



Speciality Tea Menu

Aromatic & Fragrant:

- Moroccan Mint Green
- Aniseed, Fennel & Cardamom
- Peppermint
- Three Ginger
- Long Jim
- Mint Humbug
- Serene Jasmine Green
- Thoroughly Minted

Tangy & Zesty:

- Strawberry & Raspberry
- Cranberry & Raspberry
- Blackcurrant Burst
- Orange & Mango
- Lemon & Mandarin
- Lime & Ginger
- Superfruity
- Mixed Red Berries

Refreshing & Stimulating:

- Cranberry & Blood Orange
- Peppermint & Liquorice
- Lemon Zest
- Mango & Strawberry
- Apple & Elderflower
- Ginger Citrus Twist
- Blood Orange

Sweet & Soothing:

- Lemon, Ginger & Manuka Honey
- Elderberry & Echinacea
- Orange Crush
- Passion fruit Ceylon
- Redbush Caramel Velvet
- Nutty Chocolate Assam
- Golden Chamomile
- Gingersnap Peach
- Wild Cherry
- Chamomile

Classic Tea Varieties Also Available:

Organic Rooibos

Original Chai

Sencha Green (Chun Mai)

English Breakfast

Assam

Earl Grey



Health Benefits Of Herbal Teas

Herbal tea, or tisane, is any beverage made from the infusion or decoction of herbs, spices, or other plant material in hot water, and usually does not contain caffeine. People on all continents have used thousands of indigenous plants for treatment of ailments since prehistoric times. The use of plants as medicines seems to predate written human history, but the written record of herbs dates back over 5,000 years to the Sumerians, who described well-established medicinal uses for such plants as laurel, caraway, and thyme. The practice of brewing these herbs into teas seems to have originated in China hundreds of years ago, and is still widespread today. There is conflicting evidence regarding the efficacy of these treatments, but many people enjoy herbal teas simply for their flavour, and consider any health benefits to be a bonus. Below is a list of some of the common ingredients in our teas that are believed to have medicinal properties, though it is by no means exhaustive.

NB: The UK considers herbal teas to be a foodstuff rather than a medicine, and so all herbal teas sold in the UK are rigorously tested to be certain that they are safe for consumption. However some teas may not be suitable for pregnant women.

Mint - believed to reduce stomach pain caused by bloating, cramps or diarrhoea; thought to reduce feelings of nausea; may help relieve some symptoms of coughs and colds.

Ginger - thought to reduce feelings of nausea and prevent motion sickness; may help soothe sore throats.

Chamomile - may help relieve feelings of anxiety; used to induce peaceful sleep; thought to relieve symptoms of indigestion.

Echinacea - supposed to boost the immune system; relieve pain and symptoms of inflammation; provide antioxidant effects.

Rooibos - contains flavonoids with cancer-fighting properties, though studies into their effectiveness have been very limited.

Green tea - lowers blood pressure and cholesterol; contains antioxidants that are thought to lower cancer risk; prevents and fights tooth decay.

Cardamom - helps relieve coughs; thought to help reduce mood swings during menstruation; prevents stomach pain and eases flatulence.

Liquorice - said to soothe the digestive tract; thought to promote respiratory health.

Fennel - said to have muscle relaxing properties; commonly used as a diuretic; soothes digestive discomfort and wind pain, especially in children.

Raspberry - thought to alleviate menstrual pain; used to relieve sore throats, inflamed mouths or bronchitis; soothes intestinal problems, especially diarrhoea.