

MINISTRY  OF FOOD

RATION BOOK

JULY 1943 ISSUE

Surname..... THE FOURTEAS

Other Names.....

Address..... 24 SHEEP STREET

(as on Identity Card) STRATFORD UPON AVON

IF UNDER 18 YEARS

State date of birth (Day)..... (Month)..... (Year).....

NATIONAL REGISTRATION NUMBER	TP01	232	1	R.B.1 6	GENERAL
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FOOD OFFICE

AD 523072

THE FOURTEAS STORY

The Fourteas is today, probably the most popular Tea-Room in Warwickshire! Without exaggeration!

The Fourteas is very much a customer and service-orientated Tea-Room. With a theme too. That of the Forties! The obvious pun is well intended!

Zenius, our Business owner, suggests that he wanted a theatrical theme to the Tea Room – which is situated just 100 meters from the Royal Shakespeare Theatre - and the 1940s was a time when the British people came together and made most of what they could source locally, in terms of Food. It seemed the ideal period to place the theme chronologically. In the Forties the people were using pure ingredients and traditional, well tested recipes without too much fuss. Good quality ingredients produce great products and when that end-result is offered to the Public with a huge dose of good old-fashion personal service, then Success should be expected! That Success naturally followed and it is growing by the day, as The Fourteas Brand is constantly enhanced with additional items and ideas.

But there is more to it, than just the 1940s theme.

Zenius is an ex-Hotel Manager, with a London Ritz work experience behind him. He will always carry with him fond memories of his days there, when Afternoon Tea at the hotel's Palm Court was -still is- a revered experience of a very British tradition. When scones with strawberry jam and clotted cream and cucumber sandwiches become, daily, the object of desire for so many of the hotel's noble, or not so noble but affluent clients. Little did he know then that one day he would be offering the same food pleasures in his own Tea Room at, of course, a fraction of the price.

The Fourteas is here to stay! Because at the Fourteas we are constantly in Celebration of Life!!



The Fourteas is honoured to be the winner of Best Café/ Bistro in the West Midlands in the Food Awards England 2017 and 2018 and a finalist in the Best Restaurant Category at the Coventry and Warwickshire Cultural and Tourism Awards 2017. The Fourteas won the award 2012. The Fourteas is also honoured to be featured on the Stratford-upon-Avon Monopoly board.

Allergies – Special Dietary Requirements:

- We cater for Coeliac sufferers by supplying at least one cake/pastry/or scones a day, made from non-wheat ingredients.
- We follow every procedure possible to prevent Cross-contamination and although we can advise you of which products contain nut or other allergens, we are regrettably, unable to guarantee any of our food products as being free from anything.

Payment

- For parties of 8 and above a service charge of 10% will be made.
- All tips are shared equally among the staff each shift.

Please ask for the bill to be brought to your table,
and pay at the front desk when you are ready to leave

THE IVOR NOVELLO AFTERNOON TEAS

*Our afternoon teas, being the signature item
of the tea room, are served all day*



Classic £19.50 Per Person

A delightful quartet of sandwiches (smoked salmon, cheese & pickle, cucumber & cream cheese, coronation chicken) a homemade scone with jam and clotted cream, a medley of delicious cake-bites (Battenberg, macarons, posset, seasonal tartlets & cake of the day) with a pot of loose-leaf tea or a coffee of your choice.

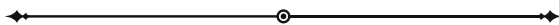
**Add a glass of Pink Champagne for the upgraded version,
at a total of £27.50 per person**

**Add a glass of Prosecco for the upgraded version,
at a total of £24.50 per person**

**Add a glass of Mimosa for an upgraded version,
at a total of £23.50 per person**

Our Ivor Novello Afternoon Tea is one dish in itself, designed to offer the complete experience of what a traditional afternoon tea should be.

We regret that the items included can not be adjusted to match individual preference.



Vegetarian £19.50 Per Person

A delightful quartet of sandwiches (Brie & cranberry, cheese & pickle, cucumber & cream cheese, egg & cress) a homemade scone with jam and clotted cream, a medley of delicious cake-bites (Battenberg, macarons, posset, seasonal tartlets & cake of the day) with a pot of loose-leaf tea or a coffee of your choice.

**Add a glass of Pink Champagne for the upgraded version,
at a total of £27.50 per person**

**Add a glass of Prosecco for the upgraded version,
at a total of £24.50 per person**

**Add a glass of Mimosa for an upgraded version,
at a total of £23.50 per person**

Our Ivor Novello Afternoon Tea is one dish in itself, designed to offer the complete experience of what a traditional afternoon tea should be.

We regret that the items included can not be adjusted to match individual preference.

Gluten Free £21.00 Per Person

A delightful quartet of sandwiches (smoked salmon, cheese & pickle, cucumber & cream cheese, coronation chicken) a homemade scone with jam and clotted cream, a medley of delicious cake-bites (Battenberg, macaroons, posset, seasonal tartlets & cake of the day) with a pot of loose-leaf tea or a coffee of your choice.

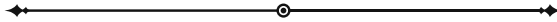
**Add a glass of Pink Champagne for the upgraded version,
at a total of £29.00 per person**

**Add a glass of Prosecco for the upgraded version,
at a total of £26.00 per person**

**Add a glass of Mimosa for an upgraded version,
at a total of £25.00 per person**

Our Ivor Novello Afternoon Tea is one dish in itself, designed to offer the complete experience of what a traditional afternoon tea should be.

We regret that the items included can not be adjusted to match individual preference.



Vegan £21.00 Per Person

Available only if pre-booked 48 hours in advance

A delightful quartet of sandwiches (cucumber & vegan cream cheese, avocado and sun-blushed tomatoes, beetroot and hummus, vegan feta & charred vegetables) a homemade vegan scone with jam and clotted cream, a medley of delicious cake-bites (Deluxe carrot cake with pistachio nuts, apricot, orange and almond cake, seasonal vegan jelly, blackcurrant crumble, vegan praline brownie) with a pot of loose-leaf tea or a coffee of your choice.

**Add a glass of Pink Champagne for the upgraded version,
at a total of £29.00 per person**

**Add a glass of Prosecco for the upgraded version,
at a total of £26.00 per person**

**Add a glass of Mimosa for an upgraded version,
at a total of £25.00 per person**

Our Ivor Novello Afternoon Tea is one dish in itself, designed to offer the complete experience of what a traditional afternoon tea should be.

We regret that the items included can not be adjusted to match individual preference.

THE VERA LYNN CREAM TEAS

*Our cream teas, being an irresistible item,
are served throughout the day*



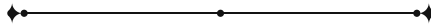
Classic £8.95 Per Person

A generous ration of two homemade scones (one fruit, one plain), served oven-warmed or cold, with clotted cream and strawberry jam. Accompanied by a pot of our exclusive Fourteas loose-leaf tea Blend.



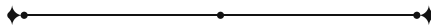
Gluten Free £9.45 Per Person

A generous ration of two gluten free homemade scones (one fruit, one plain), served oven-warmed or cold, with clotted cream and strawberry jam. Accompanied by a pot of our exclusive Fourteas loose-leaf tea Blend.



Vegan £9.45 Per Person

A generous ration of two Vegan homemade scones (one fruit, one plain), served oven-warmed or cold, with homemade vegan clotted cream and strawberry jam. Accompanied by a pot of our exclusive Fourteas loose-leaf tea Blend.



BREAKFASTS & LIGHT BITES

All sandwiches and toast are served with a choice of white, brown or granary bread.

Monty's Breakfast (served all day).....£9.25
Two slices of bacon, two sausages, two eggs (poached or scrambled) tomato and baked beans. Served with toast and a pot of Breakfast tea.

GI Breakfast (served all day).....£9.25
Two slices of bacon, two poached eggs, pancakes with griddled banana, fruit garnish and maple syrup. Served with a pot of breakfast tea or Americano coffee.

Eggs Benedict.....£8.95
Two lightly poached eggs on a toasted muffin with roast ham & hollandaise sauce.

Eggs Royale.....£8.95
Two lightly poached eggs on a toasted muffin with smoked salmon and hollandaise sauce.

Homemade Soup of the Day.....£6.25
Served with bread and butter.
Ask your waiting staff what our chef has made today.

Baked Potato with Chilli Con Carne.....£9.50
and a salad garnish. *served from 12:00pm daily*

Baked Potato with Chickpea Curry (VE).....£9.50
and a salad garnish. *served from 12:00pm daily*

Baked Potato with Cheese and a salad garnish.....£6.50
served from 12:00pm daily

Additional toppings: Baked beans.....£1.90

Tuna mayonnaise.....£1.90

Ham.....£1.90

Bacon Sandwich.....£5.50
Delicious plain back bacon (tomato or brown sauce optional).

Sausage Sandwich.....£5.50
Locally sourced sausages (tomato or brown sauce optional).

Poached or Scrambled Egg.....£5.50
Two eggs on muffin or toast.

Add Bacon.....plus £1.90

Add Smoked Salmon.....plus £2.00

Scrambled Egg and Baked Beans on Toast.....£6.50

Baked Beans on Hot Buttered Toast.....£4.50

Hot Buttered Toast.....£1.90

Hot Buttered Muffin.....£1.90

A slice of Homemade Toasted Fruit Loaf	£2.95
Hot buttered Toasted Teacake	£2.95
<i>Jams, Marmite and marmalade are available on request</i>	

Avocado on Toast	£7.50
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With Sourdough Bread and toppings of either: One item.....£7.50

Toppings: Smoked Salmon Two items.....£9.00

Halloumi Cheese (V)

Poached eggs (V)

Tomato and Onions (V)

Greek Salad (V)

With Olives, Fetta Cheese and Cretan Rusk.....£8.50

Vegan Greek Salad (VE)

With Olives, Vegan Fetta Cheese and Cretan Rusk (V).....£8.50

SANDWICHES

All sandwiches are made with the finest ingredients and served on a choice of white, brown or granary bread. We keep the crusts on, unless you want us to take them off.

The Churchill Club.....£8.95

A three tier classic sandwich made with roasted chicken breast, smoked bacon, lettuce, tomato and mayonnaise, layered on toasted bread of your choice.

Smoked Salmon Cucumber, Dill, and Cream Cheese.....£6.45

Brie & Smoked Bacon (cold).....£6.45

Brie & Cranberry (V).....£6.45

Roast Ham with a light garnish of salad, mustard optional.....£6.45

Roast Chicken with tomato, lettuce & mayonnaise.....£6.45

Turkey with cranberry and home-made stuffing.....£6.45

BLT with smoked bacon, lettuce, tomato & mayonnaise (cold).....£6.45

Tuna in a light mayonnaise with cucumber.....£6.45

Cheddar Cheese(V) with our speciality homemade Fourteas pickle.....£5.95

Egg Mayonnaise & Cress (V).....£5.95

Cucumber (V) with Cream Cheese and Mint.....£5.95

Vegan Cream Cheese and Cucumber (VE).....£5.95

Strawberry Jam(V)£4.45

A SELECTION OF HOMEMADE CAKES £6.75

*There is at least one product each day made with non-wheat ingredients.
Whilst we take every precaution, we cannot guarantee
non cross-contamination with wheat products, in a busy bakery.
All our cakes come dressed with seasonal berries and sauce, served
with a choice of sorbet or ice cream or double cream or clotted cream.*

Victoria Sponge - Raspberry coulis

Carrot Cake - Orange coulis

Coffee & Walnut - Butterscotch sauce

Chocolate - Mango coulis

Lemon Drizzle - Lemon curd

Gluten Free Cake Of The Day - Strawberry coulis

Vegan Cake Of The Day

Served with raspberry or strawberry coulis and sorbet, with fresh berries

HOMEMADE SCONES *(served oven - warmed or cold)*

SCONES

Fruit Scone.....£3.95

served with strawberry jam and clotted cream

Plain Scone.....£3.95

served with strawberry jam and clotted cream

Fruit Scone.....£3.95

served with butter and strawberry jam

Plain Scone.....£3.95

served with butter and strawberry jam

Cheese Scone.....£3.95

with butter

Wheat Free Cheese Scone.....£4.50

served with butter

Vegan/Soya Plain Scone.....£4.50

served with jam and dairy free butter

Alternative varieties of jam are available upon request

TEAS

All our Teas are served in teapots of one or two persons, and they are of the finest quality Loose-Leaf Blends, created exclusively for the Fourteas

BLACK TEAS

The Fourteas Blend.....£3.95

Our exceptionally refined, exclusively blended, handpicked loose leaf tea is the pride of our Brand and it has been chosen to compliment all our delicious homemade cakes. We have combined a fruity single estate Orange Pecoce Ceylon and a luxurious malty Keemun, resulting in a coppery full-bodied cup, bursting with freshness and flavour.

Can be taken with or without milk. Suggested Brewing time 3 - 5 mins

Breakfast Tea.....£3.50

A traditional blend of Assam and Sumatran tea, which produces a perfect bright English Breakfast tea with a good body and a full tea flavour.

Can be taken with or without milk. Suggested Brewing time 3 - 5 mins

Ceylon Breakfast tea (Caffeine free).....£3.95

This is a classic cup of tea with the added bonus of being decaffeinated. Carbon dioxide is used to extract the caffeine to protect the antioxidants resulting in a mild and tender tea.

Can be taken with or without milk. Suggested Brewing time 3 - 5 mins

Earl Grey.....£3.50

Origin: Sri Lanka. A subtle blend of a luxury black tea, cornflower petals and natural bergamot oil. This tea is blended from only the top growing regions in Sri Lanka and flavoured with natural bergamot oil. Its taste and aroma is intriguing. The delicate scent of the Bergamot fruit oil makes this a refined and refreshing afternoon tea.

Can be taken with or without milk. Suggested Brewing time 3 - 5 mins

Darjeeling - Glenburn Autumn Crescendo.....£3.50

This tea was sourced by Rachael and Ian on a trip to Glenburn Tea Estate in Darjeeling and comes highly recommended.

Origin: Single Estate Darjeeling Tea (India). This particular tea is of the highest grade and comes from one of the most popular and respected estates in Darjeeling in northern India. It is a picked in the Autumn resulting in a full bodied yet mellow tea with a delicate flowery bouquet.

Can be taken with or without milk. Suggested Brewing time 3 - 5 mins

Russian Caravan (Lapsang).....£3.50

Origin: China and India. This tea is a beautiful well rounded infusion using the finest Assam, Lapsang Souchong and a naturally smoky Keemun giving it delicious and well balanced rugged undertones.

Can be taken with or without milk. Suggested Brewing time 3 - 5 mins

Keemun - Panda Number 1.....£3.25

Origin: Anhui Province, China. Keemun Panda #1 is a well known Chinese black tea that has a complex aromatic and penetrating character of wine and fruit with plenty of depth and complexity.

It is especially wonderful with milk. Suggested Brewing time 3 - 5 mins

Spiced Chai.....£3.25

Luxury Ceylon, Cardamom, Cloves, Coriander, Cumin, Sweety Cumin, Curry Leaves, Lemon Grass, Rampe Leaves, Cinnamon and Aniseed.

This tea has a superb body with mellow Indian spiced notes.

It is brightly copper in tone and it creates a true sensory trip to the sub-continent.

Can be taken with or without milk. Suggested Brewing time 3 - 5 mins

Rose..... £3.95

Luxury Ceylon, Rosehip Chips, Rose Petals, Blackberry Leaves, Natural Flavouring. This tea has the ability to make any room burst with the aromas of summer. This blend is a beautiful bouquet of roses in a cup.

Can be taken with or without milk. Suggested Brewing time 3 - 5 mins

GREEN TEAS

Jasmine tea.....£3.25

Origin: China. This is a lovely tea with an intense bouquet of jasmine throughout, made with a luxury green tea and jasmine blossoms. If you need something to take you away from all the hustle and bustle this is your perfect escape.

Best taken without milk. Suggested Brewing time 2 - 3 mins

Summer Melody Sencha.....£3.25

Origin: China. A subtle blend of Chinese green tea, orange peel, Cat's Foot (Mountain Everlasting) and freeze-dried strawberry pieces.

This tea is full of fresh strawberry, orange and exotic pineapple flavours which are rounded off by a base of finest green teas.

Best taken without milk. Suggested Brewing time 2 - 3 mins

Japanese Sencha.....£3.25

Sencha is a lovely everyday green tea that is often used in Japanese tea ceremonies. This tea has a light liquor with a smooth and deep body.

Best taken without milk. Suggested Brewing time 2 - 3 mins

ROOIBOS TEAS

Plain Rooibos (Caffeine free).....£3.25

Rooibos or Redbush is a South African herb (*aspalathus linearis*). Because it is naturally free of caffeine and rich in Vitamin C is a healthy alternative to tea.

Can be taken with or without milk. Suggested Brewing time 5 - 7 mins

Mocha Rocha Rooibos (Caffeine free).....£3.25

Origin: South Africa. This blend is made from Luxury South African Rooibos, Ethiopian Coffee, Caramel-Butterscotch Pieces, Calendula Petals and Natural Flavours. The Ethiopian coffee highlights combined with dark caramel wind their way through this rooibos.

Can be taken with or without milk. Suggested Brewing time 5 - 7 mins

INFUSIONS

Camomile.....£3.25

This is the highest quality chamomile available because the small evenly distributed flowers have been sorted by hand to ensure only the finest blossoms are used.

Best taken without milk. Suggested Brewing time 5 - 7 mins

Peppermint (Caffeine free).....£3.25

Origin: Croatia. Sometimes regarded as 'the world's first medicine' it dates back more than 10 thousand years. This particular tea comes from an ancient variety treasured for its intense menthol smell and taste.

Best taken without milk. Suggested Brewing time 5 mins

Bora Bora.....£3.25

This is a lovely fruit infusion with hibiscus blossom, apple pieces, papaya cubes (papaya, sugar), currants, elderberries, black currant, flavouring, freeze-dried raspberry and strawberry pieces, sunflower blossom and corn flower blossoms. This fabulous fruit blend is enjoyed by both children and adults.

Best taken without milk. Suggested Brewing time 5 mins

Baked Apple.....£3.25

Thus refreshing fruit infusion is made from apple pieces, hibiscus blossom, elderberries, rosehip peel, mistletoe, cinnamon rods, planed almonds and cloves to give a fabulous taste of apple pie.

Best taken without milk. Suggested Brewing time 5 mins

COFFEES

Ask your waiting staff if you would like your drink made with decaffeinated coffee beans or with soya milk.

Americano.....£3.25

Espresso coffee with hot water to produce a strong smooth taste.
Available with hot milk on request.

Caffe Latte.....£3.25

Coffee made with steamed milk, for a milder coffee taste.

Cappuccino.....£3.25

Espresso coffee with steamed frothy milk and a topping of cocoa powder.

Espresso

Strong black coffee to give you that “wake up” feeling

Single shot £1.75

Double shot £2.50

Mocha.....£3.25

A fun mixture of coffee and chocolate with a frothy topping of milk.

Flat White.....£3.25

Espresso coffee with steamed milk microfoam.

HOT DRINKS

Hot Chocolate Bomb with Marshmallows.....£3.95

The Cole Porter (Hot Chocolate).....£3.95

Rich chocolate whisked with hot milk and topped with cocoa powder.

The Noel Coward (Hot Chocolate).....£3.75

Rich chocolate whisked with hot milk and topped with whipped cream,
sprinkled with chocolate shapes and served with marshmallows.

The Irving Berlin (White Hot Chocolate).....£3.75

White chocolate whisked with hot milk and topped with whipped cream,
sprinkled with chocolate shapes and served with marshmallows.

Ovaltine.....£3.25

A traditional wartime soothing malty drink made with warm milk.

COLD DRINKS

Orange Juice	£2.50
Apple Juice	£2.50
Glass of Milk	£2.50
Homemade Still Lemonade	£2.95
'Bottle Green' Elderflower Sparkling Spring Water ..	£2.95
Bottled Spring Water Still or Sparkling	£2.50
Coke or Diet Coke	£2.75
Fentimans vintage bottled drinks	£2.95
(Ginger Beer, Dandelion and Burdock, Victorian Lemonade, Cola)	

ALCOHOLIC DRINKS

CHAMPAGNE & SPARKLING WINES

Lanson Champagne (black Label)	£65.00
Lanson Champagne Rose'	£65.00
Gremillet Champagne	£45.00
Glass of Chilled Prosecco (125ml)	£5.95
Bottle of Chilled Prosecco	£29.00
Mini bottle of Bottega Gold Prosecco	£8.50

WHITE WINES

Chardonnay Cape Heights (SA)	(175ml).....£4.95
	(250ml).....£6.45
	(Bottle).....£18.00
Pinot Grigio Mirabello(Italy)	(175ml).....£5.25
	(250ml).....£6.55
	(Bottle).....£19.00
Sauvignon Blanc Mayfly (NZ)	(175ml).....£6.25
	(250ml).....£7.95
	(Bottle).....£22.50

ROSE WINES

Pinot Grigio Rose Mirabello (Italy)	(175ml).....£5.45
	(250ml).....£6.95
	(Bottle).....£20.00
White Zinfandel Burlesque (US)	(175ml).....£4.95
	(250ml).....£5.95
	(Bottle).....£18.00

RED WINES

House Red Wine (181 ml bottle)	£5.50
Shiraz Cape Heights (SA)	(175ml).....£5.95
	(250ml).....£6.95
	(Bottle).....£20.00
Merlot Cape Heights (SA)	(175ml).....£4.95
	(250ml).....£6.45
	(Bottle).....£19.00

BEERS & CIDERS

Budweiser	£4.50
Peroni	£5.00
Spitfire Ale	£4.50
Bombardier	£4.50
Kopparberg Strawberry Lime Cider	£5.95
Kopparberg Mixed Fruits Cider	£5.95

PIMMS

Jug of Pimms	£19.00
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NB It is an offence to purchase or attempt to purchase alcohol if you are under the age of 18 (section 149 Licensing Act 2003)

OUR SUPPLIERS

Windmill Bakery is a family Business based in Coventry in the heart of the Midlands. They pride themselves in maintaining traditional values, and providing the finest quality bread, cakes, pastries and a whole range of other bakery items. Bread being the key ingredient in our Sandwiches Menu had to be really special and we are therefore happy to have discovered these artisan Bakers almost next door.

Our fruit and vegetables are supplied by A. M. Bailey which is based in the centre of Stratford-upon-Avon and has been established since 1926 and it is an independently family owned business. A. M. Bailey make every effort to procure locally grown produce whenever possible.

We have sourced our loose leaf teas from a local tea importer in Warwick, The Golden Monkey Tea Company'. It is an independent tea merchant that carries fine fresh teas which are made only from natural products and have been ethically sourced, and with Maria's help we have developed the 'Fourteas Blend' which we hope you will enjoy.

Our meat products are supplied by 'Barry the Butcher' a traditional family Stratford business which locally sources quality fresh produce.

Our Coffee Beans come from Monsoon Estates, a traditional craft coffee Roastery based in a Barn Conversion on the Alscot Estate, three miles from Stratford upon Avon. Chris and Anne, the owners, hand roast small batches of coffee in a relentless quest to find the perfect cup of coffee. They "know it's not possible of course, but it's a journey of discovery" and they are always getting closer. Maybe the fact that they have already won the Great Taste Award and two consecutive gold stars has something to do with that journey!

The espresso machine is from '**Fracino**' the UK's only manufacturer of cappuccino and espresso coffee machines based here in the Midlands.

The wonderful waitress uniforms have been designed and made by **Claire Dempsey** of Tiddington.

PANEL 1

1	2	1	3	4
5	6	2	7	8
9	10	3	11	12
13	14	4	15	16
17	18	5	19	20
21	22	6	23	24
25	26	7	27	28
29	30	8	31	32
33	34	9	35	36
37	38	10	39	40
41	42	11	43	44
45	46	12	47	48
49	50	13	51	52

PANEL 2

1	2	1	3	4
5	6	2	7	8
9	10	3	11	12
13	14	4	15	16
17	18	5	19	20
21	22	6	23	24
25	26	7	27	28
29	30	8	31	32
33	34	9	35	36
37	38	10	39	40
41	42	11	43	44
45	46	12	47	48
49	50	13	51	52