

### Assam

*Assam tea is low grown and holds a reputation as the strongest full bodied tea to be found. Perfect with or without milk.*

### Earl Grey

*Whole leaf Ceylon scented with bergamot and sprinkled with cornflowers to create a tea that delights all senses.*

### Darjeeling

*The quintessential afternoon tea, fragrant and refreshing with body and depth notes of dried fruits*

### Lapsang Souchong

*Gently smokey and smooth, balanced in a harmony of supple creamy, liquorice root flavour and almost peaty warmth. The authentic Lapsang tea.*

### Breakfast Tea

*A blend of Golden Broken Orange Pekoe teas produced in the traditional 'orthodox' way where the leaves are rolled to release the flavour. The taste is full-bodied, rich and refreshing, with a bright inviting colour.*

### Organic Chamomile

*Chamomile flowers are fresh, cleansing and intensely enjoyable to drink, Chamomile is often said to be helpful as a muscle relaxant.*

### A selection of fruit infusions

## **Bodysgallen Hall Welsh Afternoon Tea ~ £26.00**

*SERVED BETWEEN*

*1.00PM AND 5.30PM MONDAY AND TUESDAY*

*3.30PM AND 5.30PM WEDNESDAY TO SATURDAY*

*4.00PM AND 5.30PM SUNDAY*

### ***A selection of finger sandwiches:***

*Egg and watercress*

*Ham with tomato relish*

*Caerphilly cheese with red onion chutney*

*Smoked salmon with pickled cucumber*

*Warm home-made plain and fruit scones  
served with clotted cream and strawberry conserve*

*A selection of home-made cakes and pastries*

*Bara Brith*

### ***Please note***

***A supplementary charge for additional food items will be made.***

***Fresh tea and coffee are complimentary upon request.***

***Bodysgallen cakes £5.70 Scones £9.60***

***Finger sandwiches £5.50***

*Glass of Champagne before or with your tea - £11.50*

***A discretionary 12.5% service charge will be added to all restaurant and bar invoices.***



### ***SPA TREATMENT OF THE MONTH FOR SEPTEMBER 5D ANTI-AGEING FACIAL***

NEW to Bodysgallen Spa! Try the 5D Facial from Provence Cosmetics in Paris -  
anti-wrinkle, lightening, oxygenating, hydrating and skin regenerating effects.  
See the results - decreases appearance of wrinkles, repairs and brightens the  
skin, giving you a younger look instantly.

**PLUS - Receive 10% discount on any Provence Cosmetics products  
purchased on your visit.**

**Book now by phoning us on Tel: 01492 562500**

### ***Your choice of a glass of fizz to celebrate any occasion***

*Prosecco £8.50*

*Bellini £12.00*

*Champagne Cocktail £16.95*

*Champagne £11.50*

*Kir Royale £12.00*

### ***OTHER HOT DRINKS***

*Cafetiere coffee* £4.70

*Cappuccino* £4.50

*Espresso* £4.50

*Hot Chocolate* £4.50

***A discretionary 12.5% service charge will be added to all restaurant  
and bar invoices.***

### ***ALLERGENS AND SPECIAL DIETS***

***If a guest has a food allergy or intolerance, we request that they consult a  
member of staff before deciding what to eat and placing an order, on every  
occasion. Whilst we are committed to informing our guests accurately of  
any allergenic contents in the dishes served here, and also to complying  
with specific dietary requests, there remains a risk, all be it small, that  
traces from other dishes may be present in food served here, or on  
surfaces.***



**Head Chef: John Williams**  
**Restaurant Manager: Nicolette Musgrove**

**Sample Menu**  
**2 course Luncheon - £24.00**  
**3 course Luncheon - £29.00**

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*Carrot and coriander soup, spiced yoghurt (v)*

*Warm smoked salmon, gingerbread, wasabi and compressed cucumber*

*Chicken, wild mushroom and confit duck terrine, prune puree, homemade brioche*

*Salad of Estate beetroot with whipped horseradish cream (v)*

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*Seared fillet of salmon, confit potatoes, wilted greens, red pepper dressing*

*Slow cooked loin of pork, spiced apple relish, mustard creamed potato*

*Goats cheese fritters, roasted squash puree, beetroot and baby onions (v)*

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*Vanilla parfait, cassis ice cream, blackberries*

*A selection or choice of ice creams and sorbets*

*A selection of British cheese with grapes and chutney*

*Cafetiere coffee, Cappuccino or Espresso and Bodysgallen fudge - £4.20*



## HISTORY OF BODYSGALLEN

*Bodysgallen is situated on the west of Pydew mountain, almost invisible except for its chimneys which overtop the trees. In 1810, the historian Fenton noted that it is 'embosomed in woods of noble growth, which suffered to luxuriate their own way without any fear of the axe'.*

*Despite the gradual addition of one wing, then another, during a building history of 600 years, the whole house is built in the same sturdy and conservative style. The name may mean either 'house among thistles' or 'the abode of Cadwallon', a sixth century cheftain. The oldest part of the house is a five-storey tower, probably dating from the late thirteenth century, and possibly built as a watchtower for Conwy Castle.*

*The long connection between the house and the Mostyn family started in the sixteenth century. In the early seventeenth century Margaret Mostyn married Hugh Wynn; and it is their son, Robert Wynn whose initials, with those of his wife Katherine, appear on the datestone with the year 1620 on the south gable.*

*The two main storeys of this early seventeenth century block comprise a large entrance hall, and an equally large room above, now the Drawing Room. Both rooms have two fireplaces, one in a bay in the corner. In the Drawing Room on the first floor, there are 17th century coats of arms of the Mostyns, Wynns and Vaughans. The kitchen wing was added in 1730. During this period the gardens were being established, with the gradual development of the pattern of walled gardens which are to be seen today. In 1832, the Mostyns pioneered the installation of a water closet from one John W. Williams of St. Asaph.*

*By the end of the 19th century, Bodysgallen had become something of an architectural jumble, with brick chimneys and Georgian sliding sash windows. It was rescued from this state by the formidable Lady Augusta Mostyn, who restored and enlarged it around the turn of the century for her second son, Colonel Henry. The sensitivity of her work is remarkable in restoring the vernacular architecture of the house, which plays such an important role in creating its atmosphere today.*

*During the first world war, Colonel Henry Mostyn raised the 17th Battalion of the Royal Welsh Fusiliers, whom he paraded in the park to the north of the house. The oak tree in the centre of the field commemorates this.*

*Following the death of Colonel Henry in 1938, and his widow in 1949, their eccentric son, Ieven Mostyn, succeeded and the house entered a long period of gradual decline. His niece sold the property in 1969 when it became a private guest house. After purchase, Historic House Hotels commenced their restoration in 1980, and the house opened as a hotel, in its present form, between 1981 and 1983. In September 2008 Historic House Hotels Limited and its interest in all its properties were given to the National Trust to ensure their long-term protection.*