



THE
PALM COURT
EST. 1927

Golden Age of Cocktails

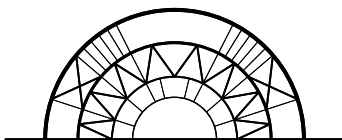
Golden Age of Cocktails

Sheraton Grand London Park Lane is delighted to introduce drinks expert Rebecca Seal as the hotel's official in-house Drinks Historian.

Having first opened its doors during the 'Golden Age of Cocktails' in 1927, the Sheraton Grand London Park Lane was a well-known haunt of the Bright Young Things of 1920s Mayfair, serving cocktails to many renowned celebrities and VIPs throughout its history.

In her role, Rebecca will be celebrating the hotel's iconic history with a series of exciting new menus and events. Keep your eyes peeled for information and join us for a cocktail or two in the Palm Court.

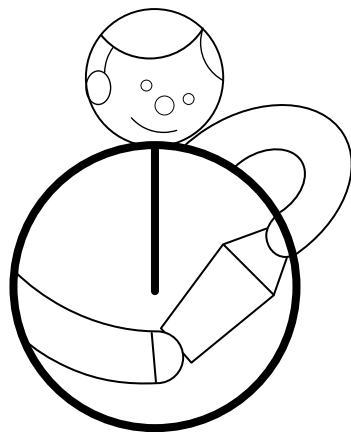
This brochure will help to guide you through the Palm Court cocktail menu, search for the appropriate time of day and you will find a matching cocktail as recommended by Rebecca. For those interested in finding out more about each drink and the etiquette linked with it, do read on!





The Mint Julep

In 1803 the London-based writer John Davis noted that the Mint Julep was a drink 'taken by Virginians of a morning', and it is true that its herbal sweetness makes an excellent start to the day, setting you up for the tricky business of deciding where and when to lunch. It is associated with the Kentucky Derby in particular and the southern states of America more generally, although our version, with cherries and pineapple as well as mint, hails from the Philippines.



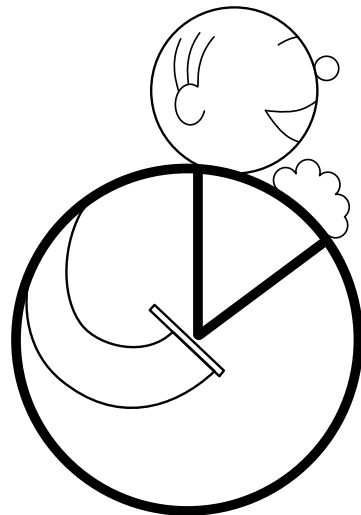
Etiquette

The correct bar room terminology, circa the early 1800s, for anyone **drinking before 11am was a 'Slinger'; anyone after was an 'Elevener'.**



The Classic Champagne Cocktail

Time for afternoon tea, enlivened by a Champagne cocktail or two – a drink almost unchanged since its invention, probably several decades before its first printed mention in the early 1860s.



Etiquette

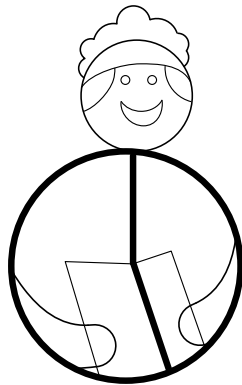
Until the 1970s, ladies wore gloves much of the time. While it was fine to sip a cocktail wearing gloves, it was polite to remove them at mealtimes, even for finger sandwiches and cake.

Naturally, gentlemen must also remove their hats.



CAROLINA PLANTATION BRACER

Charles H Baker included this vigorous rum-based cocktail in the pick-me-up section of his book, *Jigger Beaker Glass*, having discovered it in 1927, in Charleston, South Carolina. The perfect drink to ease one from the troubles of the day into the calm waters of the evening.



Etiquette

Bar stools were introduced during Prohibition in 1920s America,

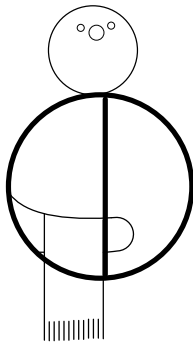
**when ladies first joined
the drinking crowd**

and were given precedence for seating. (The urinals commonly placed in public bars were – thankfully – removed at this time too.)



The Colonial Cooler

With gin, vermouth and Amer Picon, this is the very definition of an aperitif: light and mouthwateringly bittersweet, designed to open the appetite for the evening ahead. Baker first tasted this in Borneo, after a dicey afternoon adrift in a dead motor boat on the glassy sea off Sandakan.



Etiquette
the pre-dinner hours were **traditionally the time in which one should get to know one's hosts** for the evening, or to indulge in a gentle game of bridge, before moving to a restaurant or ballroom for dinner and dancing.

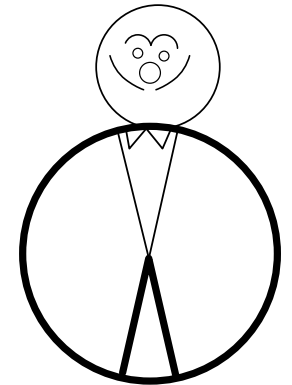


The Americano

Another aperitif (a word which comes from the Latin aperio, to open), and relation of the altogether stronger Negroni, which is made with gin rather than soda water. Invented in mid-19th century Italy, the Americano didn't get its name until it became popular with American tourists in the 1920s, escaping Prohibition back home.

Etiquette

just as a chilled drink in a stemmed glass **should be held by the stem to avoid warming the liquid**, so should a tall high-ball or short rocks glass containing cold liquid be held by the base.





Martini

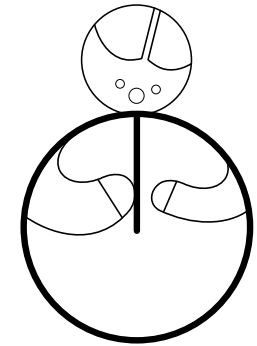
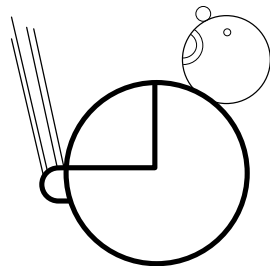
In 1930s London, 9pm was considered the dinner hour and the Martini was the quintessential pre-dinner drink, made almost exclusively with gin.

Etiquette

A single Martini is usually sufficient for anyone, as Dorothy Parker may or may not have written in the 1920s.

“I like to have a Martini, two at the very most. After three I’m under the table, after four I’m under my host.”

You have been warned.



The Sazerac

An unrivalled after-dinner digestif, the Sazerac is New Orleans’s absinthe-rinsed gift to the world, a rye whisky cocktail dating back to at least the 1880s.

Etiquette

At this stage in the game, all but the **most well-mannered-and-judicious-drinkers** may have forgotten the rules of good behaviour. If you can keep your head when all about you are losing theirs (thank you Kipling, 1895) then you will be forever known as the ideal guest.

Golden Age of Cocktails at a Glance

(all priced at £14.00)

MIDDAY

The Mint Julep

2PM

The Classic Champagne Cocktail

5PM

Carolina Plantation Bracer

6PM

The Colonial Cooler

7.30PM

The Americano

9PM

Martini

MIDNIGHT

The Sazerac

While in 1930s London it may have been de rigueur for elevenses to be taken with a Martini, and for the day to pass from drink to drink, times have changed (for the better). So please drink responsibly — we don't expect anyone treat this as a timetable for a single day.

