

FOLLOW US ON    @THE TEA TERRACE

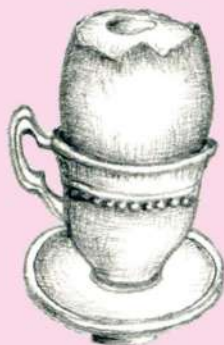


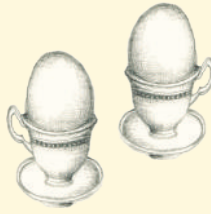
*The*  
**TEA TERRACE**

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A VERY ENGLISH TEA ROOM

FOOD AND SERVICE STEEPED IN GOOD TASTE





## BREAKFAST

*Served till 12:00pm on Sundays & till 11:30am on all other days*



### **Full English Breakfast**

£11.95

*Two free-range eggs, smoked bacon rasher, sausage, roasted tomato, hash brown, mushrooms, and baked beans. Served with hot toast, jam & butter.*

### **Eggs Benedict**

£10.95

*Two lightly poached free-range eggs served on a hot toasted English muffin with ham and delicious hollandaise sauce, served with a hash brown and roasted tomato.*

### **Eggs Royale**

£11.50

*Two lightly poached free-range eggs served on a hot toasted English muffin with smoked salmon and delicious hollandaise sauce, served with a hash brown and roasted tomato.*

### **Eggs Florentine**

£10.95

*Two lightly poached free-range eggs served on a bed of spinach on a hot toasted English muffin and topped with delicious hollandaise sauce. Served with a hash brown and roasted tomato*



### **Vegetarian Breakfast**

£10.95

*Two fried free-range eggs, a vegetarian sausage, grilled tomato, hash brown, mushrooms and baked beans. Served with hot toast, jam & butter.*



### **Eggs on Toast**

£6.75

*Two free-range eggs served with hot toast & butter. Choose from Poached, Scrambled or Fried. Add bacon, sausages, tomatoes, mushrooms or baked beans from the Extras List below..*

### EXTRAS

~ Add Extra Egg £2.00

~ Add Baked Beans £1.50

~ Add Streaky Bacon £2.50

~ Add Cumberland Sausage £1.95

~ Add Two Hash Browns £2.50

~ Add Grilled Mushrooms £1.50

~ Add Smoked Salmon £2.95

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## LUNCH

*Served from 11:30am Monday to Sunday*

### SALADS



#### **California Steak Salad**

£15.95

*Slices of grilled prime Argentinian rump steak on a bed of mixed leaves topped with red onions, cherry tomatoes and croutons. Drizzled with olive oil & balsamic vinegar, and topped with flakes of Parmesan cheese.*



#### **Chicken Caesar Salad**

£14.95

*Fresh lettuce with grilled free-range chicken, herb croutons & Parmesan cheese served with a classic Caesar dressing.*



#### **Smoked Salmon Salad**

£14.95

*A refreshing salad with mixed leaves topped with Scottish smoked salmon, tomatoes, onions and capers. Drizzled with olive oil and balsamic vinegar.*



#### **Falafel Salad**

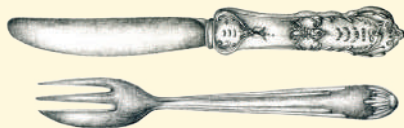
£12.95

*Delicious deep-fried Falafel balls served on a bed of mixed leaves, topped with cucumbers, cherry tomatoes and gherkins. Drizzled with olive oil and lemon juice.*

*"You can never get a cup of tea large enough or a book long enough to suit me."*

**C. S. Lewis, Irish-born scholar, novelist, and author**

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## LUNCH

Served from 11:30am Monday to Sunday

### MAIN DISHES



#### Argentinian Rump Steak

£18.95

*A prime Argentinian rump steak topped with Mushroom Sauce or Peppercorn Sauce. Served with gourmet chips and your choice of coleslaw or a fresh salad garnish.*



#### Home-made Beef Burger with Cheese

£15.95

*An exceptional burger made with 100% British beef. Juicy and full of flavour, our home-made burger is topped with cheddar cheese, lettuce, tomato, & gherkins. Served with gourmet chips and your choice of coleslaw or a fresh salad garnish.*

**~ Add Bacon £1.95**



#### Pan-Fried Chicken Breast Fillet with Mushroom Sauce

£15.95

*A pan-fried fillet of free-range chicken breast topped with creamy mushroom sauce & served with gourmet chips your choice of coleslaw or a fresh salad garnish.*

#### Rump Steak Sandwich

£15.95

*Slices of prime Argentinian rump steak topped with delicious caramelised onions & and chipotle mayo in toasted ciabatta bread. Served with chips and your choice of coleslaw or a fresh salad garnish.*

*“Tea’s proper use is to amuse the idle, and relax the studious and dilute the full meals of those who cannot use exercise and will not use abstinence.”*

**Samuel Johnson, English writer (1709-1784)**

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## LUNCH

Served from 11:30am Monday to Sunday

### MAINS

#### Classic Fish and Chips

£15.95

*Delicious golden deep-fried fillet of cod in batter, served with gourmet chips, tartar sauce and your choice of a fresh salad garnish or home-made coleslaw.*

#### The Tea Terrace Club Sandwich

£15.95

*Our delicious triple-decker of grilled chicken, egg mayonnaise, bacon, lettuce and tomato. Served with gourmet chips and your choice of a fresh salad garnish or home-made coleslaw. Choose from white or brown bread.*



#### Crispy Fried Chicken Breast Sandwich

£15.95

*A crispy fried chicken breast served in a brioche bun. With lettuce, tomato, onion and a dollop of mayonnaise. Served with chips and your choice of coleslaw or a fresh salad garnish.*

#### Tomato Penne Pasta

£10.25

*A simple and delicious pasta with a rich basil and tomato sauce. Topped with flakes of parmesan cheese. choice of coleslaw or a fresh salad garnish.*

**~ Add Chicken £3.50**

***"Love and scandal are the best sweeteners of tea."  
Henry Fielding, English novelist***

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## LUNCH

*Served from 11:30am Monday to Sunday*

### MAINS

#### **Home-made Welsh Rarebit**

£12.95

*Onion bread topped with a mixture of cheddar cheese, stout beer, Worcestershire sauce, cream & English mustard. Grilled till deliciously melted. Served with chips & a salad garnish.*

#### **Croque Monsieur**

£13.45

*Our delicious home-made toastie. Filled with béchamel sauce & ham, and covered with melted English cheddar cheese. Served with gourmet chips & a salad garnish.*

#### **Mediterranean Vegetable Quiche**

£13.95

*Cherry tomatoes, courgettes, grilled red & yellow peppers, onions, semi-dried tomatoes and black olives with fresh cream & olive oil, seasoned with Mediterranean mixed herbs. Baked in a shortcrust pastry case and served with gourmet chips & a salad garnish.*

#### **Chicken & Mushroom Pie**

£15.95

*Succulent and tender chicken slowly cooked in a rich and creamy béchamel sauce with mushroom. A richly textured, aromatic pie served with gourmet chips and your choice of a fresh salad garnish or coleslaw.*

***"Where there's tea there's hope."  
Arthur Wing Pinero, English playwright***

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## LUNCH

Served from 11:30am Monday to Sunday

### Toasted Baguette Paninis

*Delicious toasted panini made with baguette panini bread, served with gourmet chips and your choice of coleslaw or a fresh salad garnish. Choose from:*

~ Cheese, Tomato and Pesto	£13.95
~ Tuna Melt (Tuna Mayonnaise with Cheddar Cheese)	£13.95
~ Ham, Cheddar Cheese & Tomato	£13.95
~ Chicken Mayonnaise with Lettuce	£13.95
~ Bacon, Lettuce, Tomato and Mozzarella Cheese	£13.95
~ Smoked Salmon and Cream Cheese	£14.45



### Jacket Potatoes

*The jacket potato is a traditional British favourite. Ours comes to you hot and fresh baked straight from the oven and served with a choice of fillings, home-made coleslaw and a fresh salad garnish.*

~ Tuna Mayonnaise	£12.50
~ Chicken Mayonnaise	£12.50
~ Baked Beans & Cheddar Cheese	£12.25
~ Smoked Salmon & Cream Cheese	£12.95



### Sandwiches

*Delicious sandwiches made with fresh white or brown bloomer bread, and served with gourmet chips, and your choice of coleslaw or a fresh salad garnish.*

~ Cucumber and Cream Cheese	£12.50
~ Free Range Egg Mayonnaise with Salad Cress	£12.50
~ English Cheddar Cheese & Handmade Chutney	£12.50
~ Smoked Bacon, Lettuce & Tomato	£12.50
~ Ham & Tomato	£12.50
~ Ham, Cheese & Tomato	£12.50
~ Tuna Mayonnaise with Cucumber	£12.50
~ Scottish Smoked Salmon & Cream Cheese	£12.95
~ Chicken Mayonnaise with Lettuce	£12.50

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# THE TEA TERRACE SCONES

*Served all day*

## SCONES

*Our delicious & fluffy scones have been described by many of our customers as the best in the country, even better than those served at London's most famous 5-star hotels. We are proud to have the biggest selection of scone flavours at any restaurant in the UK.*

*All our scones are served warm with strawberry jam and classic Cornish clotted cream. Choose from the following:*

- |   |       |
|---|-------|
| <b>Plain Scones</b><br><i>Two of our original buttery scones, plain and simple.</i>   | £6.50 |
| <b>Fruit Scones</b><br><i>Two buttery scones studded with sultanas.</i>   | £6.50 |
| <b>Cranberry &amp; White Chocolate Scones</b><br><i>Two of our most popular variety of buttery scones.</i>                                      | £6.50 |
| <b>Apple and Cinnamon Scones</b><br><i>Two buttery scones made with fresh apple chunks &amp; cinnamon.</i>                                      | £6.50 |
| <b>Vegan Scones</b><br><i>You can't even tell they're vegan. Two delicious scones with raisins served with vegan butter and strawberry jam.</i> | £6.50 |
| <b>Gluten-Free Sultana Scones</b><br><i>Two buttery and fruity Sultana Scones served warm with strawberry jam and Cornish clotted cream.</i>    | £6.50 |
| <b>Ginger Scones</b><br><i>Two buttery scones delicately and subtly flavoured with ground stem ginger.</i>                                      | £6.50 |
| <b>Cheddar Cheese Scones (savoury)</b><br><i>Two buttery cheddar cheese scones served with butter.</i>  | £6.50 |

*Is it pronounced 'scoan' as in moan or 'skon' as in gone? It's an ongoing debate best summed up in this anonymous poem from the 1800's:*

*"I asked the maid in dulcet tone  
To order me a buttered scone  
The silly girl has been and gone  
And ordered me a buttered scone."*

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# AFTERNOON TEA

Served from 11:00am Daily

## Cream Tea

For One    For Two  
£10.45    £20.50

Two delicious, buttery scones served warm with strawberry jam & classic Cornish clotted cream, with a choice of any freshly brewed tea or coffee, served for one or two. Choose from Plain Scones, Fruit Scones, Ginger Scones, Cranberry & White Chocolate Scones, Cheddar Cheese Scones, or Apple & Cinnamon Scones. Or mix and match any two flavours! Also ask about our vegan and gluten-free scones.

## Traditional Afternoon Tea

For One    For Two  
£27.95    £55.45

## Celebration Afternoon Tea

£33.90    £67.25

Start with choosing two of the following sandwich fillings if you're having the afternoon tea for one, or choose 4 for the afternoon tea for two.

- ~ Tuna Mayonnaise & Cucumber
- ~ Scottish Smoked Salmon & Cream Cheese
- ~ Chicken Mayonnaise & Lettuce
- ~ Free Range Egg Mayonnaise with Salad Cress
- ~ Ham and Tomato
- ~ Cucumber & Cream Cheese
- ~ Cheddar Cheese & Chutney

Then enjoy two delicious warm scones with clotted cream and strawberry jam. Choose from six flavours of scones (plain, fruit scones, apple and cinnamon, cranberry and white chocolate, ginger scones, or cheese scones).

Finish off with our selection of delicious mini petit fours

Wash it all down with your choice of tea or coffee. Choose from 14 flavours of tea in a teapot, or a large mug of coffee or hot chocolate from our extensive selection (see back of this menu)

**Additionally, the Celebration Afternoon Tea comes with one glass of Prosecco per person (125ml)**

*"In nothing more is the English genius for domesticity more notably declared than in the institution of this festival-almost one may call it-of afternoon tea...the mere chink of cups and saucers tunes the mind to happy repose."*

**George Gissing, late English novelist.**

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# AFTERNOON TEA

Served from 11:00am Daily

## Vegan Afternoon Tea

For One    For Two  
£29.95    £58.75

Start with a selection of tasty sandwiches with these fillings (choose two fillings if you're having the Afternoon Tea for One or choose four fillings if you're having the Afternoon Tea for Two):

- ~ Black Olive Tapenade with Sliced Cucumber
- ~ Vegan Cheese and Caramelised Onion Chutney
- ~ Hummus with Sundried Tomatoes
- ~ Crushed Falafel & Pickled Turnips

Then enjoy two warm vegan & gluten-free Scones with raisins served with vegan butter and strawberry jam, followed by Vegan mini cakes. Wash it all down with your choice of any tea or coffee or hot chocolate (made with soy milk).

## Gluten-Free Afternoon Tea

For One    For Two  
£29.25    £57.75

Start with a selection of tasty sandwich triangles on gluten-free bread (with the crust on), then enjoy two buttery gluten-free Sultana Scones with strawberry jam & classic Cornish clotted cream. Finish up with gluten-free mini cakes. Choose two of the following types of sandwiches (or choose four if you're having the Gluten-Free Afternoon Tea for Two):

- ~ Free Range Egg Mayonnaise with Salad Cress
- ~ English Cheddar Cheese and Handmade Chutney
- ~ Scottish Smoked Salmon and Cream Cheese
- ~ Ham and Tomato
- ~ Chicken Mayonnaise and Lettuce
- ~ Cucumber and Cream Cheese
- ~ Tuna Mayonnaise and Cucumber

Wash it all down with your choice of tea in a teapot (choose from 17 flavours), or a large mug of coffee or hot chocolate from our extensive menu which is at the back of this booklet.

*"A woman is like a teabag - you can not tell how strong she is until you put her in hot water."*

**Eleanor Roosevelt, former US First Lady**

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## DESSERTS

*Served all day*

- Eton Mess** £6.95  
*A delicious British classic. Meringues, whipped cream, fresh seasonal berries & a touch of vanilla sugar.*
- Warm Chocolate Brownie (Gluten-Free)** £5.95  
*A rich, moist chocolate brownie drizzled with a layer of sea-salted caramel. Served warm with Vanilla ice cream.*
- Lemon Tart (Gluten-Free & Vegan)** £5.95  
*A vegan and gluten-free sweet pastry case filled with a lemon flavoured filling and finished with sugar dusting. Served warm with Vanilla ice cream.*
- Caramel Apple Pie** £5.95  
*A pastry case filled with layers of custard, jellied apples and crunchy gluten free crumble with a layer of caramel fudge. Served warm with Vanilla ice cream.*
- Ice Cream** £4.95  
*Three scoops of ice cream served with chocolate sauce or raspberry coulis. Choose from vanilla, chocolate or strawberry.*

*"Tea, though ridiculed by those who are naturally coarse in their nervous sensibilities, will always be the favourite beverage of the intellectual."*

**Thomas de Quincey, English essayist, 1821**

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## DESSERT

*Served all day*

### CAKES

*Choose from our delicious range of home-style hand-make cakes on display at the Cake Counter. Choose from any of these yummy flavours:*

#### **Chocolate Cake**

£4.95

*A moist chocolate sponge cake filled and lavishly finished with chocolate cream frosting and decorated with flakes and curls.*

#### **Toffee Cake**

£4.95

*A moist soft toffee sponge cake topped and filled with toffee sauce butter cream.*

#### **Lemon Drizzle Cake**

£4.95

*A light lemony sponge with the crunch of a sugar syrup topping & a swirl of tangy lemon curd baked through the cake.*

#### **Walnut & Coffee Cake**

£4.95

*An airy sponge with a real coffee-flavoured whisked fudge in the centre and on the top, sprinkled with walnuts.*

#### **Victoria Sponge Cake**

£4.95

*Named after Queen Victoria, this is a golden sponge cake filled with a lightly whipped fresh butter cream and a raspberry jam.*

#### **Carrot Cake**

£4.95

*A moist, slightly spiced cake full of flavour with grated carrots and plump sultanas. Finished with a divine cream cheese icing.*

*“The most dangerous food is wedding cake.”  
James Thurber (American Author)*

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## TEA SELECTION

*We don't believe in serving supermarket-brand teas. We serve a gourmet brand of WHOLE-LEAF tea that is not available in the retail market. The difference is that our gourmet tea is made up of whole, unbroken leaves in a pyramid teabag. Supermarket brand teas are usually made from the opposite - low tea grades, such as dust and fannings. This means the tea loses many of its essential oils (what makes tea flavorful & aromatic) leaving the tea dull and stale.*

*Pot for One*

### **English Breakfast Tea**

*A bright, full strength traditional Indian Assam blend tea - great at anytime of the day.*

£3.95

### **Decaffeinated Tea**

*A full strength traditional high-grown Ceylon tea but without the caffeine.*

£3.95

£3.95

### **Sapphire Earl Grey Tea**

*A light refreshing high-grown Ceylon tea flavoured with Bergamot.*

£3.95

### **Organic Darjeeling Tea**

*The traditional Darjeeling from the foothills of the Himalayas.*

£3.95

### **Dragonwell Green Tea**

*The naturally healthy option - rich in antioxidants helping cleanse and protect the body.*

£3.95

£3.95

### **Egyptian Mint Tea**

*Invigorating and refreshing at anytime of the day. It is also a perfect 'digestif' after lunch or high tea.*

£3.95

### **Camomile Tea**

*A ligh delicate flavour to calm and smooth away stress.*

£3.95

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## TEA SELECTION

Pot for One

### **White Pear & Ginger Tea**

£3.95

*A delicious silver needle white tea blend combined with juicy pear and a hint of ginger zing on the finish*

### **Spicy Rooibos Tea**

£3.95

*A Rooibos blend with Brazilian pepper, cinnamon, cardamom, cloves & a hint of orange. A fresh decaf tea with subtle warming spice notes.*

### **Spiced Chai Tea**

£3.95

*Chai is a blend of robust black Indian teas, combined with exotic spices. To fully enjoy this traditional Indian beverage, add milk & sugar and savour its exotic aroma.*

### **Chocolate & Vanilla Tea**

£3.95

*A luxurious black leaf blend with cocoa beans and vanilla. This delicious tea provides all the taste and comfort offered by hot chocolate.*

### **Strawberry & Cream Tea**

£3.95

*A blend of Indian & Chinese black leaf teas produces a light and crisp tea with subtle strawberry and vanilla notes.*

### **Organic Jasmine Tea**

£3.95

*A floral, aromatic Chinese green tea, delicately scented with jasmine blossom.*

### **Pomegranate Tea**

£3.95

*A healthy alternative beverage with benefits of improving heart health and increasing immune system functions.*

*"Each cup of tea represents an imaginary voyage."  
Catherine Douzel, writer and historian.*

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## COFFEE & HOT CHOCOLATE

*Our coffee is from an English supplier who ethically sources direct from coffee growers. All our coffees are made with their Classic Espresso & fresh dairy milk.*

**SELFIECCINO** £5.95

*Have your selfie (or any photo) printed in edible food colouring on your Cappuccino or Hot Chocolate (ask for details).*

**Espresso** £3.50

*A short intensively flavoured coffee shot.*

**Macchiato** £3.60

*Espresso finished with a dash of milk foam.*

**Americano** £3.75

*Long black coffee made with espresso and hot water.*

**Cappuccino** £3.95

*Espresso coffee with steamed milk and creamy milk foam.*

**Latte** £3.95

*Single espresso mixed with steamed velvety milk.*

**Mocha** £3.95

*Hot chocolate combined with espresso coffee.*

**Hot Chocolate** £3.95

*A smooth chocolate drink made with the finest cocoa.*

**'Loaded' Hot Chocolate** £4.95

*A smooth chocolate drink made with the finest cocoa and topped with marshmallows and whipped cream.*

**Add a Flavour (Flavouring Syrup)** £0.60

*Add a shot of Vanilla, Caramel or Hazelnut syrup.*

**Add an Extra Shot of Espresso** £0.60

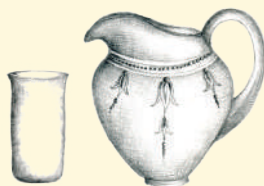
**Substitute dairy milk with soy or oat milk for £0.60.**

*"Strong coffee, much strong coffee, is what awakens me. Coffee gives me warmth, waking, an unusual force and a pain that is not without very great pleasure."*

**Napoleon Bonaparte, French Emperor.**

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## COLD DRINKS

### WATER

	330ml	750ml
<i>Still Mineral Water</i>	£2.95	£5.50
<i>Sparkling Mineral Water</i>	£2.95	£5.50

### ICED TEAS

<i>Lipton Lemon Iced Tea</i>	£3.50
<i>Lipton Mango Iced Tea</i>	£3.50
<i>Lipton Peach Iced Tea</i>	£3.50

### JUICES

<i>Orange Juice</i>	£3.50
<i>Apple Juice</i>	£3.50
<i>Cranberry Juice</i>	£3.25

### SPARKLING DRINKS

<i>Coca Cola</i>	£3.95
<i>Diet Coke</i>	£3.95
<i>Fanta Orange</i>	£3.95
<i>Sprite</i>	£3.95

*"The first cup of tea moistens my lips and throat. The second shatters my loneliness. The third causes the wrongs of life to fade gently from my recollection. And the fourth purifies my soul".*

**Lotung - Chinese Mystic**

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## BEERS & ALES

*Please drink our tasty beers in moderation. If you are driving, why not enjoy one of our juices, mineral waters or soft drinks. And take a bottle (or two) home with you to enjoy later.*

### **Stella Artois (4.6% abv)**

£4.95

*With light sweetness and a pronounced dry hoppy finish, Stella Artois is a superior golden elixir that simply must be savoured.*

### **Budweiser (4.5% abv)**

£4.95

*Known as "The King of Beers", Budweiser is a medium-bodied, flavorful, crisp American-style lager.*

### **Corona Extra (4.6% abv)**

£4.95

*Lighter than traditional beers, this well-known Mexican beer has a crisp and refreshing taste.*

*"Give my people plenty of beer, good beer, and cheap beer, and you will have no revolution among them."*

**Queen Victoria, former British Monarch**

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## WINE SELECTION

		Glass	Glass	Glass	Bottle
	abv	125ml	175ml	250ml	
<b>White</b>					
<b>Grandiose Sauvignon Blanc (France)</b> <i>A bouquet of gooseberry and lychee with grassy, lemony overtones.</i>	12%	£4.75	£6.75	£8.95	£25.95
<b>Chardonnay, Beyond The River (Australia)</b> <i>A clean bright dry wine with intense fruity aromas.</i>	13%	£4.75	£6.75	£8.95	£25.95
<b>Red</b>					
<b>Merlot Grandiose Vin de Pays d'Oc (France)</b> <i>A soft, smooth Merlot with flavours of ripe plums and hints of violet.</i>	13.5%	£5.50	£7.50	£9.65	£27.95
<b>Rioja Tinto Vina Amate (Spain)</b> <i>A lovely youthful Rioja with lots of sweet red fruity flavours.</i>	13.5%	£5.50	£7.50	£9.65	£27.95
<b>Rose</b>					
<b>Altana di Vico Pinot Grigio Rose (Italy)</b> <i>Fresh &amp; crisp with nuances of aromatic spice &amp; ripe fruit</i>	12.5%	£5.25	£7.25	£9.50	£26.95
<b>Sparkling</b>					
<b>Prosecco Spumante Extra Dry NV</b> <i>Light and fresh bursting with hints of lemon, melon and pears.</i>	11%	£5.95	-	-	£34.25

*"Wine makes daily living easier, less hurried, with fewer tensions and more tolerance."*  
Napoleon Bonaparte, French Emperor

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*The*  
TEA TERRACE

A VERY ENGLISH TEA ROOM

WEBSITE:  
[WWW.THETEATERRACE.COM](http://WWW.THETEATERRACE.COM)

EMAIL:  
[INFO@THETEATERRACE.COM](mailto:INFO@THETEATERRACE.COM)