

## Afternoon Tea

### Healthy Afternoon Tea Menu

Tuna Niçoise Mini Wrap

Tomato, Mozzarella and Chilli Bruschetta **V**

Poached Chicken in Tarragon Crème Fraiche Dressing  
Served on Brown or Rye Bread

Smoked Salmon with Green Olive Tapenade  
Served on Brown or Rye Bread

#### Fruit Shots

Blueberry and Coconut Smoothie

Ginger and Beet Juice

Super fruit Smoothie

#### Selection of Home-Made Cakes

Apple, Almond and Buckwheat Muffins

Sugar Free Date, Apricot and Pecan Flapjacks

Pistachio and Lavender Cake

Lemon Scones with Greek Yogurt and Raspberry Compote

### Afternoon Tea Menu

#### Sandwiches

Poached Salmon, Dill, Lemon Mayonnaise and Pickled Cucumber Sandwiches

Turkey Breast, Brie and Cranberry Sandwiches

Serrano and Manchego on Tomato Bread

Free-Range Egg Mayonnaise with Watercress **V**

#### Selection of Home-Made Cakes

Fruit Scones with Clotted Cream and Strawberry Jam

Pear, Cardamom and Amaretto Loaf Cake

Iced Carrot Cup Cakes

Salted Caramel Brownies

#### Parsons Creative Food Ltd

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