

TEA AT THE MOUNT NELSON HOTEL

There are several legends about the origins of tea. One of them tells us how, some five thousand years ago in China, the Emperor Shen Nung, worried about epidemic diseases, gave the order to have all water boiled before its consumption.

One day the Emperor and his court visited one of the distant regions over which he ruled and he ordered his train to stop so that they could rest for a while. The servants had just started to boil water, when some leaves coming from nearby bushes and floating in the wind fell into the water container. Gradually the water acquired a nut-brown colour. When the Emperor tasted this strange infusion, he was surprised by its pleasant flavour and from that moment on he and his people became adepts of tea. And this is how the first cup of tea appeared. The tree that provided those leaves was called *camellia sinensis*.

It is said that the art of taking Afternoon Tea was introduced by the seventh Duchess of Bedford in the early 19th century. The Duchess had a penchant for inviting friends to join her for discreet conversation and a mid-afternoon pick-me-up of tea and sandwiches. Her stylish Afternoon Tea soirées proved popular with London's socialite set, and soon became fashionable for high society around the world to host similar tea parties.

By the end of the 19th century, the Cape of Good Hope had become a sought-after holiday destination for Europe's well-heeled travellers. Most of these elegant explorers stayed at Mount Nelson Hotel, and so it was that our own tradition of Afternoon Tea began...



MORNING TEA

Morning Tea is served in The Lounge, on the Terrace or around the Garden Fountain. Enjoy tiered stands with sweet confections and savoury selections delivered to your table. Includes a selection of Loose Leaf Teas, Coffee and Hot Chocolate.

Morning Tea is served daily from 09h30 to 12h30.

R109 per person

AFTERNOON TEA

Afternoon Tea is served on the Windsor Table and includes sweet confections such as dark chocolate cake and lemon meringue, freshly baked scones served with clotted cream and preserves, and as a special local treat, South African milk tart, called "melktert" in Afrikaans. You can also expect to see savoury selections and delicate finger sandwiches filled with rare roast beef and rocket, smoked salmon, egg mayonnaise or cucumber.

Includes a selection of Loose Leaf Teas, Coffee and Hot Chocolate

Afternoon Tea is served daily from 14h30 to 17h30.

R185 per person

Méthode Cap Classique

Enjoy a glass of Méthode Cap Classique with your Afternoon Tea. Also includes a selection of Loose Leaf Teas, Coffee and Hot Chocolate.

R225 per person

Champagne

Enjoy a glass of Champagne with your Afternoon Tea. Also includes a selection of Loose Leaf Teas, Coffee and Hot Chocolate.

R365 per person

ROOIBOS TEAS FROM SOUTH AFRICA

Pure Wild Rooibos

Ultra-high grade pure Highland rooibos grown in the wild on the high altitude Cedarberg Mountains. The Red Gold of South Africa. Hints of honey and orange notes...

Strawberry and Vanilla

Pure Rooibos flavoured with sweet strawberry and vanilla – children's favourite.

Orange and Spices

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

BLENDED BLACK TEAS

Mount Nelson Hotel Blend

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

English Breakfast

A full-bodied, aromatic tea with sweet, fruity notes, wonderful tea to start the day. This blend of English Breakfast is blended from teas originated in Kenya, Sri Lanka and Assam.

Russian Blend

This highly aromatic smoky tea is based on a classic Russian blend, earthy and flavourful.

BLACK TEA FROM SRI LANKA

Ceylon Pettiagalla

This fine Ceylon comes from the Dimbula area in the Balangoda District. With a dark red colour. Thanks to its highly aromatic and simultaneously mild taste.



BLACK TEAS FROM INDIA

Assam Bukhial

Assam full leaf 2nd flush tea with typical strong and earthy flavour to demonstrate the true sense of Earth of Tea in India.

Darjeeling Blend

This single origin Indian tea is highly aromatic, with a lingering flavour. A beautiful connection to the Heaven of Tea.

BLACK TEA FROM KENYA

Kenya Mariny

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

FLAVOURED TEAS

Vanilla

A rich, velvety black tea flavoured with vanilla pieces – the perfect accompaniment to chocolate.

Lapsang Souzhong

A classic scented Chinese black tea. Larger Souzhong leaves are plucked, and after fermentation, they are roasted on a hot iron plate. The tea is then moderately smoked on bamboo racks.

Earl Grey Blue

A classic tea flavoured with uplifting Bergamot oil and embellished with striking blue cornflowers.

Oriental Spice

A classic, flavoured black tea with a touch of oriental spices.



RED TEAS FROM CHINA

Pu-Erh Royal 2009 (R30 per pot)

This tea is grown in the Chinese province of Yunnan. The processing is unique - the leaves undergo a longer fermentation stage. The cup is deep red, with a distinctive, earthy taste.

Pu-Erh Menghai 1999 (R85 per pot)

Pu-Erh is formally known and grown in the Chinese province of Yunnan. The processing is unique - the leaves are pressed and undergo a longer fermentation stage into discs or bricks. The tea is then cellared and re-fermented under humid conditions, sometimes for several years.

GREEN TEA FROM CHINA

Gunpowder Temple of Heaven

The leaves of this prestigious Chinese tea are curled into small balls, hence the 'gunpowder' association. It has a fresh flavour and a nutty oak aroma.

GREEN TEAS FROM JAPAN

Sencha Fukujyu

Sencha (steamed tea) on the slopes of Mount Fuji in Japan. Tea leaves are lightly steamed and dried to preserve the freshness, lending it a distinctively strong Green Tea aroma.

Bancha Hojicha

A classic Japanese tea, which is lower in caffeine than Sencha teas. It is made by roasting at high temperature until reddish-brown. The flavour is aromatic with roasted, nutty notes.

Genmaicha

Japanese bancha tea is blended with roasted and popped rice, which gives it a pleasant, nutty flavour.. It has low caffeine and a mild flavour.



FLAVOURED GREEN TEA

Orange and Berries

A cleansing and sweetly uplifting fruit-flavoured Chinese Sencha tea.

OOLONG TEAS FROM TAIWAN

Ali High Mountain Oolong (R25 per pot)

Ali Mountain, famous for superior High Mountain tea cultivation in Taiwan. Its abilities of gradual unlocking of aroma and flavours makes it ideal for multiple infusions. Maximum 3 leaves are hand plucked to dry with delicacy to reveal mosaic of floral, woody and sweet aroma and flavours. Aroma and flavours changes with every infusion.

Te Guan Yin (Iron Goddess of Mercy)

Grown in China's Fujian province, this tea has fine, dark leaves which produce a sweet infusion with a distinctive lingering after-taste.

SCENTED OOLONG TEA FROM CHINA

Jasmine Bai Hao

A prestigious tea originally reserved for the imperial Court, it is first blended with Jasmine blossoms which are later removed, imbuing the tea with a beautiful scent.

WHITE TEA FROM CHINA

Pai Mu Tan (White Peony Flower)

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



HERBAL INFUSIONS

Pure Chamomile

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

Herbal Sweet Dream

A relaxing combination of lemon balm, peppermint, chamomile, berry leaves, lavender, orange blossoms, lemon grass and heather.

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.

Peppermint Leaves

Pure Peppermint leaves. Excellent refreshing and aromatic properties.

FRUIT INFUSIONS

Lemon

An energising combination of hibiscus, apple, rose hip, lemon grass and lemon.

Forest Berries

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

COFFEE SELECTION

Espresso	20
Double espresso	22
Americano	22
Decaffeinated coffee	22
Filter coffee	40
Cappuccino	22
Latté	25
Hot chocolate	25

LUNCH AND DINNER

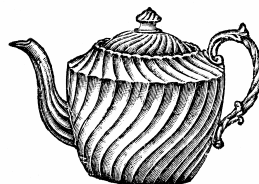
Menu available daily from 11h00 until 13h30 and 18h00 until 22h30

Salads

Greek salad tomato, feta, lettuce, onion, cucumber, olives and peppers, light herb dressing	85
Tomato and mozzarella salad with fresh basil and olive oil	95

Caesar salads

Caesar salad gem lettuce with garlic croutons, shaved parmesan and a Caesar dressing	75
Chicken Caesar salad gem lettuce with garlic croutons, shaved parmesan and a Caesar dressing with chicken strips seasoned with thyme and lemon	95
Crispy pancetta Caesar salad gem lettuce with garlic croutons, shaved parmesan and a Caesar dressing with crispy pancetta	95
Prawn Caesar salad gem lettuce with garlic croutons, shaved parmesan and a Caesar dressing with prawns	130



Starters

Smoked salmon trout served with capers, onions, egg, gherkins and brown bread	105
Beef carpaccio thin slices of prime beef with rocket and parmesan	105

Soups

Soup of the day served with home made bread please consult your waitron for more information	65
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Sandwiches

Chef's sandwich on toasted country bread with smoked lamb rump, tapenade, hummus, rocket, tomatoes, mature gouda, onion jam and chive cream served with fries or potato wedges	90
MNH club sandwich sliced chicken breast, bacon, avocado, tomato, cheddar cheese, mayonnaise and iceberg lettuce on white or whole wheat bread served with fries or potato wedges	90
Beef burger in a sesame bun with gherkins, tomato, lettuce, caramelised onions, tomato chutney and gratinated with cheddar cheese served with fries or potato wedges	110
Toasted or plain sandwiches white or whole wheat bread with your choice of items: smoked salmon, ham, tomato, cheddar cheese, egg salad, roast beef, tuna or chicken mayonnaise served with fries or potato wedges	85

Pasta and risotto

Penne carbonara	95
Spaghetti bolognese	95
Home made fettuccine pesto	95
Home made pappardelle served with prawns, calamari and mussels in a garlic cream sauce	130

Vegetarian

Mushroom risotto selection of exotic mushrooms and fresh parmesan	140
Potato and cauliflower curry with lentils basmati rice, pappadums, sambals, potato samoosas and roti	120

Fish

Fish of the day with crushed new potatoes, mixed vegetables and a lemon butter sauce	170
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South African curry

Durban chicken curry served with basmati rice, pappadums, sambals, potato samoosas and roti	150
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From the grill

Grilled beef rib-eye (250g)	175
Beef fillet (200g)	175
Lamb cutlets	190

All our grilled meats are served with buttered vegetables and French fries or potato wedges or rice
A choice of fynbos butter, green pepper corn, mushroom sauce or jus is also available.

Desserts and cheese

Selection of local cheeses preserves, bread and biscuits	110
Cake of the day please consult your waiter for more information	50
Apple crumble, vanilla ice cream	65
Crème brûlée with sorbet and short-bread	65



WINE SELECTION

SPARKLING WINE

	Glass	Bottle
Pierre Jourdan Brut 'NV Classic Champagne blend of Chardonnay & Pinot Noir, a crisp and stimulating wine with distinct lime characteristic	45	160
Simonsig Brut Rose 'NV A superb cap Classique, delicate, yet persistent flavours	50	195

WHITE WINE

Mount Nelson Private Collection Sauvignon Blanc '10 The wine is well balanced with a crisp, refreshing palate	55	220
False Bay Chenin Blanc '10 Light bodied wine with supple ripe citrus and pineapple flavours on the nose and palate	40	160
Neil Ellis Groenekloof Sauvignon Blanc '10 This wine has a well balanced acidity which is supported by a crisp, refreshing palate. Green fig tones combined with pineapple, granadilla and grapefruit flavours	55	215
De Wetshof Finesse Chardonnay '10 As the name suggests, elegant and lightly oaked with tangy lemon and apple flavours	60	230
Boschendal Chardonnay-Pinot Noir '10 This fruit driven and intensely flavoured wine with the richness of the Pinot Noir	50	210
Glen Carlou Chardonnay '09 Excellent intergrated oak, with outstanding flavours of vanilla	65	265

RED WINE

	Glass	Bottle
Mount Nelson Private Collection '09 Merlot and cabernet based blend which is soft and smooth with the faintest touch of white pepper and spice offsetting a juicy berry flavour	65	250
Linton Park Merlot '09 Medium bodied with ripe plum and blackberry fruit aromas and flavours, complimented by a cigar box smokiness on the finish	60	230
Le Manoir de Brendel Shiraz '05 Medium bodied wine with wild berry, spice and cloves on the nose, raspberry flavours	45	180
Warwick Cabernet Sauvignon '09 Full bodied and concentrated with intense blackberry and Cherry flavours and an extra long finish	50	190
First Sighting Pinot Noir '08 Medium bodied with elegance and finesse. Sweet fennel and raspberry combined with spicy oak tannins	75	295
Rijks Pinotage Private Cellar '09 Outgoing with delicious fruits, smooth on the palate and a good structure	70	275
Terra Del Capo Sangiovese '07 Lovely cherry fruit and sweet banana flavours on the palate with a lingering finish	50	205
Kaapzicht Estate Bin 3 '08 Sweet ripe spiced plum and red berry fruits brushed with oak vanilla	40	170

COCKTAILS

Bellini	50
A classic blend of peach juice mixed with a chilled Pierre Jordan Cuvee Brut	
Lady Hamilton	50
A classic blend of peach juice, fresh lemon juice, Smirnoff vodka red label and a dash of peach liqueur	
Mojito	50
White rum and a dash of lemon juice combined with fresh mint, lime and white sugar finished with crushed ice and dark rum float	
Vodka/Gin Martinis	50
Vodka or Gin with a dash of Martini Dry shaken or stirred	
Brandy Alexander	55
KVV 10yrs brandy, Bols Crème de Cacao with a dash of fresh cream	
Singapore Sling	65
Seagram's gin, cherry liqueur, lemon juice and sugar syrup with a dash of club soda	
Whiskey Sour	60
A choice of Scotch/ Bourbon whiskey and lemon juice with a dash of sugar syrup or egg white	
Margarita	55
Tequila Gold, Triple Sec and a fresh squeeze of lemon juice	

NON-ALCOHOLIC COCKTAILS

Summer Breeze	40
Roses lime juice, passion fruit, Grenadine, dash of club soda and lemonade	
Mock – Hito	40
Fresh limes, mint, dash of lemon juice, sugar syrup, lemonade and cola tonic	

BEER, CIDER AND SOFT DRINKS

Jack Black Draught	30
Amstel	20
Becks	35
Becks Non-alcoholic	35
Castle Lager	19
Corona	45
Grolsch	45
Heineken	25
Peroni	23
Pilsner Urquelle	28
Windhoek Lager	22
Windhoek Light	22
Hunters Dry	23
Savannah Dry	26
Savannah Light	26
Karoo Still or Sparkling Mineral Water 250ml	20
Karoo Still or Sparkling Mineral Water 750ml	35
Coke	17
Coke Zero	20
Coke Light	17
Dry Lemon	17
Ginger Ale	17
Lemonade	17
Soda Water	17
Tonic Water	17
Tab	17
Fanta Orange	20
Appletizer	23
Grapetizer (Red or White)	23
Tomato Cocktail	22
Apple Juice	17
Fresh orange Juice	17
Pineapple Juice	17
Cranberry Juice	22
Red Bull	50

DID YOU KNOW?

The tea plant, *Thea Sinensis*, comes from Asia and is part of the camellia family, *Camellia Sinensis*. In its wild state, it is a tree that can grow quite tall. When constantly pruned, it remains a bush that produces pointed young buds.

It is these young buds that are the source of tea.
The tea plant requires a warm, wet climate and well-drained soil. It grows well at altitudes up to 9,000 feet.

Like vintage wines, each tea crop reflects local characteristics - the nature of the soil, the climate, the amount of sun and rain, the time of plucking.

All teas come from the same plant but will deliver varied results fitting into one of five major categories:

White, Green, Oolong, Black, and Pu-erh Tea.
While herbal select botanicals and/or fruit infusions are referred to as tisanes.

Orange Pekoe

Characterised by long leaves, rolled lengthwise, needle-like.
The plucking takes place once the terminal bud has evolved into a leaf and rarely contains tips.

Fine Orange Pekoe

This is the finest Orange Pekoe available.

Pekoe

Shorter, less fine leaves with no tips.

Pekoe Souzhong

Somewhat coarser leaves.

Congou

Obtained from the fifth and largest leaf gathered from a shoot tip of a tea plant

