

TEA



JING™

We have partnered with JING Tea who source the highest quality, single garden teas directly from traditional tea origins across Asia. Each hand-selected tea tells the captivating story of its provenance, master tea maker and culture through its distinctive taste, clarity and purity of flavour. Explore the very best examples of your favourite classic teas or go on a taste journey to new lands.

TEA, DO YOU KNOW WHAT YOU'RE DRINKING?

Tea did not reach Britain until the 1600's but soon became popular and so Britain began trading with China until war broke out in the 1800's. Britain then began to seek other locations for the production of tea and chose Northern India, who began to produce Assam and Darjeeling. It is therefore true to say that it was the British who introduced tea into India and it is the Chinese that invented it.

WHAT ARE THE DIFFERENT STYLES OF TEA?

It is the different methods of processing that determine the different style of tea:

Black Tea undergoes a full fermentation process composed of four basic steps:

- 1) The leaves are plucked and spread out to wither.*
- 2) The leaves are rolled to release the chemicals for the flavour and colour fermenting and drying.*
- 3) The leaves are spread out to allowed to absorb oxygen (oxidise), this causes them to change colour from green to red.*
- 4) The oxidised leaves are fired to stop fermentation and this turns them black.*

A cup of black tea has more antioxidant power than a serving of broccoli.

The water should always be boiling and the tea steeped for 3 minutes.

Oolong Tea or semi fermented tea is mostly made in China. The leaves are wilted in the sun, then shaken in bamboo baskets to lightly bruise the edge. They are then spread out to dry until the leaves turn yellow. Oolong tea is always whole leaf, never rolled. The water should be brought to the boil and the tea steeped for 5 minutes.

Green Tea is unfermented tea. The freshly picked leaves are allowed to dry and then are heat-treated to stop any fermentation. One third of the caffeine of black tea and high in antioxidants that prevent arterial blockage. When making green tea the water should never be boiling.

White Tea is a very rare tea. Tea at it most natural state, handpicked, unfermented. High in antioxidants. Its name comes from its wonderful silvery colour. Herbal and tisanes, caffeine free blends of herbs and fruits, digestive, soothing and lifting properties.

BLACK TEAS

Assam Breakfast **£6.50**

Assam India

The ultimate single origin breakfast tea. Expertly blended from Assam's finest tea gardens for a strong and true expression of Assam character - amazingly rich and malty.

Earl Grey **£6.50**

India

Our unique recipe was selected by Michelin-starred chefs: a rich Ceylon black tea base, uplifted with the citrus notes of the highest quality bergamot.

Organic Cherrywood Lapsang **£6.50**

Yongde Garden, Yunnan, China

Inspired by traditional lapsang from the Wuyi Mountains, our modern version combines the natural smoky notes and richness of organic Yunnan black tea with sweetly aromatic smoke from cherrywood to create an exquisitely smooth drinking experience.

Chai **£6.50**

Assam, India

Inspired by the masala Chai we have enjoyed on the streets of Kolkata, we use our Assam Breakfast black tea as the base with an aromatic blend of ginger, cinnamon and cardamom for a warming and indulgent tea.

Decaffeinated Ceylon **£7.00**

Ruhuna, Sri Lanka

Whole leaf Ceylon tea with rich, malty and dried fruit notes. This tea is perfect for those looking to enjoy the unique taste of one of Sri Lanka's finest tea regions while avoiding caffeine.

All prices include VAT at the prevailing rate. An optional service charge of 12.5% will be added to your bill



OOLONG TEAS

Ali Shan **£7.00**

Chenjia Garden, Ali Shan, Taiwan

A buttery Taiwanese oolong tea: refreshing, sappy and with notes of strawberry and pear. An outstanding expression of high mountain oolong tea, grown in the lofty heights of one of Taiwan's most breath-taking national parks.

Traditional Iron Buddha – **£7.00**

Zhenming Garden, Fujian, China

China's most famous oolong, darkly roasted to give a full-bodied flavour with rich notes of toasted nuts and baked autumn fruits; a comforting and warming cup of tea.

Phoenix Honey Orchid **£7.00**

Shuangji Garden, Guangdong, China

A dark, roasted oolong from China's majestic Phoenix Mountains. The 'honey orchid' variety is crafted using one of the oldest in the region. Fragrant and complex with fruity notes of orange with vanilla and honey.

WHITE TEAS

Jasmine Silver Needle – **£9.00**

Mengjiao Garden, Yunnan, China

Each downy bud is handpicked in spring in Yunnan, then simply sun-dried to create the finest Silver Needle white tea. The tea is then scented with fresh jasmine flowers from Guanxi, for five consecutive nights. For an infusion that balances the mellow freshness of pure, white tea with a sweet, fragrant jasmine aroma.

Organic Yunnan White Peony **£10.50**

Nayun Garden, Yunnan, China

Grown in the cool misty mountains of Yunnan, China, sets of two deep green leaves, and a downy silver bud are handpicked and simply dried slowly to produce this organic white tea. With a beautifully rounded texture the tea is full of sweet honey notes, refreshing cucumber and a fruity quality from its Yunnan terroir.

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GREEN TEAS

Organic Dragon Well **£7.00**

Luocun Garden, Zhejiang, China

China's most famous green tea, produced in the hills around Hangzhou's West Lake during a very short period in early spring. The young leaves are pan fired giving the tea its unique hazelnut notes along with its iconic spear-like shape.

Matcha **£7.00**

Shizuoka, Japan

Our Latte Grade Matcha is blended to express a delicious umami flavour that softens luxuriously with milk (or alternative milks). Comprising the Yabukita cultivar, for a rich, green taste, complemented by the mellow character of the Okumidori cultivar, together they create an uplifting infusion that is smooth, rich and bursting with flavour.

Jasmine Pearls **£7.00**

Dixu Garden, Yunnan, China

Crafted using young buds of green tea, each leaf is individually hand-rolled into pearls and scented with freshly picked, summer jasmine flowers over five consecutive nights; an enticing, full-bodied and fragrant tea.

Moroccan Mint **£7.00**

Hunan, China

Inspired by the souks of Morocco, this classic blend uses a rich and creamy Chinese steamed green tea blended with our vibrant peppermint herbal infusion. Where most Moroccan mint teas use a cheaper green tea at its base, this Chinese steamed tea provides a satisfying, grassy base for the refreshing and invigorating flavour of intense peppermint.

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HERBALS TEAS

Blackcurrant & Hibiscus **£6.00**
Hungary & Nigeria

A quenching, vivaciously balanced blend of juicy whole blackcurrants, hibiscus flowers and berries. Each one is dried slowly to retain their essential oils, flavours and aromas, giving you a textured natural taste and a deeply fragrant infusion.

Rooibos **£7.00**
Cederburg Mountains, South Africa

To ensure the purest clarity of flavour, we selected a high-grade, long cut Rooibos leaf from its native home in Cederberg, South Africa. Fully oxidised, the leaves have a rich, tangy taste of honey and Seville orange that's perfect as a comforting caffeine-free alternative to breakfast tea.

Lemongrass & Ginger **£7.00**
Thailand & Nigeria

A clear expression of two simple, natural ingredients: real lengths of lemongrass and dried ginger, creating an invigorating and spicy blend that warms and uplifts the spirit.

Lavender, Chamomile & Lemongrass **£7.00**
France, Croatia & Thailand

A unique and exclusive blend of high-quality herbal ingredients, including fragrant lavender and sweet chamomile – both traditionally used to unwind and aid a long and peaceful night's sleep.

Fennel, Ginger & Peppermint **£7.00**
Nigeria & Germany

This cooling herbal infusion is the perfect palate cleanser and digestive to round off a delicious meal. A blend of slow dried herbs that are all traditionally used to aid digestion and soothe the stomach.

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TEA SALON CAKES

A fantastic selection of homemade cakes and pastries

**Please ask our ambassador for today selection*

Banana bread 375 kcal (Gluten, egg, dairy, nuts)	£4.00
Carrot Cake 516 kcal (Gluten, egg, dairy, nuts)	£4.00
Lemon Drizzle Cake 506 kcal (Gluten, egg, dairy, nuts)	£4.00
Vegan Cake 912 kcal  (Nuts)	£4.00
Gluten Free Polenta Cake 890 kcal (Gluten, egg, dairy, nuts)	£4.00
Paris Breast 964 kcal (Gluten, egg, dairy, nuts)	£4.00
Pears Bakewell Tart 576 kcal (Gluten, egg, dairy, nuts)	£4.00
Oreo & White Chocolate Cake 531 kcal (Gluten, egg, dairy, nuts)	£4.00
Chocolate Fudge Cake 1241 kcal (Gluten, egg, dairy, nuts)	£4.00
Dessert of the week (Gluten, egg, dairy, nuts)	£4.00

Suitable for vegetarians  suitable for vegans 

All prices include VAT at the current rate. A discretionary service charge of 12.5% will be added to your bill.

FOOD ALLERGIES AND INTOLERANCIES – If you suffer from allergy or food intolerance, please let us know before ordering, so we can advise you. An information pack is available in the restaurant from your server listing the allergenic ingredients used in our foods, as required by current UK and EU laws.

It also describes any associated cross contamination risk which may affect specific menu items. If you would like to consult it, please ask the team member before ordering.

“Calorie information is provided per average portion. An ideal daily intake of calories varies depending on age, metabolism, and levels of physical activity, among other things. Generally, the recommended daily calorie intake is 2,000 calories a day

COFFEE SELECTION

Espresso Macchiato <i>11kcal</i>	£4.50
Espresso <i>7kcal</i>	£4.50
Café Latte <i>144kcal</i>	£5.50
Cappuccino <i>140kcal</i>	£5.50
Americano <i>14kcal</i>	£5.50
Mocha <i>190kcal</i>	£5.50
Hot chocolate <i>390kcal</i>	£5.50
Take away coffee	£4.00

REFRESHING DRINKS

JUICES

Cranberry <i>43kcal</i>	£3.00
Pineapple <i>97 kcal</i>	£3.00
Apple <i>90 kcal</i>	£3.00
Tomato <i>56 kcal</i>	£3.50
Orange <i>84 kcal</i>	£3.00

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SOFT DRINKS

200ml

London Essence:

Ginger Ale <i>36 kcal,</i>	£3.20
Ginger Beer <i>40 kcal,</i>	£3.20
Lemonade <i>38 kcal,</i>	£3.20
Tonic water <i>40kcal,</i>	£3.20
Soda Water <i>0kcal,</i>	£2.50

330ml

Coke <i>129kcal,</i>	£4.00
Diet Coke <i>0kcal,</i>	£4.00
Coke Zero <i>0kcal</i>	£4.00

MINERAL WATER

330ml 750ml

Hildon Still or Sparkling	£3.50	£4.95
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WHITE WINES

175ml Bottle

Viognier, IGP Pays d'Oc, Baron de Badassiere, France	£9.50	£36.00
Fiano, Ciaca Blanca, Mandrarossa Sicily, Italy	£10.50	£43.00
Rioja, El Coto Blanco Spain	£9.80	£40.00
Pinot Grigio `Terrapieno, Alpha Zeta, Veneto, Italy	£10.30	£42.00
Sauvignon Blanc, Vignerons de Valençay VdP du Loire Valley, France	£11.20	£44.00
Riesling, Maximin Grunhaus, Vienna, Austria	£12.50	£46.00

CHAMPAGNE

125ml Bottle

Lanson Pere et Fills NV	£13.00	£75.00
Lanson Brut Rose	£16.00	£94.00
Pommery Brut	£17.00	£100.00
Pommery Rose	£20.50	£120.00

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RED WINES

175ml Bottle

Montepulciano d'Abruzzo. IL Faggio Italy	£9.50	£36.00
Casa Ferreirinha, Esteva Douro, Portugal	£9.80	£38.00
Cabernet Sauvignon, Chateau Los Boldos Cachapoal Andes, Chile	£10.50	£39.00
Zabu Il Nero D'avola Passo Verde, Italy	£11.50	£44.00
Beaujolais-Villages, Dominique Morel France	£12.20	£47.00
Malbec Classico, Altos las Hormigas Mendoza, Argentina	£13.00	£50.00

ROSE WINE

175ml Bottle

Pinot Grigio Rosato, Cantina di Monteforte, Terre di Monteforte, Italy	£10.00	£38.00
"Estérelle" Côtes de Provence, Château du Rouët, France	£12.50	£50.00

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SPARKLING WINE

	<u>125ml</u>	<u>Bottle</u>
Prosecco Asolo, Italy	£9.00	£45.00
Rathfinny Estate, Classic Cuvée Brut Southern England	£15.00	£65.00
Rathfinny Estate, Rose Brut. Southern England		£70.00

BOTTLED BEERS

Peroni <i>330ml</i>	£5.50
Corona <i>330ml</i>	£5.00
Blue Moon <i>330ml</i>	£6.00
Harvey's IPA <i>500ml</i>	£6.70
Harvey's Best Bitter <i>500ml</i>	£6.80
Harvey's Armada Ale <i>500ml</i>	£7.00
Magners Original Cider <i>568ml</i>	£6.00
Rekorderlig Strawberry & Lime Cider <i>500ml</i>	£6.20
Becks Blue - Non-alcoholic <i>275ml</i> 53kcal	£5.00

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SPIRITS

GIN

50ml

Tanqueray	£10.00
Bombay Sapphire	£11.00
Hendricks's	£13.00

VODKA

50ml

Ketel One	£11.00
Chase	£11.50
Grey Goose Watermelon & Basil	£15.00

RUM

50ml

Rum-bar Silver	£10.50
Rum-bar Gold Aged	£11.00
Black Tears Dry Spiced	£16.00

WHISKEY

50ml

Glenfiddich 12 years	£12.00
Johnnie Walker Black Label	£12.50
Tullamore D.E.W.	£11.00
Four Roses	£11.00

Mixer are not included in the measures prices, mixers from £2.50

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LUNCH
(Served between 11:00 - 16:30)

SOUP

Carrot & Coriander Soup *74kcal* **£7.75**
Freshly made soup served with sourdough bread and butter
(Celery, Gluten, Milk)

SANDWICHES, PANINI & WRAPS

Smoked Salmon Sandwich *659kcal* **£15.00**
Cream cheese, cucumber
Served with vegetable crisps and green salad
(Gluten, Milk, Fish, Soya)

Club Sandwich *983kcal* **£15.00**
Chicken, bacon, fried egg, beef tomato, romaine lettuce, mayonnaise
Served with vegetable crisps
(Gluten, Eggs)

Salt Beef Sandwich *489kcal* **£13.75**
Piccalilli, rocket leaves
Served with vegetable crisps and green salad
(Gluten, Mustard, Sulphur Dioxide, Eggs, Nuts, Sesame, Soya)

Hummus Sandwich *483kcal* **£13.75**
Chilli & carrot slaw, romaine lettuce
Served with vegetable crisps and green salad
(Gluten, Sesame, Eggs, Milk, Nuts, Soya)

Ham & Cheese Panini *588kcal* **£13.50**
Cheddar cheese, Dijon mustard
Served with vegetable crisps and green salad
(Gluten, Dairy, Sesame, Mustard)

Tuna Panini *805kcal* **£13.50**
Mayonnaise, red onion, cheddar cheese
Served with vegetable crisps and green salad
(Gluten, Milk, Egg, Mustard, Fish)

Halloumi Wrap *638kcal* **£12.50**
Red peppers, no nut pesto
Served with vegetable crisps and green salad
(Gluten, Milk, Sesame)

Peri Peri Chicken Wrap *385kcal* **£16.50**
Mixed roasted peppers, red onion, garlic
Served with vegetable crisps and green salad
(Gluten, Sulphur Dioxide)

SIDES

French Fries *236kcal* **£3.00**
Sweet Potato Fries *406kcal* **£4.50**
Green Salad *60kcal* **£4.50**

PASTA & PIZZA

Spicy Arrabbiata Pasta *332kcal* **£16.75**
Penne pasta, spicy tomato sauce, fresh basil, grated parmesan
(Gluten, Milk)

Margherita Pizza *625kcal* **£14.00**
Grated cheddar and mozzarella cheese, tomato sauce
(Gluten, Milk, Eggs)

Pepperoni Pizza *688kcal* **£14.50**
Grated cheddar and mozzarella cheese, tomato sauce
(Gluten, Milk, Eggs)

SALADS

Caesar Salad *435kcal* **£9.75**
Romaine lettuce, anchovies, rustic croutons, shaved parmesan, Caesar dressing
(Gluten, Milk, Fish, Mustard, Eggs, and Soya)

Kale Salad *492kcal* **£9.75**
Roasted sweet potato, tofu, avocado, red onion, toasted almonds, harissa mayo
(Eggs, Nuts, Soya)

Butternut Squash Salad *299kcal* **£9.75**
Baby spinach, edamame beans, quinoa, feta, whole grain mustard dressing
(Eggs, Milk, Mustard)

Add to your salad:
Roasted Chicken Breast *195 kcal* **£5.00** Roasted Salmon *125kcal* **£10.55**
Smoked salmon *93kcal* **£9.95** Grilled Halloumi *250kcal* **£4.95**

BOWL FOOD

Satay Chicken Bowl *651kcal* **£15.00**
Rice, edamame beans, cucumber, purple slaw, satay sauce
(Gluten, Eggs, Peanuts, Sesame)

Teriyaki Salmon Bowl *765kcal* **£18.00**
Rice, avocado, edamame beans, tender stem broccoli, purple slaw
(Gluten, Eggs, Fish, Soya)

Falafel Bowl *346kcal* **£14.00**
Rice, kale, avocado, edamame beans, crispy chickpeas, chilli & carrot slaw, wasabi & citrus dressing
(Gluten, Soya)

Halloumi Bowl *775kcal* **£14.00**
Rice, sweet potato, edamame beans, cucumber, chilli, purple slaw, tahini dressing
(Gluten, Eggs, Milk, Sesame)