Tea Time

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The waitress waited patiently while I tried to make my mind up. I looked up at her apologetically and she smiled at me and told me to take my time. I stared at the menu and perused the page completely at a loss. You might be of the opinion that I was at a restaurant with a menu written in a foreign language and thinking that it might have been a bit foolish on my part to go somewhere where I did not quite understand what the menu said. You would be wrong. I was just trying to order a cup of tea! Who would have thought it would be so complicated.

I am sure those of you who are tea drinkers will agree that the first cup of tea of the day is a must, and sadly for many, our brains do not seem to start functioning until that first injection of caffeine into our system. There is also no feeling like coming home after a long and particularly hectic day and sitting down, preferably with your feet up and savouring a hot cup of tea. In my case, it has to be a nice strong cup with a dash of milk and one spoon of sugar (okay, maybe two spoons). Over here strong sweet milky tea is usually referred to as builder's tea and definitely hits the spot. Not to be confused with the concoction I have often been served up which masquerades as tea. It seems to be made up of hot water and milk with a hint of tea.

I have established over the years that no amount of coffee shops strategically positioned on every street in London and cute little cafes dotted around the place with beautiful people sipping their cappuccinos and lattes will affect my loyalties and I am and always will be a tea drinker. I do concede that I love the smell of coffee but the actual flavour and taste do not have the same affect on me as a well brewed pot of tea. Plus it's not the same thing dunking a toast biscuit or digestive biscuit into a cup of coffee. I have to admit I also find walking into a coffeehouse such as Starbucks rather intimidating. I look at the names of the different types of coffee and suffer a slight panic attack. To add to that there is always someone in front of the queue ordering a 'non fat toffee nut latte with three pumps of syrup' or a 'venti skinny caramel