



# 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

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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 (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.