

Afternoon Tea Facts

Afternoon tea is a light meal typically eaten between 4 pm and 6 pm and originated amongst the wealthy classes in England during the 1840s.

Anna Maria Russell, the Duchess of Bedford, transformed afternoon tea in England whilst visiting Belvoir Castle. Also often credited is Catherine of Braganza, wife of Charles II of England, who also introduced tea to the court upon her arrival in 1662.

By the end of the nineteenth century, afternoon tea transformed to its current offering and was devoured by both the upper and middle classes.

Traditionally, loose tea is brewed in a teapot and accompanied with milk and sugar. The sugar and caffeine provided fortification against afternoon blues for the working poor of 19th and early 20th century England, who had a significantly lower calorie count and more physically demanding occupation than most Westerners today. For labourers, the tea was sometimes accompanied by a small sandwich or snack, such as a scone that had been packed for them in the morning. For the more privileged, afternoon tea was accompanied by luxury ingredient – sandwiches (cucumber, egg & cress, fish paste, ham and smoked salmon), scones with clotted cream, jam and usually cakes and pastries.

Nowadays, food is often served on a tiered stand; there may be no sandwiches, but bread or scones with butter or margarine and optional jam or other spread, or toast, muffins or crumpets. It was the rise of afternoon tea that saw Britain regard biscuits as something “dunked” in tea; a British custom that was later carried around the globe.

Present day, a formal afternoon tea is often taken as a treat in a hotel or tea shop.

Traditional Afternoon Tea




NOVOTEL
HOTELS, SUITES & RESORTS

Novotel York Centre

Fishergate

York YO10 4fd

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Price £20.00 per person,

Add a Glass of Prosecco
£6.90 per glass

Afternoon Tea Menu

Selection of Hot Drinks

English Breakfast Tea

Earl Grey Tea

Peppermint Tea

Camomile Tea

Fruit Tea

Espresso

Americano

Cappuccino

Café Latte

Hot Chocolate

A selection of freshly made sandwiches

An Assortment of mini desserts

Raisin scones served with clotted cream and jam

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Choose from Blackcurrant, Strawberry, Apricot or Raspberry jam

Price £20.00 per person,

Add a Glass of Prosecco

£6.90 per glass