

Tea Menu

Top quality loose leaf teas

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| English Breakfast Tea | Tea for One | £2.25 |
| Speciality Teas | Tea for One | £2.55 |
| Iced Tea (seasonal) | | £2.65 |

summer fruits or lemon served with fresh fruit

BLACK TEAS

English Breakfast Tea

This is a blend of fine Chinese Keemun, Ceylon and Indian teas which is strong and dark. Traditionally taken with milk, this is the perfect tea for breakfast. Firstly, the flavour and the high caffeine content help one start the day. But, secondly and more importantly, tea helps emulsify fat – so it is ideal after or with a meal.

Earl Grey Blue Lady

This is a slight variation on the classic "Earl Grey". The bergamot flavour is more pronounced and there are small blue flowers added for appeal. Oil of bergamot is extracted from the peel of the bergamot orange (*Citrus bergamia* or *Citrus aurantium bergamia*), a small pear shaped sour orange which is cultivated today mostly in southern Italy.

Earl Grey Blue Lady can be drunk with or without milk or with a slice of lemon.

Assam "Rupajuli" TGFOP1

Stronger and fuller bodied in flavour than Darjeeling teas, Assam is a relatively low lying tea producing area of Northern India. Assam is a fermented or black tea and is favoured by those looking for a strong tea.

Darjeeling "Nagri" FTGFOP

Darjeeling tea comes from Northern India and is often referred to as "The Champagne of Tea". Darjeeling tea is semi fermented, which means green leaves are allowed to oxidise slightly then the fermentation is stopped by heating the tea with hot air.

The Nagri Tea Estate is located between 2500 and 5000ft up in the Himalayan foothills. The altitude helps create a very gentle flavour. It can be served with or without milk.

Ceylon Carolina BOP

Although Sri Lanka stopped being known as Ceylon some time ago, Ceylon is the official and authorised trademark for Sri Lankan tea. Located in the Kandy region of the island the Carolina estate produces some of the country's finest teas. This Broken Orange Pekoe grade is strong, quick brewing and has the smoothness that is typical of all Ceylon teas. This tea is perfect for the person who is looking for the first step on the road to exploring loose leaf teas. Usually enjoyed with milk.

Finest Formosa Oolong

Oolong tea originated in Taiwan (Formosa) and is known as a semi-fermented tea. The leaves are crushed after plucking to allow fermentation to start. Before the leaves are fully fermented, the process is stopped by heating the leaves with hot air or by pan firing them. The result is a tea with an earthy flavour that is very high in polyphenols, which help prevent cancer. This tea is also very low in caffeine.

Lapsang Souchong

This very distinctive tea from Fujian province is famous and powerful. After plucking the leaves are withered over a cypress wood or pine fire. After the leaves are rolled, they are placed in a wooden barrel until they start to emit their own pleasant aroma. Finally, the leaves are placed in bamboo baskets which are hung on racks over a smoky pine fire until they are dried and have absorbed the essence of the smoke.

Rose Congou

A very delicate and popular tea. Black China tea has been blended with Chinese rose petals to produce an unusual tea which can be drunk either with or without milk.

GREEN TEAS

Sencha Lemon Sunrise

This is a fine Japanese Sencha tea blended with lemon and lemon grass to give a beautifully smooth citrus flavour. As with other Japanese teas you will notice a slight "grassy" flavour. This is very distinctive. Serve immediately.

Gunpowder

In the 18th and 19th Century, tea clippers used to bring the UK's supply of tea back from the East. As tea was bulky but very light, there was a need for tea which had a higher density. The Chinese has long made such a tea and it proved a very popular export due to the leaves being tightly rolled and then dried. The sailors on board the ships thought this tea in pellet form looked like the gunpowder they were using on board their ships – hence the nick name "Gunpowder" became commonplace.

This is a strong, robust green tea which should be used sparingly as the pellets expand!

Jasmine Green Tea

Flavoured with jasmine flowers this tea is very light and fragrant.

Green tea is extremely healthy. It contains half the caffeine of black teas (eg. Indian tea such as Assam) and is high in antioxidants. Jasmine tea is delicious at any time of day.

Please note that green tea can become bitter if the tea is brewed for too long.

Bancha Green Tea

A lighter, more delicate variety of green tea.

FLAVOURED TEAS

Mango Flavoured Tea

This fruity tea is a blend of black China tea, flower petals and natural flavourings. It is best served on its own or with a little milk if preferred.

Ginger Flavoured Tea

This is a very gentle ginger tea. Pieces of ginger root have been blended with black China tea to provide a gentle but interesting blend. Leave to infuse a little longer for the ginger 'tingle' to come through.

Vanilla Flavoured Tea

This is heavenly. This black tea with vanilla is a very creamy and luxurious cup of tea. Very popular and can also be iced!

Lemon Flavoured Tea

Black China tea with natural lemon flavouring and lemon peel pieces. This is often served without milk with a slice of lemon. A very clean, crisp tea which has a core following.

CAFFEINE FREE TEAS

Camomile

Camomile is not a tea but a herb. When people ask for camomile tea they really mean a herbal infusion. Camomile has been used for centuries in Europe and Asia as a natural way to aid relaxation. Many people drink camomile before going to bed to aid a good night's sleep.

Can be served with a small teaspoonful of honey to sweeten if required.

Honeybush

Honeybush is a wild plant that grows in Southern Africa. When cut and dried it has a sweet, honey-like flavour that is enjoyed widely in South Africa. It is totally caffeine free and should be drunk without milk.

Kiwi & Strawberry

A lovely, fruity caffeine free infusion containing dried strawberries, hibiscus, rosehips and real kiwi pieces. No artificial flavouring or additives. Hot or chilled this is a very tasty drink.

Peppermint Leaves

Peppermint is a very popular herb and is totally caffeine free. Excellent for the digestion.

Decaffeinated Ceylon BOP

This Ceylon Broken Orange Pekoe has been decaffeinated to enable caffeine sensitive people to enjoy the flavour of real tea. This tea comes from Sri Lanka and is quite strong and smooth. This tea is usually enjoyed with milk.