



Welcome to your Afternoon Tea Experience at Fota Island Resort. Please enjoy from the following selection of decadent & delicious teas.

IRISH BREAKFAST TEA

A smooth, well balanced cup with a stout aroma

EARL GREY

Exquisite balance of briskness, strength, body and vigour

DARJEELING

Sophisticated, fruity and wonderfully complex musical aromas.

CHUNMEE GREEN TEA

China's favourite Green Tea. Soft, fruity aroma, high in antioxidants.

JASMINE GREEN TEA

Carefully selected Jasmine flowers are used to steam our first grade, Spring flush Green Tea.

WHITE TEA (Pai Mu Tan)

1st grade, 1st flush White Peony tea. Naturally very low in caffeine and high in antioxidants.

PEPPERMINT DELIGHT

A soothing tea with refreshing peppermint, liquorice and fennel. Caffeine free.

CHAMOMILE RELAX

A soothing and calming blend with sweet chamomile, rose and fennel.

ROOIBOS CACAO CHAI

A delicate, sweet flavoured blend of rooibos and oriental spices.

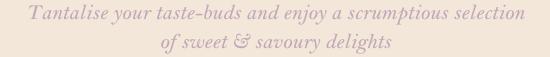
BERRY FRUITY

Refreshingly zesty with real blueberries and hibiscus. Caffeine free and no added aromas.









Sweet

RICE PUDDING MOUSSE

blackberry compote | puffed rice 1 | 2 | (V)

CHOUX BUN

strawberry | elderflower 1 | 2 | 11 | (V)

CHOCOLATE BATTENBERG

1 | 2 | 10 | 11 | (V)

RASPBERRY MACARON

1 | 2 | 10 | (V)

HOMEMADE SCONES

clotted cream | jam 1 | 2 | 11 | (V)

BANANA BREAD

1 | 2 | 8 | 11 | (V)

TRADITIONAL CARROT CAKE

1 | 2 | 11 | (V)

Savoury

IRISH BEEF PASTRAMI

pickled cucumber | horseradish mayo focaccia

1 | 8 | 9 | 11 | 13

CHICKEN AND TOMATO AIOLI

sourdough brioche

1 2 8 9 11 13

JAMES MCGEOUGH'S AIR DRIED

HAM

feta | pickled red onion | rocket | wrap 1 2 9 11 13

O'CONNELL SMOKED SALMON

chive cream cheese | rocket | bagel 2 | 5 | 11

1 Eggs | 2 Milk | 3 Shellfish | 4 Molluscs | 5 Fish | 6 Peanuts | 7 Sesame | 8 Soya | 9 Sulphites |

10 Nuts | 11 Gluten | 12 Celery | 13 Mustard |

14 Lupin | (V) Vegetarian