



GLUTEN FREE AFTERNOON TEA

From 5 September to 10 November 2022, Tea Lounge honours the most quintessential of English customs - the elegant ritual of afternoon tea.

The selection comprises the best of Regent's afternoon tea signatures ranging from delicate scones, exquisite savouries and delectable desserts to be indulged with the finest teas.

FINGER SANDWICHES

Slow Baked Shepherd's Pie with Lamb Ragout, Baby Vegetables and Mashed Potato

Truffle Mustard Marinated Angus Beef on Gluten-free Bread
with Pickled Cauliflower

Cajun Marinated Baby Eggplant with Pumpkin Mascarpone on Egg Frittata

Herb and Spices Cured Salmon Gravlax and Beetroot Cream Cheese Sandwich

SALAD

Healthy Green Power Salad with Quinoa and Organic Vegetables

DESSERTS

Raspberry Chocolate Millefeuille

Spring Blossom Osmanthus Panna Cotta

Mandarin Orange Macaron

Strawberry Basil Jus with Mixed Berries

Auspicious Mandarin Orange Chocolate Bonbon

52 (Adult) | 26 (Child) with selection of Gryphon Tea or Illy Coffee
Additional 13 | 58 | 48 for a glass, bottle or free flow Prosecco
Additional 20 | 98 | 78 for a glass, bottle or free flow Champagne

All prices are in SGD, subject to 10% service charge and applicable government taxes.



The history of tea is one of myth, song, and ceremony. For over two millennia, people have been steeping the leaves of the *Camellia sinensis* shrub in boiling water for health, celebration, and happiness.

As you read through our menu you will find our favourite tales of this amazing elixir, some learnings worthy of prose, and a bit of poetry. We pay homage to the traditionalists as well as underscore the modernity that keeps us on our toes.

Our tea ceremony is one of science and service. Finely tuned recipes precisely prescribe the water temperature and steeping times to ensure your cup exceeds all expectations of what the unassuming brew has to offer, delivering an experience that colours your memory as much as our teas paint your palate.

ALL TEA SELECTIONS 12



Blacks and Blends

Greens and Whites

Oolongs

Herbal Tisane, Fruit and Rooibos



TEA

BLACKS AND BLENDS

Black tea, like all teas comes from the *Camellia sinensis*. Unlike all others, it is fully oxidised. Prized for its freshness over great distances black teas ended up fuelling an empire, building economies, and creating vast personal fortunes. Flexible enough to blend with fruits, oils and flowers; some are aged for decades like fine wines.

Preparation



2 grams



150 ml



95°C



3 mins



BLACKS

Regent Singapore Blend
Assam Gentleman's Tea
English Breakfast
Earl Grey Classic
Lapsang Gold

BLENDS

Lychee Rose
Tiramisu

“Thank God for tea! What would the world do without tea! How did it exist? I am glad I was not born before tea.”

- SYDNEY SMITH, A MEMOIR OF THE REV. SYDNEY SMITH

TEA

THE OOLONGS

The Black Dragon tea of China was first discovered when a Fujian farmer returning home with a basket of tea leaves was distracted by a passing deer. Seeing an opportunity for a bountiful dinner he gave chase and his tea leaves were left to wither in the sun. Upon his return he noticed that his tea had begun to oxidise and not wanting to waste the tea he processed it as per custom. The resulting tea was neither green nor black, rather a beautiful partially oxidised creation that would become ubiquitous with tea for over a billion people.

Preparation



2 grams



150 ml



95°C



3 mins



OOLONG

Garden of Regent

Milky Oolong

Osmanthus Oolong

“There is something in the nature of tea that leads us into a world of quiet contemplation of life.”

- LIN YUTANG, THE IMPORTANCE OF LIVING

TEA

GREENS AND WHITES

Prized and revered as the most refined of its kind, white tea lacks a clear definition. Some say it is the fine white hairs present on the young leaves before they bud, others the natural processing. Regardless, the resulting extraction is as delicate as it is delicious.

Clarity finally arrives with green teas, the un-oxidised leaves of the *Camellia sinensis* are withered, heated, and rolled before drying. The superfood of the tea world, green tea is prized for its antioxidants, which may aid in memory, cholesterol and skin health.

Preparation



2 grams



150 ml



60°C-86°C



3 mins



GREENS

Jasmine Gold
Lemon Ginger Green Tea
Shizouka Sencha
Vanilla Sencha

WHITE

Peony Jade

“Tea ... is a religion of the art of life.”

- KAKUZO OKAKURA, THE BOOK OF TEA

TEA

FRUITS, HERBAL TISANE AND ROOIBOS

Tisanes are the answer to the fact that tea does not grow everywhere in the world; technically not teas, these herbal concoctions are some of the world's oldest libations. From the bushes of South Africa to the orchards of Italy: dried fruits, flower petals, herbs, roots, and spices represent an entirely unique and enjoyable approach to infusing water.

Preparation



2 grams



150 ml



95°C



5 mins



HERBAL TISANE

Chamomile
Peppermint
Calming Spirits

FRUITS

Fruit Symphony
Strawberry Cream

ROOIBOS

African Sunset
Apple Strudel with Pistachio

“Steam rises from a cup of tea and we are wrapped
in history, inhaling ancient times and lands,
comfort of ages in our hands.”

- FAITH GREENBOWL



COFFEE

Every coffee bean begins as a sweet and delicate fruit brimming with bright and lively flavours. Delicate, the beans are at their best for only thirty days after roasting. We have partnered with Illy Coffee to bring you aromatic brews that celebrate the natural sweetness that coffee has to offer.

ESPRESSO

The Illy Blend is a full-bodied 100% Arabica balancing chocolate and nutty notes with a light and enjoyable acidity that gives the coffee vibrance.

Single 9

Double 11

Long Black 9

ESPRESSO WITH MILK

Cappuccino 10

Macchiato 9

Latte 10

Flat White 10

BEVERAGES



COCKTAILS / MOCKTAILS

TEA COCKTAILS 19

T&T

Tanqueray 10-infused Earl Grey
and Tonic Water

COFFEE COCKTAILS 19

Kahlua Coffee

Kahlua, Tia Maria, Espresso and Cream

TEA MOCKTAILS 14

Tea Berry

Mountain Berry Tea, Lime Juice and
Raspberry

COFFEE MOCKTAILS 14

Affogato

Vanilla Ice Cream and Espresso



FINE SPIRITS

VODKA

Stolichnaya 17

Absolute 19

GIN

Bombay Sapphire Gin 18

Tanqueray 10 19

RUM

Bacardi Light 17

Myer's Light / Dark 17

TEQUILA

J.Cuervo Especial 17

J.Cuervo 1800 23

WHISKEY/ BOURBON

Glenlivet 12 yrs 23

Suntory 12 yrs 23

Laphroig 10 yrs 23

Chivas Regal 12 yrs 19

J/W Black Label; 19

J/W Red Label 17

Jack Daniel 21

Jim Beam 17

COGNAC

Hennesey X.O 30



BEERS

Tiger 15

Nastro Azzurro Peroni 15

Asahi 14

Heineken 14



NON-ALCOHOLIC

ICED BEVERAGES 12

Iced Chocolate

Iced Lemon Tea

JUICES 10

Orange, Apple

BOTTLED WATERS 12

Aqua Panna 750ml

San Pellegrino 750ml

SOFT DRINKS 9

Coke, Coke Light, Sprite



WINES

SPARKLING WINES

NV Duval LeRoy, Fleur De Champagne 1er Cru

26 per glass | 125 per bottle

NV Duval LeRoy, Brut Rose Prestige Premier Cru

29 per glass | 145 per bottle

NV Prosecco DOC, Astoria Lounge

16 per glass | 78 per bottle

WHITE WINES

2019 Sauvignon Blanc, Basarico, Adriano Marco & Vittorio

19 per glass | 98 per bottle

2019 Pinot Grigio, Santa Margherita

18 per glass | 88 per bottle

RED WINES

2019 Pinot Noir, Joseph Meczan, Hofstatter

25 per glass | 120 per bottle

2018 Chianti Guarniente, Buccianera

16 per glass | 78 per bottle

DESSERT WINE

2020 Moscato D'Asti Lumine, Ca d Gal

16 per glass | 78 per bottle