

THE HARBOUR LOFT

Vegetarian Afternoon Tea

Savouries

Carrot tapioca crisp with prune ketchup and dill

Tomato and caper tartlet

Sandwiches

Cornish Yarg with nettle salsa

Tomato with fennel pollen mayonnaise

Cornhill egg with cornichon and dill mayonnaise

Rock samphire and beetroot pesto

Pastries and Cakes

The Island's pine, rose and pistachio choux bun

Fresh fruit tartlet

Dark chocolate brownie

Served with a selection of Tregothnan teas grown in England

Dietary Requirements:

All of our menus are created in-house and we are happy to share our recipes for those with a specific allergy or dietary requirement, but unfortunately cannot guarantee that our food is 100% free from allergens, fish bones and shell.



Tregothnan Tea

The first tea gardens in the UK yielded the first major crop for Britain's first home-grown tea.

Afternoon Tea - Darjeeling

Quintessentially British with a delicately refreshing taste with invigoration citrus undertones.
Best served black or with a little milk.

Classic English Breakfast - Assam

The first ever tea produced on British soil.
Blended with premium Assam leaves for a bold flavour.
Can be served with or without milk or sweetened with Cornish honey.

Oak Smoked - Assam

Classic tea, smoked over oak to give a beautiful smoky flavour to the tea.
Best served black.

Earl Grey Blue Cornflower - Assam

Beautifully bright and delicious tea coloured with blue cornflower petals and infused with bergamot oil.
Perfect with a slice of lemon.

Green Tea

Rich in health benefits as well as having an incredible flavour.
Served without milk and can be sweetened with Cornish honey.

Jasmine Green Tea

Green Camellia Senensis leaves are lightly oxidised, dried and blended with jasmine flowers.
Best served without milk.

Chamomile

Relaxing caffeine-free infusion, grown on the Tregothnan estate with a fulsome and intense finish.
Served without milk and can be sweetened with Cornish honey.

Lemon Verbena

Delivers a wonderfully rich lemon scent and piquant taste when infused and naturally caffeine-free.
An excellent digestive with a subtle sweet spicy bite.

Black Peppermint

Whole peppermint leaves grown in England with a unique fresh aroma to match its distinctive taste.
Clean, clear and naturally caffeine-free.

Red Berry Infusion

A medley of strawberries, raspberries, apples from Cornish orchards, English marigolds and pretty blue cornflowers.
Served without milk and can be sweetened with Cornish honey.

