

# Teas

All teas on this list are priced at £2.20 per person per pot

## Popular teas (may be taken with milk)

**English Breakfast (FOP)** - popular traditional blend of 50% high-grown Ceylon tea and 50% Assam. Medium in strength.

**Assam (FOP)** - medium strong, slightly malty aftertaste.

**Ceylon (OP)** - light sweetish earthy flavour; great without milk.

**Darjeeling (TGFOP)** - "Champagne of Teas". Full-bodied yet delicate, with the traditional Muscatel floral character.

**Kenya** - very strong tea with a rich, fruity taste and golden liquor.

**Earl Grey** - a blend of Keemun, Assam and Darjeeling with natural oil of bergamot.

## Other black teas (may be taken with milk)

**Decaffeinated Black China** - medium strength with a rich aroma.

**Decaffeinated Earl Grey** - black China tea with natural oil of bergamot.

**Keemun** - light and mellow with a heady perfume and delicate flavour.

**Lapsang Souchong Osprey** - finest grade smoky tea from Formosa.

**Nilgiri (FOP)** - fruit-like floral character with a delightful citrus aroma.

**Russian Caravan** - slightly smoky blend of black and oolong teas.

**Rwanda Rukeri (OP)** - sweet and nutty with hints of citrus.

## Fruit and floral teas (recommended without milk)

**Blue Lady** - with citrus and exotic flowers.

**Chai** - blend of spices (cinnamon, cloves, cardamom, ginger, etc).

**Jasmine** - green tea with jasmine blossom.

**Rooibos blood orange** - completely caffeine-free with orange. **new**

**Rose Congou** - Chinese black tea with rose petals.

**Rose Grey** - delicately perfumed alternative to traditional Earl Grey.

**Spring** - with raspberry, elderberry, juniper berries, heather & nettle.

**Violet** - Chinese black tea with violet and mallow flowers.

**Winter** - with orange peel, hibiscus, cloves, almond, sunflowers and cornflowers.

Green letters after certain teas indicate the quality of leaf used.

The more letters, the higher the grade of leaf.

For example, SFTGFOP - Super Fine Tippy Golden Flowery Orange Pekoe

# Teas (continued)

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## Green teas (recommended without milk)

**Dragonwell** - yellow green colour, a soft gentle aroma and a rich taste.

**Gunpowder** - strong traditional taste with tangy aroma.

**Japanese** - high quality, pleasant tender note, very slight sweetness.

**Seaweed Wakame** - Chinese green tea blended with Yerba Mate, Japanese wakame (seaweed) and lemongrass. **new**

**Sencha Genmaicha** - with rice and popcorn. Very rare.

## Herbal Infusions (caffeine-free)

**Camomile** - relaxing sleep aid; soothing and calming properties.

**Fennel** - muscle relaxant; aid to digestion.

**Hibiscus flowers** - helps reduce blood pressure.

**Lemon & ginger** - improves circulation; relieves cold & flu symptoms.

**Lemon verbena** - rich lemon scent; reduces inflammation. **new**

**Licorice root** - anti-depressant; helps boost immune system.

**Nettle** - good for relieving arthritis, rheumatism and high blood pressure.

**Peppermint leaf** - aid to digestion; purifying natural immune boost.

**Rooibos** - rich ruby appearance and a soft sweet taste.

**Rosehip** - excellent source of vitamin C; anti-inflammatory.

**Turmeric herbal** - a slightly fruity flavour, followed by delicate spices. **new**

## Fruit Tisanes (caffeine-free)

**Apple crumble** - wonderful baked apple and cinnamon notes. **new**

**Berry Fruit Cocktail** - blueberries, blackcurrants, sultanas, elderberries.

**Bora Bora** - hibiscus flowers, papaya, apple, elderberries, blackcurrants, strawberries, raspberries, sunflower and cornflower blossoms.

**Mango mix** - with pineapple, orange, tangerine, Safflower, Marigold blossom and strawberry slices and, of course, mango.

**Pina Colada** - pineapple and coconut pieces, blended with rosehips hibiscus and apple.

If you have enjoyed your tea today, why not buy a packet to take home.