



# CAFÉ DES BEAUX-ARTS



Open Seasonally from Thanksgiving to Easter

## Lunch - Gilded Age Style

Served daily from  
11:30 a.m. - 2:30 p.m. Tuesday - Saturday  
12:00 p.m. - 3:00 p.m. - Sunday

## Beverages

Whitehall Special Blend Tea  
Lemonade Sweetened with Berry Juice

## Tea Sandwiches

Made with assorted breads  
Egg Salad with Whipped Curried Mayonnaise  
Cucumber, Chives, & Herbed Cream Cheese  
Turkey with Sage and Chestnut Stuffing  
with Cranberry/Orange Relish\*  
Chicken Salad with Apples & Raisins  
Whipped Smoked Salmon on Pumppernickel  
with Fresh Dill  
Albacore Tuna Salad Garnished with  
Granny Smith Apple  
Old Fashioned Pumpkin Bread with Cream Cheese

## Sweets

Traditional Scone with Cranberries  
Served with Devonshire-Style Clotted Cream  
& Strawberry Preserves

Palm Beach Poinciana Cupcake\*

Chocolate Brownie

French Macarons  
made with almond base

\$22.00 per person  
tax and gratuity included

## WHITEHALL SPECIAL BLEND™ TEA

The delicious black tea blend served in the  
Café des Beaux-Arts is custom developed for  
the Flagler Museum. The tea is available in  
the Museum Store:

4 oz. tin of loose tea for \$9.95,  
a set of 10 tea sachets for \$7.95,  
or a 1 lb. bag for \$29.95



\* Contains Nuts



# A BRIEF HISTORY OF TEA

Americans during the Gilded Age saw themselves as the most highly evolved western culture in history. Because of this mind-set, they felt free to borrow traditions and rituals from previous great western civilizations including ancient Rome, Greece, and Britain. One of the most cherished and ritualistic traditions observed by Americans during the Gilded Age came from Britain – the practice of afternoon tea.

While the drinking of tea dates back to ancient China, the practice of taking a formal afternoon tea dates back to the early nineteenth century. In 1840s England, Anna, the Seventh Duchess of Bedford, began inviting friends for tea and cakes in the late afternoon. As dinner was not customarily served until 8:00 p.m., the interim light meal provided a respite from the “sinking feeling” many upper-class women felt during the long wait between lunch and dinner. The tradition of the tea gradually developed, reaching its height of popularity during the Gilded Age.

The fashion of serving afternoon tea evolved into a complex ritual of formality and etiquette. The event could be a simple “Low Tea” of scones, sandwiches, sweets and desserts – commonly known as “Full Tea” – or the affair could be very elaborate with meats, cheeses, butter, bread, sandwiches, scones, and desserts known as “High Tea.” The equipage of tea also evolved to suit the formality of the event.

The etiquette of tea was part of refined Americans’ indoctrination into Society. Edith Wharton frequently mentioned the practice of tea in her many literary works set during America’s Gilded Age. Both the book *Manners and Social Usages* (1884) and *The Well-Bred Girl in Society* (1898) instructed young women in the art of serving a fine Tea. Everything from baking the proper pastries, to setting the service, to boiling the water (“just enough so the oxygen does not leave the water”) was covered in these primers.

Tea was always served loose, necessitating the use of mote spoons and tea strainers. However, in 1908 when New York vendor Thomas Sullivan sent samples of his tea in silk bags to customers, the tea bag was “invented.” The commercial production of tea bags in gauze began in the 1920s, and by 1935 the familiar string-and-bag format with the logo of the tea maker was an American staple.

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