

The page is framed by a decorative border of various fruits and greenery. At the top center are two whole oranges with green leaves. To the right is a sprig of green pine needles and a small cluster of blueberries. Further right is a half-slice of an orange. On the left side, there is a half-slice of a pink grapefruit. At the bottom left, there is a sprig of green pine needles, a small cluster of blueberries, and a half-slice of a pink grapefruit. At the bottom right, there is a whole yellow lemon with green leaves.

MOSAIC

NOURISHING THE APPETITE

The Westin London City invites you to pause,
reconnect and indulge in a wellbeing- inspired afternoon tea.

Each bite has been thoughtfully created to reflect the therapeutic
benefits of essential oils, with flavour pairings that soothe, uplift and
restore.

The calming notes of camomile, the uplifting brightness of grapefruit,
the invigorating clarity of rosemary, each chosen not only
for their aroma and taste, but for their ability to bring
a sense of wellbeing to both body and mind.

WELLBEING AFTERNOON TEA

THE WESTIN
LONDON CITY

VEGETARIAN WELLBEING AFTERNOON TEA

£45pp with a selection of loose-leaf JING Tea
£60pp with a 125ml glass of Taittinger Brut Champagne

Sandwiches

Burford Egg, Black Pepper & Rosemary; Rolled Brown Bread (v)

Improves circulation, enhances focus, boosts digestion, antioxidant rich

Goat's Cheese & Smoked Pickle; Tomato Bread (v)

High in protein, calcium-rich, enhances digestion

Marinated Aubergine & Lavage Verde; White Bread (vg)

Aids digestion, anti-inflammatory, supports immunity, rich in essential nutrients

Olive Tapenade, Artichoke & Baked Tomato; Beetroot Bread (vg)

Supports heart health, aids digestion, rich in antioxidants, boosts immunity

Sundried Red Pepper, Sesame-Free Hummus; Tomato Bread (vg)

Boosts heart health, rich in antioxidants, supports immunity and skin

Scones

Freshly Baked Plain and Citrus & Ginger Scones (vg, gf)

served with Cornish Clotted Cream & Bitter Orange Marmalade

Calms & focuses the mind, aids digestion

Pâtisserie

Hazelnut Financier, Mascarpone & Nougatine (v)

Supports heart health, rich in antioxidants, boosts brain function

Peach, Raspberry & Rose Torte (vg)

Harmonises the mind and promotes healthy skin

Lemon & Rosemary Extra-Virgin Olive Oil Cake (vg)

Heart-healthy fats, reduces inflammation, supports brain function

Strawberry Délice (v)

Rich in antioxidants, boosts immunity, supports heart health, improves skin

If you have any dietary requirements or food allergies, please let us know. However, please be aware that due to shared cooking and preparation areas, we cannot guarantee that any menu item is allergen free. Some dishes may contain small bone and shell fragments. All prices include VAT at the current standard rate. An optional 13% service charge will be added to your final bill.