

# AFTERNOON TEA

*served all day*

## **FULL AFTERNOON TEA | £25.00 (PER PERSON)**

Finger Sandwiches,  
Selection of Home-Made Cakes  
Scones with Jam & Cream  
Tea or Coffee

## **FRUIT SCONE | £3.75**

With Cream & Preserves

## **PASTRIES**

Home-Made Flapjack | £2.70  
Home-Made Fruit Cake | £3.00  
Borrowdale Gates Tea Bread | £3.00

## **TOASTED TEA CAKE | £3.50**

With Butter & Preserves

## A HISTORY

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 at the start of the day 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 walking 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.

Many visitors from overseas still imagine that we are a nation where, in the words of the well-known song, “at half-past three, everything stops for teas”. Sadly these days Afternoon Tea is usually only an occasional luxury for us British. Luckily here at the Borrowdale Gates we like a little luxury, and therefore you are still able to indulge in a little bit of British tradition every day.