

## afternoon tea selection choose from our list of guest's favourite tea plates

(each plate is designed for one individual)

### SWEET PLATE

Nan's scones served with Ste. Anne's tea cream and homemade strawberry preserves, chocolate brownies, a flax & sesame seed cookie, a chocolate chip cookie and chocolate-dipped orange & almond biscotti

Nan Corcoran's scone recipe has long been a guest favourite; her recipe is featured in the *Every Day Recipes from Ste. Anne's Spa* cookbook

### SAVORY PLATE

cucumber sandwiches with cream cheese and local sprouts, smoked salmon canapés with lemon pesto and rosettes of cream cheese, raw veggies served with Ste. Anne's Spa dips (roasted garlic hummus dip and a black bean dip with lime & cilantro)

### FRUIT & CHEESE PLATE

mini fruit skewers (seasonal fruit with honey yoghurt dip), slices of old cheddar cheese, slices of creamy brie cheese (with cranberry & grape garnish) and crackers

### SAMPLER PLATE

Nan's scones served with Ste. Anne's tea cream and homemade strawberry preserves, a flax & sesame seed cookie, a chocolate chip cookie, a chocolate brownie, a chocolate-dipped orange & almond biscotti, a cucumber sandwich with cream cheese and local sprouts, a smoked salmon canapé with lemon pesto and rosettes of cream cheese, a mini fruit skewer, a slice of old cheddar cheese, a slice of creamy brie cheese and crackers

## gluten free plates

### GLUTEN FREE SWEET PLATE

almond cookies made with almond flour, pumpkin seeds & pecans, mini fruit skewers (seasonal fruit with honey yoghurt dip) and flourless chocolate cake

### GLUTEN FREE SAVORY PLATE

cucumber sandwiches with cream cheese and local sprouts, smoked salmon canapés with lemon pesto and rosettes of cream cheese, (both sandwiches made with Sticklings rice bread) and raw veggies served with Ste. Anne's Spa dips (roasted garlic hummus dip and a black bean dip with lime and cilantro)

### GLUTEN FREE SAMPLER PLATE

almond cookies made with almond flour, pumpkin seeds & pecans, a mini fruit skewer (seasonal fruit with honey yoghurt dip), a slice of old cheddar cheese, a slice of creamy brie cheese, gluten free crackers and raw veggies served with Ste. Anne's Spa dips (roasted garlic hummus dip and a black bean dip with lime & cilantro)