

*All of our teas are delightful whether served hot or cold.*

*\* Prices are as follows unless otherwise noted:*

*Hot Teas: 6 Cup Pot \$6.99 / 2 Cup Pot \$5.20*

*Cold Teas: Full Carafe (4 Glasses) \$6.99 / Half Carafe (2 Glasses) \$5.20*

## *Black Tea*

Black tea is fully fermented, thus giving it a stronger, fuller flavor. Research suggests that black tea is good for the heart, lower cholesterol, and promotes healthy bones and skin. It also has a compound that reduces inflammation and helps arthritis. It is a great pick-me-up tea and tastes delicious with milk and sugar. (Medium caffeine)

*Apricot Delight:* A China Ceylon blended with juicy apricot.

*Autumn Orange Spice:* Cinnamon, vanilla bean, orange, and clove.

*Black Currant:* Finest quality black tea leaves superbly blended with the bright fruity taste of currants.

*Ceylon Pekoe:* A high-grade Ceylon, wonderful hot or perfect as a robust iced tea.

*Cinnamon Chai Spice:* Cinnamon, vanilla, cardamom, and clove. Perfect with milk and sugar.

*Coconut Cocoa: A House Favorite!* A rich blend of black tea, coconut, and chocolate.

*Darjeeling:* A superb second flush (summer) from the Darjeeling region of India.

*Darjeeling Apricot:* Darjeeling with tones of sweet and delicate apricot; a wonderful dessert tea.

*Darjeeling Peaches and Ginger:* Darjeeling with pieces of real peach and dried ginger.

*Earl Grey:* A traditional Earl Grey infused with oil of bergamot and blended with dried bergamot.

*English Breakfast:* A classic blend of Assam and Sumatra.

*Florence:* Hazelnut and chocolate: it's dessert in a cup!

*Irish Breakfast:* A combination of black from Ceylon and Assam from Sri Lanka.

*Irish Cream:* A brisk tea blended with essence of vanilla and cream.

*Island Flower:* Mango, passion fruit, and papaya.

*Lavender Earl Grey:* Earl Grey's citrus blend and a hint of cream complemented with lavender flowers.

*Paris:* In homage to the city of love, this is a fruity black tea with lemony Bergamot with a note of caramel. Magnificent!

*Passion Fruit:* Pleasantly sweet, tropical flavor of a fresh passion fruit with the bright, lively taste of Ceylon black tea.

*Pomberry:* A blend of pomegranate and cranberry.

*Pumpkin Harvest:* Pumpkin spice black tea enhanced by a blend of cream and cinnamon black teas.

*Royal Gold:* A Yunnan tea from China, it's exceptionally high quality with beautiful gold tipped leaves. It is a rare tea, robust and full bodied with a rich taste.

*Summer Garden:* A wonderful blend of juicy peaches and sweet strawberries: a taste of summer in a cup.

*Vanilla Earl Grey:* Oil of bergamot is paired with vanilla for a wonderful creamy citrus flavor.

*Vanilla Gardens:* A high-quality tea blended with hand-cut vanilla beans: a creamy cup of comfort.

*Winter's Morning Breakfast:* Blended with the essence of chestnut and maple: tastes like a bowl of maple oatmeal.

## *Green Tea*

Green tea is unfermented, and is the most popular tea in China. It has been around for thousands of years, being the first tea to be discovered. Two small cups of green tea have as much vitamin C as a large glass of orange juice. It has antioxidants and EGCG, which stimulates the body to burn calories. It detoxifies your body, promotes healthy teeth, bones, and skin, and regulates blood sugar.

*Appletini:* Sencha infused with apple, lime, and kiwi.

*Blueberry Fields:* An organic green tea naturally sweetened with blueberries and toasted rice that's simply irresistible.

*Dragonwell:* One of the most famous teas from China: this tea is pan-roasted with remarkable flavor.

*Enchanted Forest:* Sweet almond, mate, and a hint of coconut and rose: tastes like a biscotti.

*Genmaicha:* A high grade Japan Sencha, mixed with fire roasted rice. This tea is steamed causing some of the rice to pop hence the name "popcorn tea". It has a wonderful toasty, slightly sweet flavor.

*Gunpowder Mint:* Leaves are rolled into tiny pellets and infused with peppermint and spearmint.

*Gyokuro:* A high grade Japanese tea that has been shaded from the sun at harvest. This helps the leaf produce a high volume of chlorophyll and antioxidants. It has a sweet vegetal flavor and it's very healthy.

*Island Green:* This rich green tea is infused with pineapple and papaya. A cup of this tea is like a trip to your very own tropical island.

\* *Japanese Matcha:* A high-grade tea shaded before harvest, raising the chlorophyll and amino acids. The dried leaves are ground between stones into powder. The health benefits are ten times more than any other tea because you are ingesting the whole leaf. - \$7.99 / \$6.20

\* *Jasmine Pearl:* These tea leaves are infused with freshly cut jasmine blossoms and rolled into small pearls. - \$7.49 / \$5.70

*Long Island Strawberry:* A wonderful blend of fresh strawberries, oranges, and jasmine blossoms rolled into small pearls.

*Mango Blossom:* An exotic blend of blossoms, mango, and exotic berries. Very floral and one of our best sellers!

*Midnight Green:* A mélange of gogi berry, pomegranate, and blueberry, blended with Japanese Sencha.

*Sencha:* This tea, from the Shizuoka region of Japan, is made only from the dark green leaves of first flush (early spring). It has an aroma and taste unsurpassed by any other.

## *Honeybush Tea*

Honeybush was discovered in South Africa in the 18<sup>th</sup> Century. It's a shrub with yellow blossoms that smell like honey, very similar to Rooibos, only a little sweeter. Traditionally used to treat coughs because it has Pinitol, which is also good for lowering blood sugar, and is being considered as a drug for diabetes. It contains flavone, isoflavones, coumestans, 4-hydroxycinnamic acid, polyphenols, and antioxidants, and may help lower blood lipids.

*Chocolate Cake:* Chocolate, honeybush, cocoa bean, and chocolate chip.

*Honeybush:* Smooth, gentle roasted flavor and slightly fuller bodied than rooibos. Clean, refreshing finish and naturally caffeine free.

## *Oolong Tea*

Known as a brown tea, it is the most complicated tea to make. Repeated wilting and shaking in bamboo baskets assures that it will arrive at the perfect state so as to capture the essence of the leaf. Oolong is semi-oxidized, and has polyphenol, an antioxidant that has a protective effect on several diseases, like some cancers and heart disease. The Chinese believe this is the healthiest of all teas.

\* *Formosa Oolong*: World's finest oolongs are from Formosa, an island off the Fujian province of China. - \$7.49 / \$5.70

*Oolong 'n' Peaches*: Oolong tea from Taiwan blended with rose blossom, green tea, and peach.

*Orient Express*: Aronia berry (very high in antioxidants), mango, passion fruit, and rose. Exquisite!

## *Rooibos*

Rooibos, the red tea, is unique to South Africa, fermented and dried in the sun. The process is totally natural. Discovered in the 18<sup>th</sup> Century, its medicinal qualities were not known until Annique Theron documented how it soothed and pacified her baby. Studies show Rooibos fights allergies, colic, insomnia, diarrhea, nausea, vomiting, stomach cramps, and joint inflammation. Also shown to alleviate acne, eczema, warts, nappy rash, and cradle cap, when applied topically. It is caffeine-, additive-, preservative-, and colorant-free.

*Creamy Caramel*: A tasty rooibos with caramel pieces and hints of almond. (Contains dairy)

*Peach Rooibos*: Peach, blackberry leaf, and calendula petal.

*Rooibos*: A flavorful, fruity, sweet, rounded, mild, and smooth tea with a refreshingly herbal texture.

*Rooibos Chai*: Cinnamon, clove, and nutmeg.

*Rooibos Punch*: An unfermented green rooibos with blueberry, passion fruit, sunflower, and cornflower petal.

*Rooibos Vanilla*: Natural vanilla flavoring, almond, and calendula petal.

*Valentines Tea*: A blend of chocolate and mint.

## *White Tea*

White tea is the smoothest of teas; the finest leaves are used from each bush. It is produced in small quantities in a very labor-intensive process. Tea connoisseurs consider white tea the top class of all teas. It has many health benefits: studies have shown that it is 10% more effective in improving health than green tea. It is excellent at detoxifying the body, good for the skin, and is high in antioxidants. (Low caffeine)

*Mango Pear*: A perfect combination of two delicious fruits blended with organic Pai Mu Tan.

*Tea Diva*: Chinese white and green tea, pineapple, papaya, strawberry, and rose.

*White Peach*: From the Fujian region of China, flavored with sweet white peach.

## *Yerba Mate*

In South America, mate is known as the “drink of the Gods.” It comes from the mate tree, native to Brazil, Paraguay, and Argentina. It contains 24 vitamins, 15 amino acids, and 11 polyphenols. The Pasteur Institute in Paris concluded that “it is difficult to find a plant in any area of the world equal to mate in nutritional value,” and mate “practically contains all of the vitamins necessary to sustain life.” Mate gives “good energy,” which contributes to mental clarity, reduces fatigue, boosts immunity, aids weight loss, fights bad breath, and strengthens the organism against cellular destruction.

***Mate Chai:*** A roasted mate full of mocha chai flavor and some spicy notes too. Delicious with milk and sugar!

***Tropical Mate:*** Blended with pineapple and papaya, it is a healthy alternative to coffee. A best seller!

## *Tisanes*

Herbs, fruits, and edible plants are not teas but tisanes. Most often referred to as “herbal teas” despite the fact that they contain no tea leaves and have no caffeine. Tisanes are very rich in vitamin C and antioxidants. They taste good hot or cold, and milk is not recommended, except for Rooibos.

***Cloud Catcher:*** A mélange of cherries, cranberries, apples, kiwis, and coconut.

***Cranberry:*** This sweet and tangy tisane has all the benefits of cranberries without all of the sugar that commercial juices have.

***David's Sweet Mango:*** In honor of a special young man who touched all our hearts here at The Tea Gardens, we drink this tea in his memory. A beautiful blend of sweet mango, pineapple, orange, and marigold.

***Fruity Berry:*** A delicious mélange of hibiscus, elderberries, blueberries, black currants, and grapes offers an aromatic and lovely cup of tea with a ruby glow.

***Jungle Brew:*** Banana, coconut, mango, pineapple, rooibos, papaya, and orange.

***Strawberry Kiwi:*** A great blend of strawberry and kiwi, a kids' favorite.

***Sweet Dreams:*** Egyptian chamomile and vanilla bean with a touch of citrus.

***Watermelon:*** Watermelon, apple, honeydew, carrot, and strawberry.

## *Flowers and Roots*

***Chamomile:*** Good for colds and relieving stomach ailments. Also helps with insomnia and relieving headaches and tension.

***Ginger:*** Helps with digestion, reduces gas and nausea. It's an anti-inflammatory for arthritis. Studies show it may lower cholesterol.

***Hibiscus:*** High in vitamin A, C, and beta-carotene. It can replace electrolytes and quench thirst. Eases flu symptoms and cough.

***Lavender:*** Good for headaches and rheumatism, eases tension and anxiety.

***Peppermint:*** Calms the digestive system, relieves heartburn, stomach aches, and nausea.

***Rose Hips:*** Helps in preventing and treating colds, flu, vitamin C deficiencies, stomach spasms, stomach acid deficiency, preventing stomach irritation and ulcers, and as a "stomach tonic" for intestinal diseases.

***Roses:*** Calms the nerves, relieves depression, and lethargy in addition to easing muscle cramps.