

# Afternoon Tea

## Gluten Free Menu

### SAVOURY

Abalobi West Coast salmon mousse, Meuse farm cucumber, local salmon roe, fresh dill... (F, D)  
Confit duck and oat sausage roll, prune purée... (GF, D, E)  
Vichyssoise with sour cream and truffle mushroom... (GF, D)  
Karoo rare beef, pickled mustard seeds, aioli, Meuse farm cucumber, rocket, artisan white bread... (GF)

### FINGER SANDWICHES

Farmer Angus free range egg mayonnaise on white... (GF, E)  
Free range chicken mayonnaise on spinach bread... (GF, E)  
Cucumber, fennel, cream cheese on white... (GF, D)  
Shrimp cocktail, shredded lettuce, Marie rose dressing on white... (SF, GF, D, E)

### BASKET

Homemade scones, fresh cream, jam and cheese... (GF, D, E)  
Cheese and herb scones... (GF, D, E)

### SWEET

Raspberry and rose macaron... (GF, D, E, N)  
Chocolate and cocoa nib, Valrhona chocolate brownie... (GF, D, E)  
Hazelnut and coffee tartlet... (GF, D, E, N)  
Strawberry mousse... (GF, D, E)  
Passionfruit and blueberry cheesecake... (GF, D, E)  
Blood peach and Marula peach tea eclair... (GF, E)

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### CHAMPAGNE

Moët & Chandon Brut Imperial N/V... (490 / 2 450)

### MÉTHODE CAP CLASSIQUE

L'Ormarins Brut Classique N/V... (180 / 900)  
L'Ormarins Brut Rosé N/V... (180 / 900)

GLUTEN FREE AFTERNOON TEA, *R595 per person*  
*with a glass of sommelier's choice iced tea or L'Ormarins Cap Classique*

CHAMPAGNE AFTERNOON TEA, *additional R400 per person*  
*with a glass of Moët & Chandon*

### FOOD AND BEVERAGE ALLERGY INFORMATION

SS - Sesame Seed, C - Celery, GL - Gluten, E - Eggs, F - Fish, L - Lupin, MU - Mustard,  
M - Molluscs, S - Soya, SD - Sulphur Dioxide, G - Garlic, N - Nuts, D - Dairy,  
SF - Shellfish / Crustacean, VG - Vegan, V - Vegetarian, GF - Gluten Free

# - CHAPTER I -

*Where it all began*

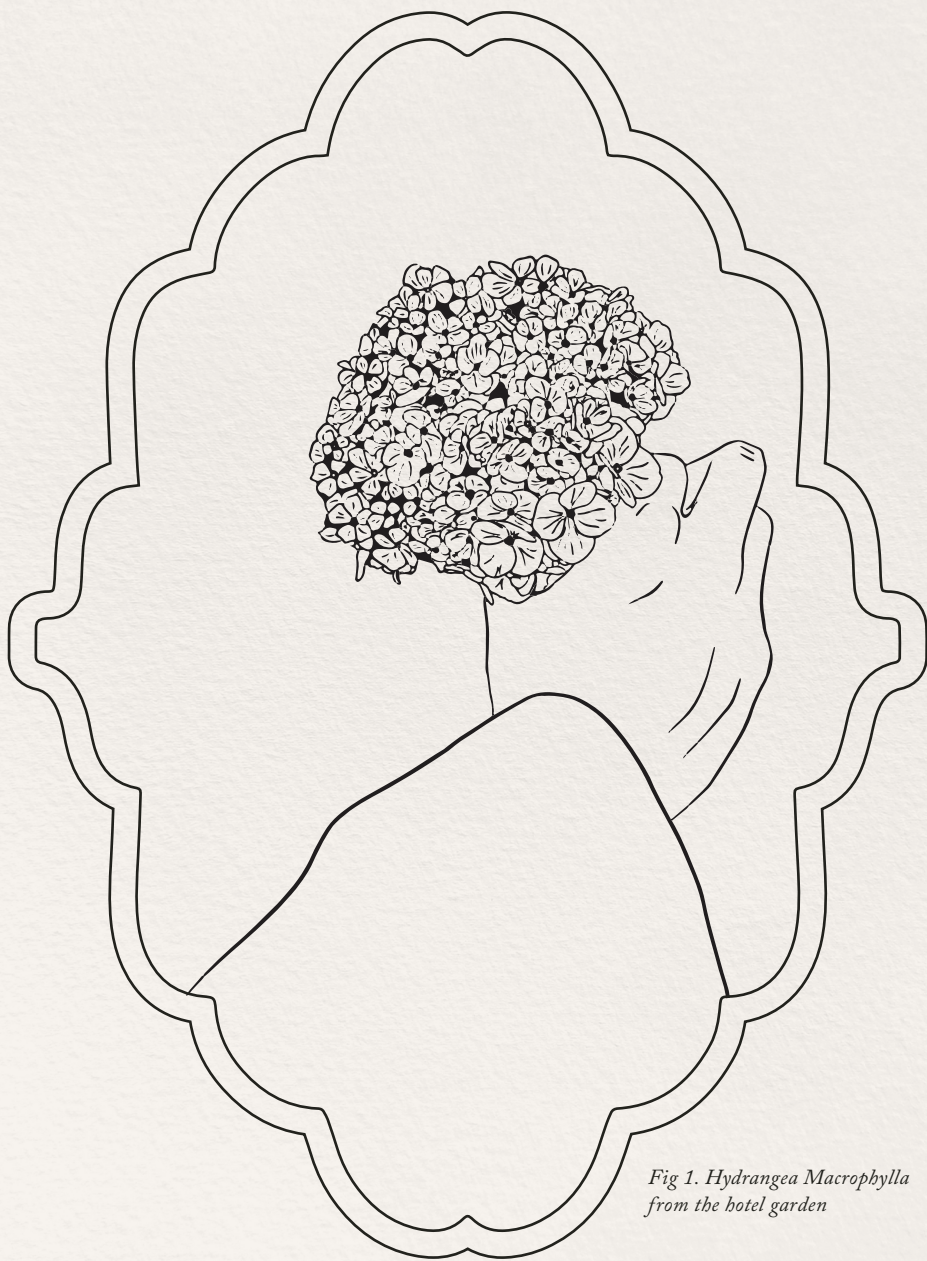
In 1842, Anna Russell, the 7th Duchess of Bedford, while visiting at Belvoir Castle, asked that a tray of tea, bread and butter, and cake be brought to her room at around 4pm, as dinner was served so late. She took to inviting friends to join her and by the 1880s, Afternoon Tea had become a fashionable way to entertain.

At the time, there were no fine hotels in Cape Town, and Sir Donald Currie, owner of the Union Castle Shipping Line, set out to rectify the situation for his First-Class passengers. The Mount Nelson opened on the 6th of March 1899, meeting Sir Donald's dream of being as stylish and elegant as the most fashionable hotels in London.

The Afternoon Tea service was first introduced at the Nellie in November 1989, and served in the lounge from the majestic Windsor Table.

With more than 60 carefully chosen fine, loose-leaf teas from across the globe, a unique coffee experience, and a sumptuous array of sweet and savoury delicacies, "tea at the Nellie" has become a much-loved Cape Town tradition.





*Fig 1. Hydrangea Macrophylla  
from the hotel garden*

## - CHAPTER II -

*Through the ages*

The layout of the Mount Nelson Hotel gardens can be traced back almost 180 years to when Hamilton Ross, a prosperous financier, acquired the property. John Ross, his nephew, was a keen landscape gardener, who transformed the surrounding farmland into an elegant estate with trees, an orchard, vineyard, aviary and even a deer park.

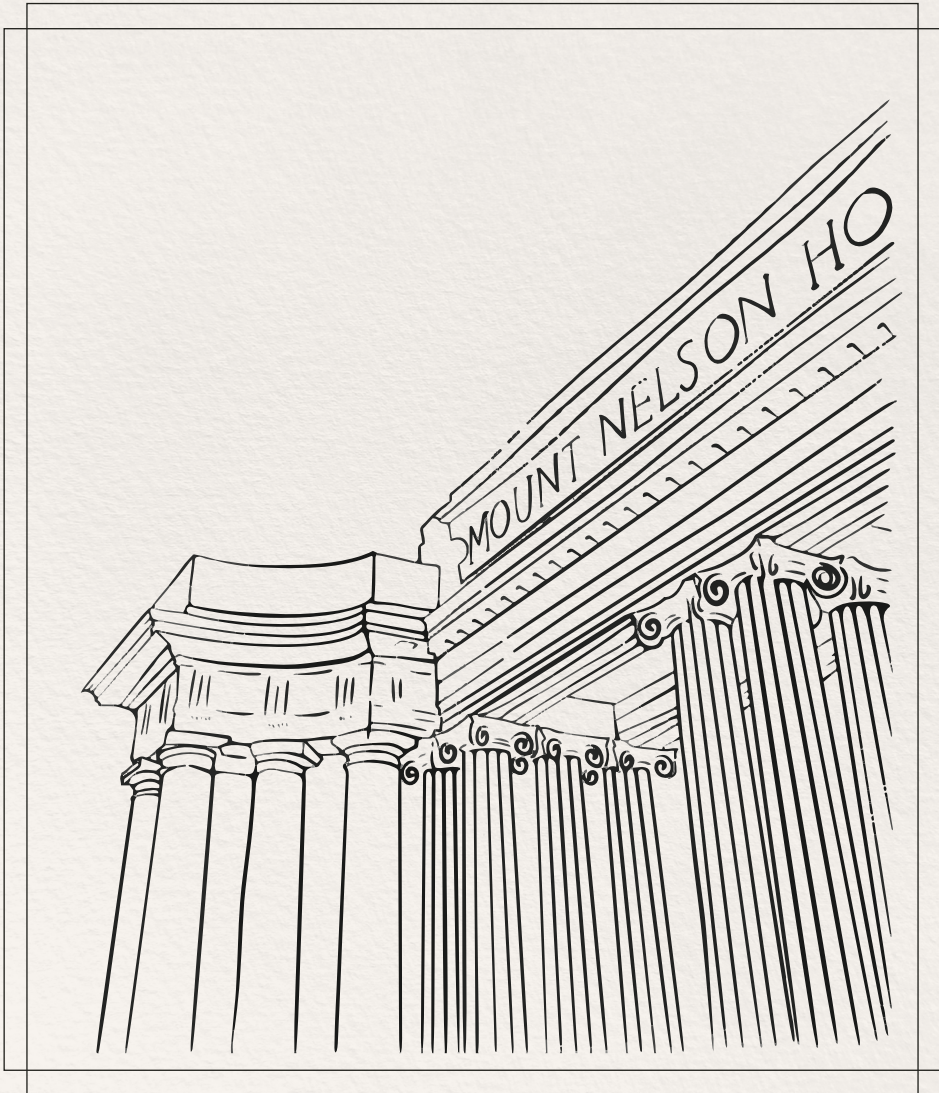
The meandering paths are sheltered by the dappled shade of heritage trees, some of which have stood guard for centuries. The ancient oak, for example, was planted by Willem F. van Reede van Oudtshoorn, a Dutch aristocrat who owned this tract of land in 1795. The sinuous wild olive is also around 200 years old. Marching up the grand entrance are Canary palms that were planted in 1925, in honour of a visit from the then Prince of Wales.

These trees have borne silent witness to the many guests who have found peace in the Nellie gardens, including John Lennon, who loved to meditate here.

A special Mount Nelson rose has been bred and is planted throughout the gardens. It is, of course, pink, the colour that is now synonymous with the hotel, thanks to a grand gesture by one of the former general managers.

In 1918, Aldo Renata Tagliavia wished to mark the end of the First World War in a memorable way. He discovered that pink was symbolic of peace, and painted the hotel in that colour to welcome home returning soldiers. The Mount Nelson has remained pink ever since, and even has its own Pantone shade.





*Fig 2. Prince of Wales Gate*

## - CHAPTER III -

*The perfect pairing with Craig Cupido*

Mount Nelson is home to South Africa's first expert-trained tea sommelier. Head Sommelier Craig Cupido is passionate about tea and has an abiding appreciation of this time-honoured tradition.

"I have always felt that tea is about connections; to the people you are enjoying it with and the places it comes from," he says. "I love sharing its many positive properties with the guests and helping them choose the ideal tea to pair with a chosen dish. Many are surprised to find how well tea complements fine dining."

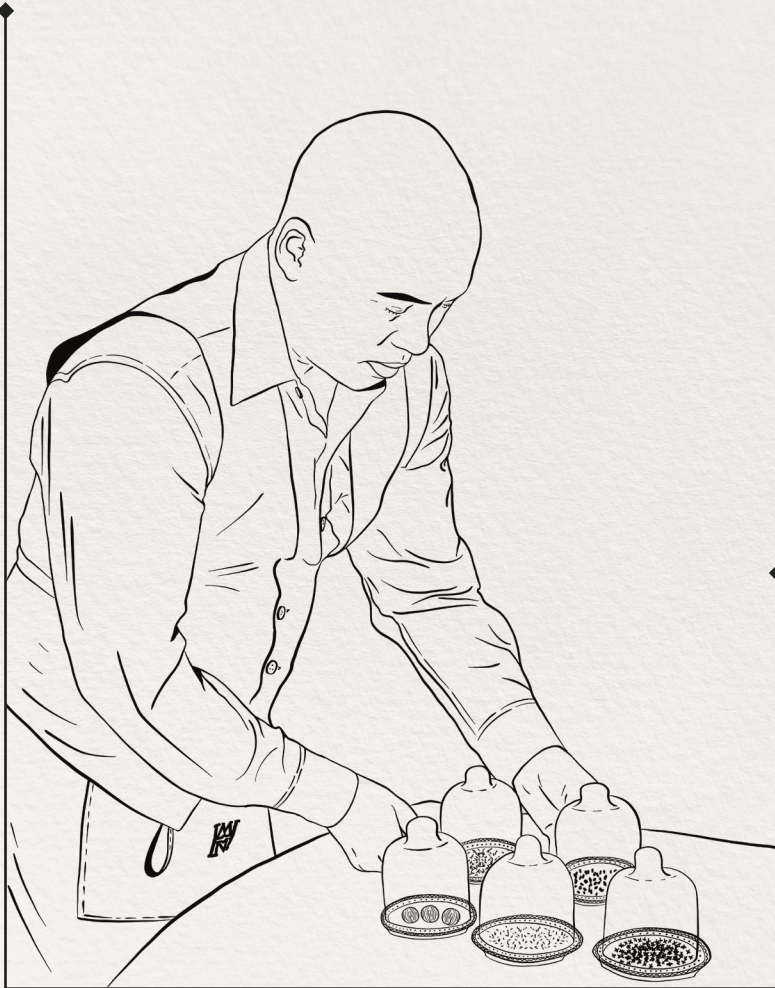
Craig is committed to sharing his knowledge and skilling his peers about the art of tea sommeliering so that every guest receives a curated Afternoon Tea experience.

Craig and Vicky, the Mount Nelson Executive Pastry Chef, have curated a menu that presents delicious delicacies from the tea service, with a perfectly matched global tea pairing.



*Fig 3. The Mount Nelson Rose*





*Fig 4. Craig Cupido, Head Tea Sommelier*



## - CHAPTER IV -

### *South African teas*



South Africa has a number of indigenous teas, notably rooibos, honeybush and buchu. All three derive from the distinctive, endemic vegetation known as fynbos, and all are noted for their health-giving properties. The most famous, globally, is the fragrant, vermilion rooibos tea, which has been made and enjoyed for aeons by the people of the Cape. The Afrikaans name translates as “red bush” and references the colour of the mature leaves. Green rooibos comes from the same plant, but the leaves are dried directly after harvesting.

#### **MOUNT NELSON 125 YEAR BLEND**

Playful, caffeine-free and invigorating, it is a blend of Rooibos, Honeybush, Mesquite and Apple, a skilful homage to South African infusions. Baked mesquite sourced from the Great Karoo gives the tea its creamy taste, and the grassiness is thanks to the green rooibos from the Western Cape and green honeybush from Eastern Cape. Apples from the Cederberg mountain range add a touch of sweetness to the blend. And of course, there are the ubiquitous pink rose petals, offering a floral fragrance that exudes the elegant energy of the hotel.

#### **AFRICAN PRIDE HONEYBUSH**

Honeybush tea flavoured with marula and caramel, it is well rounded, sweet and full-bodied.

#### **BLOOD ORANGE ROOIBOS**

Rich, brilliant and brightly coloured, with the subtle sweetness of blood orange essence. The citrus note is a wonderful complement to the rooibos base.





### **BUCHU**

Buchu was used by the San (the first people of Southern Africa). It is mildly minty with blackcurrant notes and offers medicinal properties for a healthy body and mind.

### **COCOA ROOIBOS**

Rooibos blended with roasted cocoa husks. A comforting combination of the essence of Ethiopia and South Africa that ends on a high creamy note.

### **GREEN ROOIBOS**

Ultra high grade, pure highland rooibos is dried to perfection before full fermentation to produce a greener cup of rooibos, with an interesting combination of grassiness and sweetness.

### **HONEY BUSH**

Indigenous to the fynbos kingdom of the Western and Eastern Cape, honeybush has woody floral notes, with the fruitiness of lemon and oranges, and the nutty sweetness of honey and caramel.

### **LAVENDER MORINGA**

An energising, vibrant, creamy and grassy tisane.

### **ORANGE AND SPICE**

Rooibos flavoured with spicy cinnamon, warming cardamom, comforting cloves, vanilla and orange.

### **PURE WILD ROOIBOS**

Rooibos grows wild on the high-altitude Cederberg mountains. "The red gold of South Africa" is prized for its hints of honey and orange.

### **STRAWBERRY AND VANILLA**

Pure rooibos flavoured with sweet strawberry and vanilla, perfect for the young and young at heart.

## - CHAPTER V -

### *Loose leaf teas*

The custom of drinking tea dates back to the third millennium BC in China when it was used as a medicinal beverage. By the third century AD, it had become a daily drink. The first consignment of China tea arrived in Europe in 1610. The British introduced tea into India and Ceylon in the mid-1800s.

### *White tea*

#### **BAI MU DAN (WHITE PEONY FLOWER)**

A delicate orange-coloured infusion with a mild flavour – this tea from China's Fujian province is made from tea buds, collected and air-dried prior to opening.

#### **WHITE MONKEY**

Another great white tea produced in China's Fujian province (the origin of white tea). A delicate nutty, honey fragrance characterises this fascinating tea.

### *Showflower tea*

#### **CARNATION LOVE**

Tea Leaves tied into a ball with red carnation flower. Carnation flower represents love, respect, compassion and elegance.

#### **FLOWERGATE TEA**

A beautiful archway of chrysanthemum and jasmine flowers unfurls from this tea ball made of top-quality green tea buds.

### *Green tea*

#### **BANCHA HOJICHA - JAPAN**

A classic Japanese tea that is lower in caffeine. It is roasted at a high temperature until reddish brown. The flavour is aromatic with roasted, nutty notes.



### **BI LUO CHUN - TAIWAN**

Translated, it means “green spiral leaves of spring”. When infused, the tea boasts the delicate, recognisable aroma of Taiwan’s finest tea.

### **GENMAICHA - JAPAN**

Genmaicha means natural rice tea. Japanese sencha green tea is blended with roasted and popped rice, which gives it a pleasant, nutty flavour.

### **GUNPOWDER TEMPLE OF HEAVEN - CHINA**

Gunpowder tea is dried slowly in rotating drums to a very tightly rolled ball. It has a slightly dry and fresh flavour.

### **GYOKURU - JAPAN**

This is a premier Japanese sencha tea, which is also known as Dew of a Pearl or Most Exquisite Dew Drop. The tea plants grow in the shadow of broad-leaved trees.

### **MATCHA - JAPAN**

The top buds are hand-plucked and allowed to dry. Dried tea leaves are then stone-ground to reveal the ultra-greenness of the tea. Stone grinding is considered an art.

### **SENCHA FUKUJYU - JAPAN**

Sencha grows on the slopes of Mount Fuji in Japan. The tea leaves are lightly steamed and dried to preserve their freshness. It has a distinct, strong green-tea aroma.

### **WENSHAN BAOZHONG - TAIWAN**

A lightly fermented tea, with a striped appearance and natural crinkles. This tea is sweet in aroma with light floral notes. A long, smooth and lingering aftertaste accompanies every sip.

### **YUNNAN GREEN - CHINA**

This tea has a beautifully earthy sweetness and a clean lightness with notes of spiciness.

## - CHAPTER V -

### *Loose leaf teas*

#### *Flavoured green tea*

##### **ORANGE AND BERRIES - CHINA**

A cleansing and sweetly uplifting, fruit-flavoured sencha tea.

##### **SAKURA - JAPAN**

Sakura means “Japanese Cherry Blossom”. This green sencha tea is flavoured with Japanese sour cherries and has the purest, most harmonious fragrance.

#### *Oolong*

##### **ALI HIGH MOUNTAIN OOLONG**

Ali Mountain is famous for superior high-mountain tea cultivation in Taiwan. Its aromas and flavours gradually unlock, making it ideal for multiple infusions.

##### **ORIENTAL BEAUTY**

This is the finest oolong from Taiwan. Locals also call it “you must be joking” tea, after an interesting tea making accident. The highly oxidised tea has a sweet, smooth taste with a slightly baked, floral aroma and a lightly fruity, honied scent.

#### *Scented Oolong and black tea*

##### **JASMINE DRAGON PHOENIX PEARLS - CHINA**

A limited production of top-quality jasmine tea from the Fujian province in China. This famous tea is made from tender and healthy green tea shoots, hand-rolled in spring. Long leaf tips are scented with freshly cut jasmine blossoms and are then rolled into small pearls, locking in the flavour and aroma.

##### **JASMINE PEACH - CHINA**

Floral jasmine and creamy peach flavours combine to create this full-bodied tea. Simple yet filled with aromatic and flavourful memories.



## *Black tea*

### **ASSAM BUKHIAL - INDIA**

Assam full-leaf second-flush tea has a typically strong and earthy flavour.

### **CEYLON PETTIAGALLA - SRI LANKA**

This fine Ceylon comes from the Dimbula area in the Balangoda District. It has a dark red colour and is highly aromatic with a mild taste.

### **DARJEELING PUTTABONG FIRST FLUSH - INDIA**

Puttabong is one of Darjeeling's most prestigious estates. This tea is a typical first-flush tea, with its carefully rolled leaves producing a light, aromatic and flowery infusion.

### **DARJEELING SECOND FLUSH BLEND - INDIA**

This single origin Indian tea is highly aromatic with a beautifully lingering flavour.

### **ENGLISH BREAKFAST - UNITED KINGDOM**

A full-bodied, aromatic tea with sweet, fruity notes. A wonderful tea to start the day.

### **KENYA MARINYN - KENYA**

Neatly twisted, gold-tipped leaves steep to produce a robust, medium-bodied tea with a slightly fruity-floral taste.

### **MALAWI OP1 - AFRICA**

A black tea bred and developed in tea estates more than a thousand metres above sea level in Thyolo, Malawi. Fruity and sweet notes.

### **MOUNT NELSON HOTEL BLEND**

A contemporary classic – our exclusive blend of six international teas from Africa and Asia, flavoured with the buds and petals of our signature Mount Nelson pink roses.

## - CHAPTER V -

### *Loose leaf teas*

#### *Black tea*

##### **RUSSIAN BLEND - GLOBAL**

Based on a classic Russian blend, this tea is highly aromatic with influences from India and China.

##### **YUNNAN BLACK GOLD - CHINA**

Produced from 300 to 400 year old trees growing in the birthplace of tea itself. The leaves carry a sweet maltiness and a touch of smoke and pepper.

#### *Flavoured black tea*

##### **BLOOD ORANGE BLACK**

Black tea flavoured with the slight sweetness and subtle flavour of blood orange essence.

##### **EARL GREY BLUE FLOWER**

A classic tea flavoured with uplifting bergamot oil, embellished with striking blue cornflowers.

##### **LAPSANG SOUZHONG - CHINA**

This is a classic scented Chinese black tea. The larger souchong leaves are plucked and, after fermentation, they are roasted on a hot iron plate.

##### **ORIENTAL SPICE**

A classic flavoured black tea with a touch of oriental spice.

##### **VANILLA**

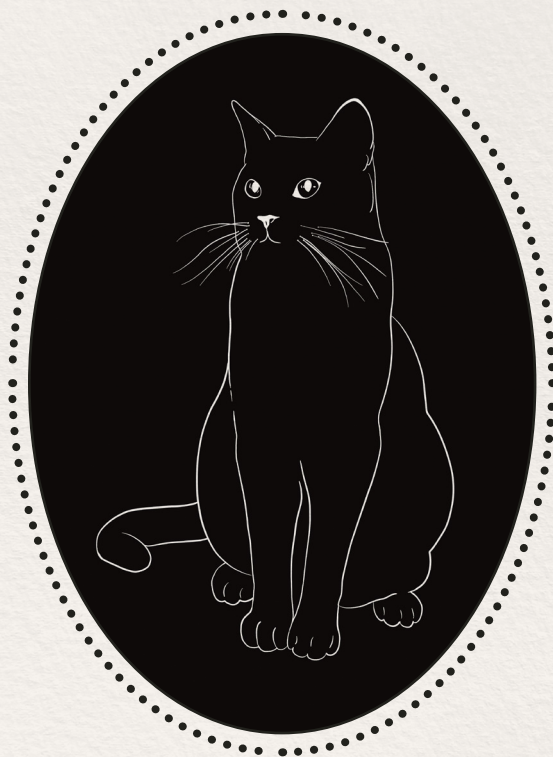
This rich, velvety black tea is flavoured with vanilla pieces, the perfect accompaniment to chocolate.



## *Red tea*

### **PU-ERH ROYAL 2009**

This tea is grown in the Chinese province of Yunnan. The young leaves and buds from old trees are hand harvested and carefully selected in the early months of the year, between February and March, to capture the most tender part of Pu-erh.



*Fig 5. Nellie the Cat*

Nellie, the hotel cat, is one of our permanent guests. He assumed occupation a few years ago and has been elegantly basking in the sun or haughtily stalking through his domain ever since. He adores smoked salmon and loves a weekly treat of clotted cream.

## - CHAPTER VI -

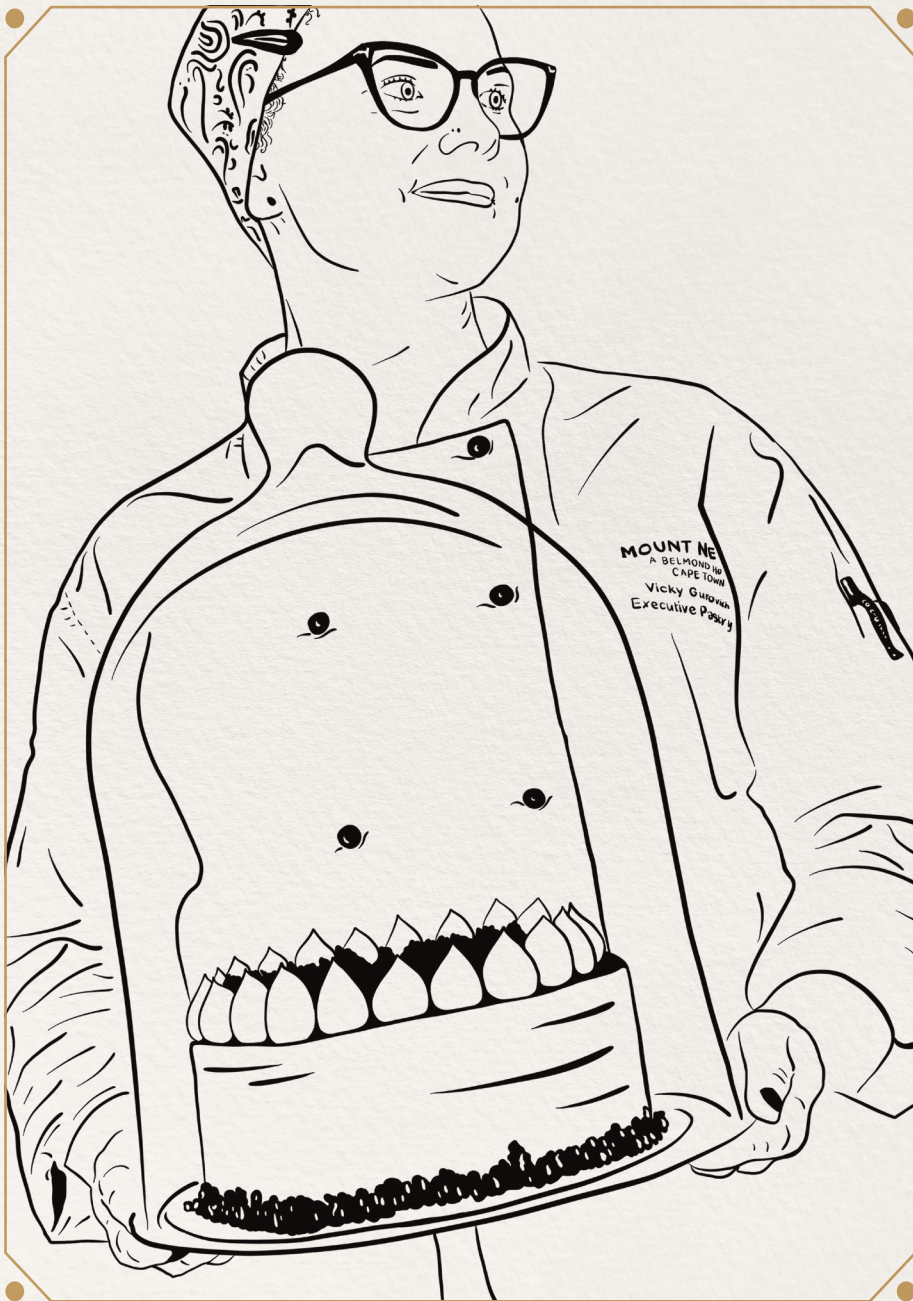
*Delectable confectionery with Vicky Gurovich*

The cake table at Mount Nelson offers a delightful variety of freshly baked cakes, tempting tarts, and luscious loaves. The selection highlights the creative expertise of our pastry chefs, led by Vicky Gurovich. A celebrated and award-winning pastry chef, Vicky ensures that Afternoon Tea at Mount Nelson fulfils its legendary status as the most celebrated and sumptuous tea service in Africa.

She once told “Eat Out”, one of South Africa’s top food guides, why she finds pastry rewarding: “It’s very scientific, meticulous, and you still have great freedom with flavours. All fresh ingredients are fair game.” And the secret to her exquisite confections? “I think if I can recreate a happy moment from childhood, then I’ve done my job. My top tips for home bakers are that butter and eggs must be room temperature for baking, and always put alcohol in the malva pudding!”

Fairly recently, Vicky chose to come back to the stunning Cape and rejoin the renowned Mount Nelson establishment. This provided the skilled pastry chef with the opportunity to craft a delightfully light, vibrant, and utterly irresistible Afternoon Tea menu.





*Fig 6. Vicky Gurovich, Executive Sous Chef, the Pastry Queen*

## - CHAPTER VII -

### *Infusions*

#### *Herbal infusions*

##### **APPLE CINNAMON LAPACHO**

The inner bark of the Tecoma-lapacho tree produces an infusion reminiscent of caramel or vanilla but with less tannic acid and no caffeine. The flavour of the lapacho is enhanced with apple and cinnamon in this infusion.

##### **GREEN MATE**

The national drink of Argentina, mate's stimulating effect lasts longer than that of coffee. It comes from a species of the holly family.

##### **HIBISCUS FLOWER**

Made popular in Egypt and North Africa, this infusion can be enjoyed hot or cold, with or without sugar. It has a tart, fruity tang and a striking crimson colour.

##### **IMMENSELY BEAUTIFUL**

A herbal infusion with hibiscus, rosehip, blackberry leaves, lemongrass, hibiscus and peppermint. Lemon and minty notes create a delicious and refreshing herbal cup with a sense of roundness and completion.

##### **NINE LIFE SPICES BLEND**

Nine different spices in harmony, including cinnamon, ginger, cardamom, cloves, aniseed, rosemary and thyme.

##### **PEPPERMINT LEAVES**

Pure peppermint leaves imbue this infusion with refreshing and aromatic properties.



### **PURE CHAMOMILE FLOWER**

A mild infusion, known for its sleep-inducing properties and sunshine-yellow colour.

### **SNOW MOUNTAIN CHRYSANTHEMUM**

One of the most popular flowers in Asia for scenting teas, chrysanthemums grow wild in the high mountains near Tibet. Round and sweet, the leaves are ideal for multiple steeping.

## *Fruit infusions*

### **FOREST BERRIES**

An intensely fruity, pink infusion of elderberries, raspberries, blackberries and strawberries.

### **LEMON**

A soothing blend of apple, rosehip, lemon, lemongrass and lemon.

### **MANGO**

A fruity, fragrant infusion of hibiscus, apple, mango and lemongrass.

### **MARULA PEACH**

A pleasant infusion of hibiscus, apple, peach, rosehip and marula.

*Fig 7. Mount Nelson Tea Cups*



## - CHAPTER VIII -

### *Coffee*

Coffees are individually prepared using the pour-over, Clever Dripper or siphon method to extract the perfect brew. The baristas only use the best single-origin beans from sustainable sources in Africa.

### *Cold coffee*

#### **AFFOGATO**

Single shot of the house blend served with vanilla ice cream.

#### **COLD BREW COFFEE**

24-hour slow-brewed, African single-origin coffee, served over ice.

#### **FRAPPÉ**

Single shot of the house blend with milk and sugar, served over ice and then blended.

#### **ICED COFFEE (UNSWEETENED)**

Single shot of the house blend, topped up with milk and poured over ice.

#### **ICED COFFEE (SWEETENED)**

Single shot of the house blend, topped up with condensed milk, milk and poured over ice.

#### **COFFEE TONIC**

Cold brew and tonic water served over ice.

#### **RED ICED ESPRESSO**

Red espresso, lemon, ginger and orange blended with ice.



## *Hot coffee*

### **AMERICANO**

Single shot of Mount Nelson's house blend, topped with hot water.

### **CAPPUCCINO**

Espresso topped with equal parts steamed milk and milk foam.

### **ESPRESSO**

Single or double shot of the house blend.

### **FLAT WHITE**

Espresso, topped with steamed milk.

### **LATTE**

Single shot of house blend, topped with steamed milk and served in a long glass.

### **LONG BLACK**

Double espresso, topped up with hot water.

### **MOCHA**

Single shot of the house blend, topped with steamed milk and flavoured with chocolate.

### **RISTRETTO, ALSO KNOWN AS "SHORT SHOT"**

Double shot of the house blend, poured as a single shot.

### **MACCHIATO**

Espresso topped with a touch of steamed milk.

### **CORTADO**

Espresso topped with an equal amount of steamed milk.

### **FILTER COFFEE OF THE DAY**

Signature Mount Nelson filter blend.

## *Other hot beverages*

### **ROOIBOS CAPPUCCINO**

Ultra high grade, pure highland rooibos, served, cappuccino-style with frothed milk. A fragrant, caffeine-free brew.

### **HOT CHOCOLATE**

## - CHAPTER IX -

*Speciality coffees, coffee cocktails and dessert wines*

### *Speciality coffees*

#### **CHEMEX 180**

8 minute table-side experience, Chemex is a pour-over method, where the water passes through a bed of coffee to produce a remarkably clean cup of coffee.

#### **SYPHON 180**

8 minute table-side experience, Syphon brews by using two chambers where vapor pressure and vacuum produce the finished coffee.

#### **CUPPING 180**

10 minute coffee tasting experience in the coffee bar area.

### *Coffee cocktails*

#### **ESPRESSO MARTINI 125**

Espresso and coffee liqueur.

#### **IRISH COFFEE 105**

Coffee and whisky, topped with cream.

#### **KAHLUA DON PEDRO 105**

Kahlua blended with ice cream.

#### **AMARULA DON PEDRO 105**

Amarula blended with ice cream.

### *Dessert wines*

#### **Joostenberg Noble Late Harvest 2022 105**

#### **Klein Constantia Vin De Constance 2020 430**

#### **Mullineux Straw Wine 2022 110**

#### **Vergelegen Semillion Straw Noble Late Harvest 2021 110**

#### **Allesverloren Cape Vintage Fortified Wine 2019 95**

#### **De Krans Cape Vintage Fortified Wine 2019 130**

#### **De Krans Cape Tawny Fortified Wine N/V 95**

#### **Beyerskloof Lagare Fortified Wine 2020 95**

#### **Ramos Pinto Quinta Do Bom Retiro 30 Year Old Port 300**