

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

# WELLBEING AFTERNOON TEA

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

## Sandwiches

**Ginger & Orange-Infused Prawn Cocktail; Mini Bun**

Boosts immunity, aids digestion, reduces inflammation, naturally detoxifies

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

Improves circulation, enhances focus, boosts digestion, antioxidant rich

**Peking Duck & Camomile Mayonnaise; Bao Bun**

Promotes relaxation, reduces anxiety, aids sleep, soothes digestion

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

High in protein, calcium-rich, enhances digestion

**Urfa Chilli-Smoked Brisket & Juniper Mayonnaise; Parker House Roll**

Detoxifies the body, boosts immunity, uplifts the mood

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## Scones

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

served with Cornish Clotted Cream & Bitter Orange Marmalade

Calms & focuses the mind, aids digestion

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## Pâtisserie

**Hazelnut Financier, Mascarpone & Nougatine (v)**

Supports heart health, rich in antioxidants, boosts brain function

**Peach, Raspberry & Rose Torte (v)**

Harmonises the mind and promotes healthy skin

**Lemon & Rosemary Extra-Virgin Olive Oil Cake (v)**

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.