

Twelve Apostles introduces vegan high tea

 By [Ruth Cooper](#)

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With the rise of conscious eating, awareness surrounding sustainability and rapidly growing health trends, it's no surprise that many restaurants and hotels are giving focus to more plant based options on their menus. One of the latest establishments on the path to promoting veganism is luxury Camps Bay hotel, The Twelve Apostles Hotel and Spa.



#GreenMondaySA: Eat less meat, save the world

Ruth Cooper 6 Apr 2017



In 2017, Twelve Apostles introduced a vegan tasting menu for their spa to much praise, and last month saw the launch of their new Vegan High Tea at the sophisticated Leopard Bar.



Now, you might think a high tea might be tricky to create without the incorporation of dairy – no cream or butter on your scones, cheese in your cheesecake or milk in your earl grey, yet the high tea from The Twelve Apostles makes you forget these ingredients ever existed.

Herbal infusions and phoenix pearls

The actual tea alone offers some beautiful loose leaf infusions; such as the Orange and Spices with rooibos, cinnamon, cardamon, cloves, vanilla and orange or the Jasmine Dragon Phoenix Pearl scented oolong. While the delightful little morsels, all beautifully presented, include a mix of savoury and sweet treats.



The menu changes daily depending on what's available and in season, however, you can expect a variety of finger sandwiches with fillings such as roast vegetables, basil pesto, pepper dew, dukkha or hummus, mini vegetable crudités or a tortilla wrap filled with veggie goodness such as avocado, hummus and marinated tomato on the savoury end of the spectrum.



On the sweet side, you can salivate over items such as the rich Valrhone Manjari chocolate and hazelnut cake slice, a delectably creamy coconut pannacotta with passion fruit, light and fluffy vegan scones served with jam and berry compote, an absolutely scrumptious banana and walnut loaf slice or a berry cashew cheesecake.



High tea classics

“High tea traditionalists will not be disappointed with our Valrhona Manjari chocolate and hazelnut cake and how could we not include the famous scone... our vegan take on this great tea classic, comes with jam and mixed berry compote,” enthuses chef Marziani.



The tea is more than substantial and one is left to bursting point if aiming to clean your cake stand yet the Leopard Bar with balcony overlooking the shimmering Atlantic Ocean make the Twelve Apostles a perfect venue to languish at your leisure while indulging in a tea that should leave you feeling vegan-ly virtuous.



The Vegan High Tea is available daily in the Leopard Bar and Conservatory from 10am to 4pm at R375 per person. A 24-hour notice is required for bookings.

For more information and to book, contact Restaurant Reservations on 021 437 9029 or www.12apostleshotel.com



Wined, dined and treated fine at The Twelve Apostles

Ruth Cooper 4 Jun 2014



ABOUT RUTH COOPER

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