

YOPO 

## *7 Chakra Afternoon Tea*

Our Seven Chakra Afternoon Tea is a culinary journey rooted in self-care and holistic well-being.

Crafted by Executive Chef **George Scott-Toft**, each dish is inspired by the Seven Chakras, symbolising energy centers within the body. From the grounding root chakra to the ethereal crown chakra, every bite is infused with intention and purpose, nurturing both the palate and the soul.

Embark on a transformative journey through the Chakras with our carefully curated tea and food pairings, where each tea complements and enhances the flavours. Let every sip and bite awaken your senses to harmony and wholeness.

May this experience inspire you to cultivate self-care and holistic well-being in every aspect of your life.

Enjoy the journey.

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Be welcomed with our Ceremonial Pistachio Matcha Green Tea, setting the tone for the enchanting journey ahead. Enjoy its velvety texture and balanced flavour. Immerse in the myriad benefits of Matcha, from aiding weight loss to enhancing focus and immunity, crafted with AAA+ grade quality dating back to 9th-century Japan.

## 7 Chakra Afternoon Tea

### The Heart Chakra

**Portland Crab, Avocado, Nasturtium & Plantain**

Enhanced by the **British Grown Jersey Green Tea**, this award-winning blend from Jersey's mineral-rich soil infuses every sip with floral sweetness, perfectly complementing the flavours of the dish.

### The Solar Plexus Chakra

**Jamón Ibérico, Manchego & Mustard Aioli with Brioche Mini Bun**

Paired with the **Cristallo White Tea & Peach Blend**, reminiscent of a luscious Peach Bellini, this combination elevates your palate to new heights of refinement and joy.

### The Sacral Chakra

**Yellowtail Tostada, Sweet Potato & Physalis**

This dish is complemented by the sophisticated **Saltoro Black Tea & Mango Blend**, inspired by the majestic Saltoro Mountain. With notes of Pakistani mango, Darjeeling Black Tea, Oolong and Wild Young Green Tea from Yunnan province, this blend ignites your creativity and passion.

### The Root Chakra

**Smoked Beetroot, Feta & Salted Almonds**

Perfectly paired with the **8 years' Vintage Ripe Pu'Er Black Tea**. Authentically aged for a soothing texture and delicately sweet peach finish, this tea invites you to root yourself in tranquility.

### The Throat Chakra

**Blue Cheese Tart, Grapes Guava Jam & Candied Pecan**  
Accompanied by the caffeine-free **Dusk Tea** from Kate Moss' COSMOSS collection, this calming blend of chamomile and soothing herbs alleviates stress and anxiety, allowing your voice to resonate with clarity and confidence.

### The Third Eye Chakra

**Blueberry & Lemon Confit Financier**

Paired with the mesmerising **Blue Aurora Oolong Tea**, this colour-changing elixir draws strength into your intuition with each sip, while the delicate blend of Milky Oolong and floral infusions delights your senses in a symphony of flavours.

### The Crown Chakra

**Spiced Blackberry & Apple Choux Bun**

Paired with the **Hibiscus and Rose Blend**, a symphony of rich, juicy fruits with floral notes, this tea is carefully crafted from red berries and hibiscus shells sourced from selected gardens.



*The Beginning*

*The Finale*