

# SEQUOIA KITCHEN

## TEAS & TISANES

*Warm up with a cup of freshly brewed tea from Twist Teas – a local family-run business who use the highest quality tea leaves to create their healthy and innovative blends.*

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### **Refresher Green Tea**

A light and refreshing Chinese Sencha Green tea with ginseng and sunflower petals.

### **Cocoa-Nut Green**

An organic green tea with a twist. You know those nice coconutty chocolate macaroons? Imagine them in a delicious drink!

### **Breakfast Boost Tea**

A breakfast blend of Assam and Ceylon tea with added ginseng and yerba mate, an ideal brew to get you up and running.

### **Detox Tea**

A detoxifying blend of sweet rooibos and turmeric

### **Digest Tea**

Our pure, unadulterated whole leaf peppermint tea soothes, calms and aids digestion.

### **Chamomile Yawn Tea**

A soothing, naturally caffeine-free blend of whole chamomile flower heads, lemon balm, rose and lavender.

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## GROVE SPA AFTERNOON TEA

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### SCONES

#### **Traditional and raisin scones**

Clotted cream and seasonal preserve

### SWEETS

#### **Toasted lemon meringue tart**

Leafy lemon curd, Italian meringue

#### **Chocolate and salted caramel choux**

Milk chocolate Chantilly, salted caramel

#### **Raspberry and vanilla white chocolate layer**

Vanilla Chantilly, fresh raspberries