

EST. 1946

# FROSTS

## Gluten Free High Tea Menu

### Sandwiches

Woburn Ham, Tomato Relish & Baby Gem Lettuce  
Prawns in Lemon & Dill Cream Cheese  
Roasted Butternut Squash, Spinach & Hummus



### Canapés

Blue Cheese Tart with Honey Roasted Fig  
Falafel Bites



### Sweet

Fruit, Nut & Chocolate Flapjack  
Caramel Chocolate Brownie  
Lemon, Raspberry & Hibiscus Sponge  
French Macaron

Sultana Scone with Mixed Fruit Preserve & Clotted Cream