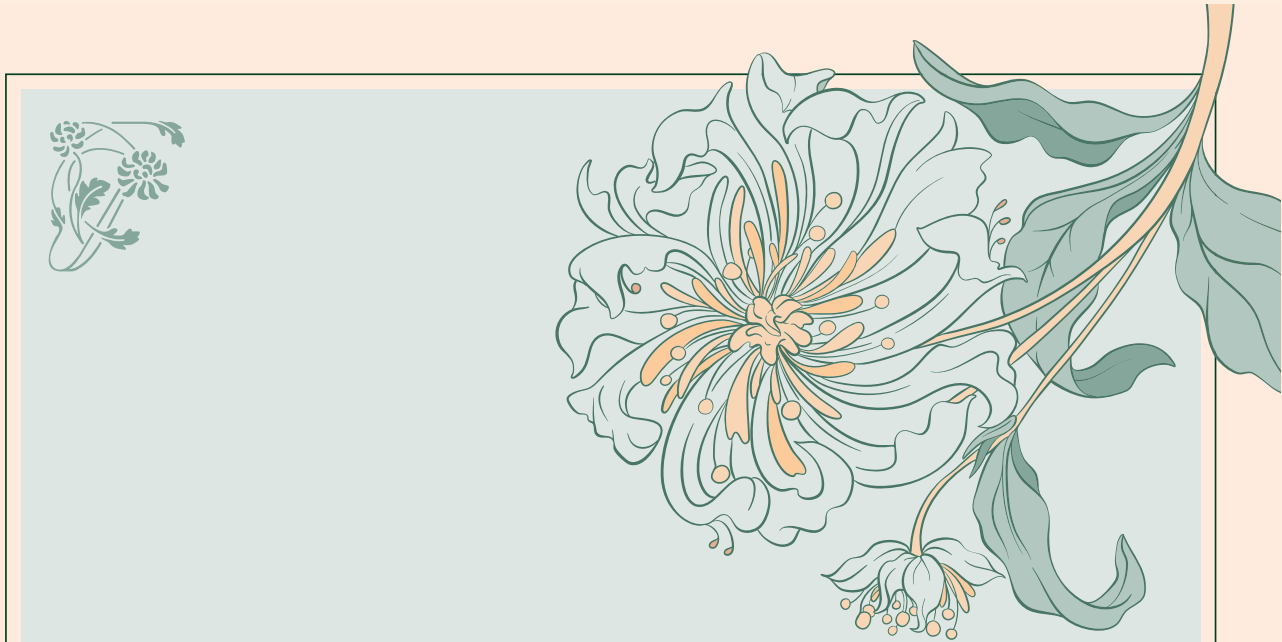
Later friends were invited to join her in her rooms at Woburn Abbey and this summer practice proved so popular that the Duchess continued it when she returned to London, sending cards to her friends asking them to join her for "tea and a walk in the fields." Other social hostesses quickly picked up on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

TEA ETIQUETTE

Pick up your cup and saucer together- holding the saucer in one hand and cup in the other. The best way to hold a tea cup is to slip your index finger through the handle, up to almost the first knuckle, then balance and secure the cup by placing your thumb on the top of the handle – your pinky doesn't have to be extended (contrary to popular belief, the ring and pinkie fingers should not be extended, but should rest by curving gently back toward your wrist). Hold the saucer under your cup while you sip your tea.

When stirring your tea, don't make noises by clinking the sides of the cup. Gently swish the tea back and forth being careful not to touch the sides of your cup if possible. Never leave your spoon in the cup and be sure not to sip your tea from the spoon either. After stirring, place your spoon quietly on the saucer, behind the cup, on the right-hand side under the handle.

Milk is served with tea, not cream. Cream is too heavy and masks the taste of the tea. Although some pour their milk in the cup first, it is probably better to pour the milk in the tea after it is in the cup in order to get the correct amount.

A detailed botanical illustration of a tea plant with large, light green leaves and several flowers. The flowers have multiple long, thin petals and prominent orange stamens. The illustration is positioned at the bottom of the left page.A detailed botanical illustration of a tea plant with large, light green leaves and several flowers. The flowers have multiple long, thin petals and prominent orange stamens. The illustration is positioned at the top of the right page.

AFTERNOON TEA MENU

SERVED DAILY

Monday to Thursday	12 noon – 3pm
Friday to Sunday	12 noon – 4pm

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LOUGH **eske** CASTLE
— D O N E G A L —



SAVOURY SANDWICHES

Horseradish, Pickled Cucumber, Peppered Pastrami Focaccia 1
Mature Cheddar Cheese & Ballymaloe Relish Finger Sandwich on White Bread 1, 7
Smoked Chicken & Sun-dried Tomato Mayonnaise, Poppyseed Navette 1, 3
Smoked Salmon & Cream Cheese, Chives & Lemon, Lemon Gel on Wheaten Bread 1, 4, 7

LOUGH ESKE TEA PASTRIES AND SWEET TREATS

Plain & Mixed Fruit Scones, Preserves & Clotted Cream 1, 3, 7
Chocolate Choux Pastry, Pistachio Cream, Spicy Caramel Sauce 1, 3, 7, 8
Cherry and Coconut Friand, Lemon Gel 1, 3, 8
Espresso and Chocolate Crèmeux Cube, Salted Caramel Chocolate, Mascarpone Cream 3, 7, 8
French Sable Biscuit, Blood Orange Curd, Dehydrated Raspberry Meringue 1, 3, 7

Traditional Afternoon Tea €35

Sparkling Afternoon Tea €50

Champagne Afternoon Tea €60

Allergens

Gluten 1, Crustaceans 2, Eggs 3, Fish 4, Peanut 5, Soy 6, Milk 7, Nuts 8,
Celery 9, Mustard 10, Sesame 11, Sulphur Dioxide 12, Lupin 13, Molluscs 14,
8A = Almond, 8B = Hazelnut, 8C = Walnut, 8D = Cashew, 8E = Pecan,
8F = Brazil, 8G = Pistachio, 8H = Macadamia, 8I = Pine Nuts

TEA SELECTION

BLACK TEA

Irish Breakfast - Specially selected, powerful, spicy assam teas give the delicious & intense taste of the popular classic.
Ceylon Decaffeinated - A carefully & gentle decaffeinated Ceylon tea full of typical fruity & rich liveliness.
FLAVOURED BLACK TEA
Earl Grey - A delicate flowery autumn plucking blended with the refreshing citrus aroma of bergamot.
Chai Ginger and Orange - Fresh touch of ginger, seasoned with orange, blended with an Indian spice mixture, full & aromatic.
Queen of Cherry - Finely tuned teas from Ceylon combined with the almond-like aroma of the wild cherry to create a delicious combination.
Irish Whiskey Cream - Malty assam tea infuses a flamboyant fragrance of whiskey with a breath of cocoa.

WHITE TEA

White Mango Dream - The aroma of ripe mangos & a hint of citrus settle over the finely flowery white Pai Mu Tan

FLAVOURED GREEN TEA

Morgenthau - Fascinating composition with large, leafed Sencha & unusually fine fruity aromas & flowers.

HERBAL INFUSIONS

Refreshing Mint - Gunpowder pellets melded with fresh mint.
Chilli out with herbs - Flavoured herbal infusion with orange cream. The tea for those relaxing moments: rooibos and balm banish stress and bring serenity back
Strawberry & Cream - Fresh green rooibos from the Cape with sweet, bright red strawberry pieces, refined with a dash of cream - fantastic!
Fruity Chamomile - A flavour that relaxes and in which chamomile flowers play the leading role
Fruits of Paradise - An original composition of pieces of mango, papaya, pineapple, blackcurrant leaves combined with honey tea Honeybush.

FRUIT INFUSIONS

Get the Power - This fruit infusion has a character: thanks to exquisite fruits, cola nuts & redcurrant.
Granny's Garden - Made with fruity fresh rhubarb and rounded off with the delicate sweetness of vanilla.
Maracuja-Orange - Fruit tea flavoured with fruity and sweet orange maracuja scents of pineapple, maracuja and orange. A charming combination in a fruit tea
Fit & Frucht - A juicy, fruity, refreshing mango flavour, intense scent, delicately sweet taste - exotically captivating, just like the fruit.