



History of High Tea

The British tradition of High Tea began in the mid-1700s as an afternoon meal usually served between 3 and 4 pm.

Initially, it was a meal for the working class, taken standing up or sitting on tall stools, thus termed 'high'. Tea with cakes, scones and even cheese on toast were served.

This afternoon meal was adopted by society's upper classes as an important event on the social calendar, rather than a meal for the working class.

For the 'Leisure Classes', High Tea served a practical purpose, allowing Ladies and Gentleman the opportunity of a substantial meal before attending the theatre or playing cards. Evening supper may not be served until fashionably late in the evening.

It was around this time that John Montagu, the Fourth Earl of Sandwich, came up with the idea of placing meat and other fillings between two slices of bread. This is how the High Tea sandwich was created.

Thanks to the British Empire, the tradition of High Tea spread across the globe, arriving to Australian shores with the First Settlement.

Today, High Tea can be enjoyed anytime during the day.

Delight in our finest quality High Tea as you ponder what it may have been like to be part of Australia's elite colonial society.

For bookings call us on 02 9635 1515 or email info@gatehousetearooms.com.au

High Tea in Parramatta – the food bowl of the First Settlers

“The City of Parramatta was once the prop and mainstay of Australia. As the seat of Government in the centre of the Colony's richest district, with twice the population of Sydney and many times the natural resources it was the Queen settlement indeed.”

Reservations recommended but not essential

Gatehouse Tea Rooms

Macquarie St Gatehouse

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Parramatta NSW 2150

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High Tea

a selection of freshly prepared finger sandwiches
scrumptious scones with jam and cream
selection of homemade petite fours and sweet bites
with coffee or tea
39 per person (49 weekends)*

Sparkling High Tea

our traditional High Tea
served with a glass of Australian sparkling wine
44 per person (54 weekends)*

Royal High Tea

our traditional High Tea
served with a piccolo (200ml) of Moët & Chandon champagne
69 per person (79 weekends)*

Savoury High Tea

freshly prepared finger sandwiches
our delicious pumpkin, carrot and zucchini muffins with cucumber yoghurt
selection of hot savoury pastry delights
39 per person (49 weekends)

Devonshire Tea

scrumptious scones with seasonal jam and cream
with coffee or tea
19

High Tea for Tin Lids

(3-12 years)
fairly bread triangles
mini cupcake & assorted sweet bites
with juice or soft drink
19 per person (25 weekends)



Light Meals & Snacks

Savoury Muffins

delicious pumpkin, carrot and zucchini savoury muffins with cucumber yogurt
15

Baked Egg Frittatas

a scrumptious homemade mushroom and bacon or vegetable frittata
13

Cake of the day

always fresh, always gluten free served with cream
ask for daily selections
12

Fresh Baked Muffins

ask for daily selections
5

English Tea Sandwiches

choose from our daily selection of freshly cut sandwich triangles
10

Croissants

two freshly baked mini croissants with strawberry jam and butter
9

Seasonal Fruit Salad

a delightful and refreshing mix of our season's best offering topped with yogurt and granola
16

Pumpkin, Spinach & Feta Salad

roasted pumpkin, feta & semi-dried tomatoes tossed with fresh salad greens
18

*add 5 for gluten free *add 5 for dairy free



Pot of Tea 5

Black Tea

english breakfast - irish breakfast - darjeeling -
peach - earl grey - rose grey - punjabi chai -
australian bushfire chai - orange blossom -
russian caravan - orange pekoe - french earl grey

Green Tea

china green sencha - china green jasmine -
goji acai - lime & ginger

Herbal Tea

chamomile - peppermint - granny's garden -
lemonade - turkish apple - wild cherry -
fresh breeze infusion - tea for fitness

Coffee 5 (large/soy +50c)

cappuccino - flat white - mocha - short black -
long black - latte - hot chocolate

Juices 4

orange - apple - apple guava

Soft Drinks 4

lemonade - coke - coke zero -
lemon lime & bitters - ginger beer -
sparkling mineral water - lemon squash

Other

milkshakes 7
iced coffee/chocolate/mocha 8



Alcoholic beverages

Sparkling and Champagne

N/V Gapstead "Tobacco Road" Proseco

King Valley 8 36

N/V Coldstone Chardonnay Pinot Brut Cuvee

Victorian Alps 8 36

N/V Moet & Chandon Piccolo (200ml)

Epernay, France 39

Premium Australian Wines

2013 Chalice Bridge "The Estate" Sauvignon Blanc

Margaret River 9 39

2013 Hutton Creek Vineyard Chardonnay

Geelong 9 42

2013 Brokenchak "Tru Su" Rose

Eden Valley 8 36

2014 Cape Howe Mount Barker Book Ends

Cabernet Sauvignon 12 59

Australian Beer

Crown Lager 8

James Boags Premium 8

James Boags Premium Light 7



Breakfast menu

(Served between 8am and 10am Saturday and Sunday)

Breakfast High Tea – 29

our famous three tiered stand with a selection of croissant, scones with jam and cream, baked egg frittatas and a zingy seasonal fruit salad served with coffee or a pot of tea

Toast/Raisin Toast/Banana Bread – 6

wholemeal, multi grain or Turkish bread
strawberry, raspberry or blackberry jam

Mini Croissants – 9

with strawberry jam

Fresh Fruit Salad – 16

with Granola and Yoghurt

French Toast – 16

with thinly sliced pears and salted caramel

Baked Egg Frittata – 13

with Mushroom and Bacon (or Vegetable)

Two Eggs – 11

fried on Toasted Turkish Bread

Avocado and Bacon Stack – 18

with watercress and lemon oil dressing

Veggo Breakfast – 19

two fried eggs, mushrooms, avocado, roasted tomatoes and feta on toasted Turkish bread

Breakfast Sides – 3 each

bacon
roasted tomatoes
chipolatas
avocado
roasted mushrooms
feta