



Vegetarian High Tea Menu

Savoury

Mediterranean vegetable sandwich

Pea and broad bean arancini

Shakshuka tart

Crispy tofu tartlet

Sweet

Pavlova

Strawberry and cream cake

Pina colada tart

Mary's fluffy scones with fresh jam and cream



Vegan

High Tea Menu

Savoury

Mediterranean vegetable sandwich
Vegan pea and broad bean arancini

Shakshuka tart

Crispy tofu tartlet

Sweet

Rhubarb Parfait

VGF Carrot Cake

Pineapple Cake

Vegan scones with coconut cream



Low gluten+ Vegan High Tea Menu

Savoury

Mediterranean vegetable sandwich
with GF bread

Low gluten and vegan pea and broad bean
arancini

Low gluten and vegan shakshuka tart
Crispy tofu tartlet

Sweet

Rhubarb Parfait

VGF Carrot Cake

Pineapple Cake

Low gluten and Vegan scones with coconut
cream



Pregnancy

High Tea Menu

Savoury

Chicken Caesar sandwich

Pea and broad bean arancini

Shakshuka tart

Crispy tofu tartlet

Sweet

Pavlova

Strawberry and cream cake

Pina colada tart

Mary's fluffy scones with fresh jam and cream



Low Gluten High Tea Menu

Savoury

Chicken Caesar sandwich with gluten-free bread
Pea and broad bean arancini made with gluten-free crumb

Shakshuka tart in gluten-free tart

Crispy tofu tartlet

Sweet

Pavlova

Strawberry and cream cake

Pina colada tart

Mary's fluffy low gluten scones with fresh jam
and cream



Low nut High Tea Menu

Savoury

Chicken Caesar sandwich

Pea and broad bean arancini

Shakshuka tart

Tuna poke cone

Sweet

Pavlova

Carrot cake

Pina colada tart

Mary's fluffy scones with fresh jam and cream



Halal

High Tea Menu

Savoury

Mediterranean vegetable sandwich

Pea and broad bean arancini

Shakshuka tart

Tuna poke cone

Sweet

Pavlova

Strawberry and cream cake

Pineapple cake

Mary's fluffy scones with fresh jam and cream