

# Kater's | High Tea

## High Tea | A history

2737 BC - The second emperor of China, Shen Nung was sitting outside drinking a cup of hot water (which encourages good health in Chinese culture) when tea leaves blow into his cup. So tea was first discovered & enjoyed in much the same way we enjoy it today.

Imported by the East India Company, the first samples of tea reached England between 1652 & 1654. By the middle of the 18th century, tea had quickly proven popular enough to replace ale as the English national drink. This was, & remains a key motivation to current times, behind many English leaving to settle in Australia, where beer is more popular.

The earliest record of 'taking tea' was not due to the purely social needs of women, but was due to changes in the male domain. Because of late evening meals, lunch became larger spreads, often accompanied by extended business meetings. All of this resulted in a very long break between meals for the women waiting for their men to return home for the evening meal.

It was Anna, the 7th Duchess of Bedford who has been credited as the first to adopt high tea, which became a fashionable form of entertaining by 1865. Anna first invited her friends to join her for an additional afternoon meal of bread & butter sandwiches, small cakes and, of course, tea. The ladies met & discussed 'tea business', the female equivalent of men discussing politics, thereby giving women a social outlet to discuss topics such as politics etc which were deemed unsuitable for women to discuss in mixed company.

Mrs Kater in 1878 commenced regular high teas with the local ladies of the Southern Highlands. This became the centre of the social scene in the Southern Highlands at the time.

Kater's uses the highest quality single estate loose leaf teas & tisanes sourced from the finest growing regions of the world - China, India, Japan, Sri-Lanka, Taiwan & Africa. Unlike most loose leaf teas which are blends from many estates, our single estate teas guarantee the purest expression of flavour, place & quality.

*Please advise at the time of booking if you have any special requests or dietary requirements & the chef will amend the menu to cater specified requirements. 2% surcharge applies to all credit card transactions*

# Kater's | High Tea

## Scone

Freshly baked scones

*Served with house Jam and Crème Chantilly*

## Savoury

Chefs selection of 2 types savoury finger sandwiches, petit pies, and demitasse soup de jour

## Sweet

Chef's selection of four petit desserts

**\$35 per person, traditional high tea served with your choice of teas & coffees**

**\$45 per person, traditional high tea served with a glass of Centennial Vineyards Sparkling**

*This menu does vary as our chefs like to keep it interesting and change the menus depending on what is available in the daily markets.*

*Please advise at the time of booking if you have any special requests or dietary requirements & the chef will amend the menu to cater specified requirements. 2% surcharge applies to all credit card transactions*

# Kater's | Tea & Tisane Selection

## Black & flavoured black teas

**English Breakfast** | High grown Ceylon teas from the best tea gardens, expertly blended, give this tea its crisp distinctive style, quality & aroma.

**Assam Bukhial** | A single estate malty Assam tea with a deep reddish liquor & distinctive aroma.

**Darjeeling First Flush Organic** | The tea is typical of the region with a light infusion & muscatel flavour.

**Ceylon Pekoe** | A special blend of fine teas, from the western highlands of Sri-Lanka. Broken orange pekoe is a leaf grading & has nothing whatsoever to do with the flavour of the orange fruit! A well rounded all day tea.

**Chai Masala** | Black tea with orange peel, ginger, cinnamon, vanilla, cloves, cardamom & nutmeg. An Indian speciality, warming & delicious. Strong.

**Quince Flower** | A refined flavour with quince, safflower & a sprinkling of fruit.

**Earl Grey** | A blend of selected teas, delicately flavoured with the essence of bergamot, a small citrus fruit.

*Please advise at the time of booking if you have any special requests or dietary requirements & the chef will amend the menu to cater specified requirements. 2% surcharge applies to all credit card transactions*

# Kater's | Tea & Tisane Selection

## Green & flavoured green teas

**Green Mountain Premium** | Light, delicate and flowery.

**Oolong Fancy** | Delicate in taste with a subtle peachy aroma.

**Green Guava & Pomegranate** | A China green tea with guava pieces, pomegranate & marigold blossom. A full flavoured, healthy exotic tea.

**Green Citrus** | Sencha green with orange & raspberry. A refreshing summer tea.

## Rooibos

**Rooibos Blood Orange** | A fresh, crisp & tangy blend of blood orange. A caffeine free rooibos.

## Herbal / fruit teas

**Camomile Soother** | A light, fragrant, apple tasting infusion, well known as a soothing & restorative drink. A golden brew which goes well with honey.

**Peppermint Refresh** | This tea brews with a peppery, piquant fragrance. Highly appreciated for its digestive properties. Blended with lime it makes an interesting beverage.

**Lemongrass & Ginger** | An interesting blend of orange, lemongrass, lemon peel, liquorice & peppermint.

**Herbal Joy** | Balm flowers, peppermint & wild strawberry leaves provide the base & lemongrass, lavender, rose petals, orange & heath top off this elegant tea.

**Fruit Quencher** | A blend of dried currants, hibiscus flowers, rosehip, elderberries, bilberries, blackcurrants, raspberries & cornflower. Healthy, soothing & refreshing as a drink.

*Please advise at the time of booking if you have any special requests or dietary requirements & the chef will amend the menu to cater specified requirements. 2% surcharge applies to all credit card transactions*