

## COCKTAILS

Daiquiri €15.00

Blend of strawberries lime juice, sugar syrup, Havana Club rum.

Espresso Martini €15.00

Vodka shaken with fresh espresso coffee, coffee liqueur and a touch of sugar.

Mai Thai €15.00

Captain Morgan, Cointreau, Almond Liqueur mixed with orange juice & pineapple juice.

Raspberry Collins €15.00

A light and fruity blend of Bombay Gin, fresh lemon juice.

Passion Fruit Martini €15.00

Vodka, passion fruit puree, vanilla syrup served with a shot of prosecco.

Mojito €15.00

White Rum, Soda, Mint, Sugar Syrup and Lime Juice.

All wines contain Sulphates



With **escape** Health Club & Spa

# *Afternoon Tea Menu*

## HISTORY OF AFTERNOON TEA

Anna, the 7th Duchess of Bedfordshire, is accredited with inventing Afternoon Tea. In old English tradition for the landed gentry and aristocracy, the main meal of the evening was usually served between 7pm and 8pm. According to historical records, it's said the Duchess would always become way too hungry to last so long for dinner, and began to request her staff bring tea and light food to her rooms in mid-afternoon, to stave off those hunger pangs. She probably enjoyed a much simpler version of the Afternoon Tea we know today.

### Tea Selection

Irish Breakfast  
Earl Grey  
Peppermint  
Summer Fruits  
Ginger and Lemongrass  
Green Tea

### Children's Afternoon Tea

Available from 2.30pm to 5pm. €15.00 per child

Sandwiches on White Bread  
Nutella WH,MK,NT,HAZELNUT,  
Strawberry Jam WH,MK,SP  
Baked Ham WH,MK,

### Sweet Corner

Chocolate Chip Cookie WH,MK,EG  
Fruit Skewer  
Strawberry Milk MK,SP  
Rice Krispie Square WH,EG,MK  
Mini Jam Doughnut WH,EG,MK  
Chocolate Dipped Profiterole WH,EG,MK

## AFTERNOON TEA MENU

### Gourmet Sandwiches

Egg Mayonnaise & Cress, Glazed White Bread WH1,EG,MK,SP  
Smoked & Poached Salmon Mousse, Brown Soda Bread EG,FH,WH1,MK,SP  
Baked Ham, Edam Cheese, Tomato Relish, White Bread WH1,EG,CY,MD,MK,SP  
Poached Chicken, Bacon, Thyme Stuffing & Mayonnaise,  
Brown Bread. WH1, WH3, EG, MK,MD,SP, LP1, LP2  
Cucumber, Cream Cheese & Chive White Bread WH,MK,SP

### Sweet Treats

Lemon Drizzle Cake WH,EG,MK  
Mini Red Velvet Cookie. WH,EG,MK  
Strawberry Cheesecake. WH1,EG,MK  
Mini Macaroon. SP,EG,TN  
Opera Cake. WH1,EG,MK,TN,SP

Freshly Baked Scone

Chantilly Cream, Homemade Raspberry Jam & Butter. WH,EG,MK,SP

Served with Your Choice of Coffee or Tea Selection

**Afternoon Tea €34.00 per person**

### Add a Little Bubbles to your Afternoon Tea

Breganze Prosecco Frizzante DOC Extra Dry, Italy (sp)	Glass €12.00	Bottle €42.00
Valdo Millesimato Prosecco Treviso, Italy (sp)	Glass €14.00	Bottle €52.00
Valdo Paradise Rosé Brut, Italy (sp)	Glass €15.00	Bottle €55.00
Champagne Taittinger Brut Reserve, France (sp)		Bottle €90.00

All our suppliers where possible are local & our beef served is of Irish origin, sourced from quality suppliers under the Féile Bia Quality Assurance Scheme.

ALL DISHES MAY CONTAIN TRACES OF NUTS.

ALLERGENS: PN - Peanuts, EG - Eggs, MS - Molluscs, TN - Tree Nuts,  
MK - Milk, CY - Celery, SE - Sesame, SY - Soybeans, MD - Mustard, WH - Wheat & Gluten,  
FH - Fish, SP - Sulphates, LP - Lupin, CS - Crustaceans  
All wines contain Sulphates