

# metropolitan

LONDON  
PART OF THE COMO GROUP

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## **The Metropolitan launches Afternoon De-Light**

The Metropolitan has always been famous for its cutting-edge attitude, legendary cocktails and late-night parties. The hotel has now introduced Afternoon Tea, this quintessentially British occasion twisted with a cool touch of avant-garde, waist-friendly chic.

The new 'Afternoon De-Light' menu launching in July offers all the indulgence, without a bad conscience, and is the perfect reason to skip lunch and start the evening early. The menu combines healthy interpretations of old classics that will appeal to modern lifestyles.

The delicious selection of sweet and savoury cupcakes, fruit scones, and 'no-bread sandwiches' are made using healthful alternatives including flour substitutes, and low fat crème fraîche. Fresh fruit purées replace unrefined sugars. Olive oil is instead of butter, as well as natural, organic and locally sourced produce wherever possible.

The menu is accompanied by a selection of fruit infusions and an 'Ultimate Iced Tea' that can be served guilt-free or as Martini cocktails. There is also a seasonal selection of 'Eco-Tini's' to choose from, which are mixed with London Gin.

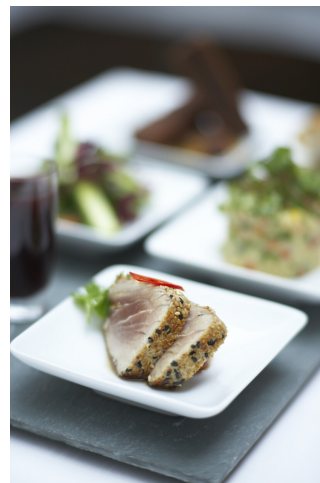
The menu will be served in the Met Bar and the Lobby Lounge from 3pm to 6pm Thursdays to Saturdays. It costs £24 per person. Reservations must be pre-booked by calling +44 (0)20 7447 4757.



**Afternoon De-light**

This image can be downloaded at:

[http://www.como.bz/download/met-london/Afternoon\\_Delight.jpg](http://www.como.bz/download/met-london/Afternoon_Delight.jpg)



**The Ultimate Iced Tea**

This image can be downloaded at:

[http://www.como.bz/download/met-london/Ultimate\\_Iced-Tea.jpg](http://www.como.bz/download/met-london/Ultimate_Iced-Tea.jpg)

### **Afternoon De-Light Menu**

Lightly baked olive oil muffins  
A seasonal selection of hand made cupcakes  
Light scones served with crème fraîche, and  
organic preserves  
Seasonal fruit compote  
Hand made over-sized fresh fruit filled macaroons  
No-bread sandwich pots with a selection of three savoury fillings

**£24.00 per person**

This price includes a pot of tea per person, from our tea and infusions selection. Please choose from:

English Breakfast, Darjeeling, Earl Grey, Mint & Verbena, Green Tea, Jasmine or Ginger

### **A la Carte Menu**

A seasonal selection of hand-made cupcakes  
**£9.00**

Light scones served with crème fraîche, and  
a choice of organic preserves  
**£7.50**

A selection of hand made fresh fruit filled macaroons  
**£7.50**

Our chilled tea infused beverages can be served straight  
or with a twist of alcohol to create the perfect Martini

#### **Mar-Tea-Ni Infusions**

Pear & caramel, strawberry & jasmine or ginger builder  
Served over crushed ice or as a Martini  
**£5.50 non-alcoholic**  
**£10.50 served with alcohol**

#### **The Ultimate Iced Tea**

Earl Grey tea, organic honey and cucumber, freshly squeezed lemon juice  
Served tall over crushed ice or as a Martini  
**£5.50 non-alcoholic**  
**£10.50 served with alcohol**

Our delicious Eco-Tini's are made only from ingredients sourced from the Greater London region

#### **Fresh Fruit Eco-Tini's**

Please ask for our seasonal selection of flavours  
Served tall over crushed ice or as a Martini  
**£5.50 non-alcoholic**  
**£10.50 served with alcohol**

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EDITOR'S NOTE

**Understanding the Metropolitan:** COMO Hotels and Resorts currently owns and operates two Metropolitan hotels, in London and Bangkok. They share dynamic elements: a contemporary east-west aesthetic, youthful staff, a COMO Shambhala Urban Escape and a lively members' bar. Both hotels have restaurants regarded as gourmet destinations in their own right. They are city hotels that stand at the centre of the action – both physically and in the city's psyche. They are places where things happen, attracting creative travellers who seek both the high-octane lifestyle as well as the peace and calm that comes with clean-lined modern design. This unique potential to experience two different worlds – the energy of a vibrant metropolis, and serene escapism within the hotel's calming confines – is what defines the Metropolitan life.

**UNDERSTANDING COMO SHAMBHALA:** COMO Shambhala is the COMO Group's healthy living concept that spans environments, services and products, offering a full range of experiences that challenge and inspire us to greater wellbeing.

COMO Shambhala advocates proactive responsibility for individual holistic wellness. This entails balancing healthy eating with pleasurable gastronomy, self-directed exercise with expert instruction, massage with greater mental repose, and thought with action. COMO Shambhala embraces all modalities of wellbeing, from yoga's ancient system of self-development to other proven methods such as Ayurveda, aromatherapy, Pilates, Tai'Chi, and Qigong. Consultants take a consultative rather than prescriptive approach, working with guests on a one-by-one basis to define and achieve their goals. COMO Shambhala cuisine offers enzyme-rich, healthy and delicious cuisine. COMO Shambhala at Home, a lifestyle brand, creates skin and bodycare products developed to complement the environments and services available.

COMO Shambhala owns, designs and/or manages nine centres of wellbeing at properties worldwide.  
Website: [comoshambhala.bz](http://comoshambhala.bz)