



EST. 1946

# FROSTS

BETTER LIVING  
LIVING BETTER

## Autumn Afternoon Tea Menu

### SANDWICHES

Roasted Butternut Squash, Smoked Cheese, Apple & Plum Chutney  
Bloody Mary Prawns, Rocket, Cucumber & Lime Salsa  
Roast Chicken, Whipsnade Bacon, Sun-blushed Crème Fraîche  
& Baby Gem Lettuce

### CANAPÉS

Beetroot Gravlax, Chive & Lemon Sour Cream on Toasted Sourdough  
Cheese & Parsley Mousse, Balsamic Glaze Tart

### SWEET

Apple Crumble Macaron  
Pumpkin Spiced Latte Cake  
White Chocolate & Raspberry Blondie  
Blueberry Crème Brûlée Tart

Sultana Scones with Cornish Clotted Cream, Raspberry & Peach Preserve

*We also offer gluten free, vegetarian & vegan menus,  
these are available at point of booking.*

You can choose from a variety of tea and coffee, or why not  
add a touch of fizz for an extra treat, a bottle of champagne  
(£33) or a bottle of prosecco (£20)

## £17.95 PER PERSON

Served from 2.30pm. Pre-booking is essential as spaces are limited,  
full payment is required at the time of booking. Book online at  
[frostsgardencentres.co.uk](http://frostsgardencentres.co.uk) or by calling us on 01908 583511.

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## Vegetarian Afternoon Tea Menu

### SANDWICHES

Roasted Butternut Squash, Smoked Cheese, Apple & Plum Chutney  
Roasted Peppers, Green Pesto & Rocket  
Brie, Sun-blushed Crème Fraîche & Baby Gem Lettuce

### CANAPÉS

Roasted Beetroot, Chive & Lemon Sour Cream on Toasted Sourdough  
Cheese & Parsley Mousse, Balsamic Glaze Tart

### SWEET

Apple Crumble Macaron  
Pumpkin Spiced Latte Cake  
White Chocolate & Raspberry Blondie  
Blueberry Crème Brûlée Tart

Sultana Scones with Cornish Clotted Cream,  
Raspberry & Peach Preserve

You can choose from a variety of tea and coffee, or why not add a touch of fizz for an extra treat, a bottle of champagne (£33) or a bottle of prosecco (£20)

## £17.95 PER PERSON

Served from 2.30pm. Pre-booking is essential as spaces are limited, full payment is required at the time of booking. Book online at [frostsgardencentres.co.uk](http://frostsgardencentres.co.uk) or by calling us on 01908 583511.

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# FROSTS

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## Gluten Free Afternoon Tea Menu

### SANDWICHES

Roasted Butternut Squash, Smoked Cheese & Apple & Plum Chutney  
Bloody Mary Prawns, Cucumber & Lime Salsa & Rocket  
Roast Chicken, Whipsnade Bacon, Sun-blushed Crème Fraîche  
& Baby Gem Lettuce

### CANAPÉS

Beetroot Gravlax, Chive & Lemon Sour Cream, Toasted Bread  
Cheese & Parsley Mousse, Balsamic Glaze, Toasted Bread

### SWEET

Apple Macaron  
Spiced Carrot Cake  
Double Chocolate Brownie  
Bakewell Tart

Sultana Scones with Cornish Clotted Cream, Raspberry & Peach Preserve

You can choose from a variety of tea and coffee, or why not add a touch of fizz for an extra treat, a bottle of champagne (£33) or a bottle of prosecco (£20)

## £17.95 PER PERSON

Served from 2.30pm. Pre-booking is essential as spaces are limited, full payment is required at the time of booking. Book online at [frostsgardencentres.co.uk](http://frostsgardencentres.co.uk) or by calling us on 01908 583511.