



## Loose Leaf Tea Menu

**Pot for 2** (26oz, no refill).....\$3.25  
each additional cup 25 cents

**Cup** (16 oz, no refill) .....\$2.30  
(20 oz, no refill).....\$2.80

**Bulk** (minimum 2 oz)..... see prices inside  
Each oz makes 10 to 15 cups, depending  
on the type of tea



Fair Trade teas have this symbol  
on the right of descriptions

# Green Tea

This long-time favorite in Asia has gained popularity worldwide for its pleasing, natural flavor and numerous health benefits such as anti-oxidants, cleansing, and preventing cancer. Light to medium caffeine.

## Traditional

### Dragon's Well

(organic)  
\$3.75/oz

The classic Chinese flat-leaf, pan-fired green tea. Smooth, aromatic, and intriguing, it is considered the standard bearer for Chinese green tea and is thought to boost mental alertness.

### Gen Mai Cha

\$2.75/oz

A classic Japanese green tea mixed with roasted rice. Perfect with sushi and rice dishes. A mellow and unique treat enjoyed by countless people around the world.

### Jasmine Dragon Pearls

(organic)  
\$7.25/oz

Jasmine scented green tea, hand-rolled into small pearls, slowly unfurl into long graceful leaves. Gentle, cleansing, and aromatic, this is a tea to experience!

### Sencha

\$2.75/oz

An extra-fine, elegant tea, commonly used in Japanese tea ceremonies to mark events of importance. The epitome of healthy green teas, high in anti-oxidants, its dark green leaves yield a smooth and delicate taste.



Dragon's Well

# Flavored Green Tea

**Fruits, flowers, and spices compliment and add complexity to traditional green tea to make these flavorful blends. Light to medium caffeine.**

## Flavored

**City Harvest Green**  
(organic)  
\$2.75/oz

A clean and crisp fusion of fruit and flower. Apple with jasmine scenting brings a sweet floral bouquet to the grassy freshness of this Chinese and Indian green tea.

**Fiji**  
(organic)  
\$2.75/oz

A blend of lush green tea with floral and fruity notes of wild pineapple, papaya, and lavender. With a flavor that lingers on the palate, this truly tropical tea will take your breath away.

**Fresh Phase**  
(decaf)  
\$2.55/oz

A delightful, fruity blend of sweet strawberries nestled amongst the sweet, fresh notes of green tea.



**Jasmine**  
\$2.55/oz

The champagne of scented tea, this is our very own house green tea, fresh from Taiwan. Refreshing and floral, this tea is well bodied, yet delicate.

**Passion and Envy**  
\$2.55/oz

The fresh taste of Sencha leaf combined with the sensuous passion fruit. Classy yet earthy, energized yet relaxing, this tea will carry your senses away!

**Raspberry Lane**  
\$2.55/oz

An exotic blend of Indian green tea with lots of raspberry, paired with rosehips, hibiscus, and berry leaves.

**Smart Tart**  
(decaf)  
(organic)  
\$2.55/oz

Crisp and nutty Bancha Japanese green tea paired with tart, refreshing hibiscus flowers. Packed with enough vitamin C and mental stimulant to carry you through the day.



Fresh Phrase

# Black Tea

This full-bodied, dark brew is enjoyed in all parts of the world as a wonderful warming cup, a delicious iced tea, or the perfect accompaniment to any meal. Medium to high caffeine.

## Traditional

**Assam**  
(organic)  
\$2.55/oz

Grown in North Eastern India, this robust, hearty, and malty Assam is a traditional breakfast tea.



**Darjeeling - Second Flush**  
(organic)  
\$3.75/oz

Grown high in the foothills of the Himalayas, this is one of the most sought-after teas in the world. Nutty, strong character, yet elegant and delicate."



**English Breakfast**  
(organic)  
\$2.75/oz

One of the most popular black tea blends of Ceylon, Assam, and Nilgiri. Hearty and flavorful, this is perfect for breakfast or any other time of the day.



Black & Blue

# Flavored Black Tea

## Flavored

### **Black & Blue**

\$2.55/oz

Blueberry paired with Chinese black tea, enhanced with a variety of other fruit blends. It's as packed with punch as the name suggests!



### **Black Currant**

\$3.75/oz

This Mediterranean tea has the distinct berry flavor of black currant coupled with Chinese black tea. Elegant and refined, this is what truly good, uncluttered blended teas are about.

### **Black Orchid**

\$2.55/oz

This seductively exotic orchid based in ' Chinese black tea breathes poetry with its soft and mellow fragrance. It's as delicious as it is inspirational.

### **Cheeky Peach**

(organic)  
\$2.55/oz

Sweet, fruity, and aromatic. Embraced by spices, supported by fine black tea, a marvelous afternoon treat for peach lovers.



### **Congo Bongo**

(organic)  
\$2.75/oz

Coconut, mango, and black tea make a truly wild, fragrant infusion. This full-bodied tea is exuberant and is also great on ice.



### **Ginger Peach**

(organic)  
\$2.55/oz

This warm, exotic ginger and peach black tea brings the mystery of the orient right into your cup.



### **Earl Grey**

(organic)  
\$2.75/oz

The tea staple enjoyed around the world by millions. The combined organic components of fine black Ceylon leaf and rich bergamot oil produce a smooth tea for any time of the day.



### **Lili' uokalani**

\$2.55/oz

This elegant tea from China combines the lush tropical richness and colors of such flavors as peach, mango, apple, orange, and guava. A noble tea named in honor of the last queen of Hawaii.

### **Mango Ceylon**

(organic)  
\$2.75/oz

Fine black Ceylon leaves combined with sweet aromatic mango pieces to create a deliciously refreshing afternoon tea or summer iced tea.



### **Slim Mint**

\$2.55/oz

A truly decadent blend of chocolate, vanilla, rooibos, mint, and black tea. Contains trace bits of almond. Spoil yourself with this rare blend!



# Oolong, Pu-erh

## Oolong

**Oolong tea contains some of the same qualities as both black and green teas. It is full-bodied, fragrant, and flavorful with a fruity sweet aroma. Light caffeine.**

**Goddess of Mercy**  
\$3.75/oz

aka Ti Kuan Yin, the most famous of the Chinese Oolong family. Has a distinct fragrance and flavor. Produces a lovely fragrant amber liquor with peachy notes and nutty overtones.

## Pu-erh

**Often consumed for medical purposes, pu-erh tea is recognized as a powerful digestive aid. It is an unusual tea, because unlike other teas which are consumed shortly after production, pu-erh is usually aged at least one to two years, buried underground, thereby giving it an earthy flavor.**

**Pu-erh Golden Tip**  
(organic)  
\$3.75/oz

Pure pu-erh straight from the Yunnan province of China. Enjoy its distinct earthy flavor and bouquet and know that it's the best thing you can do for your digestive system.

# White Tea

**Known for their subtlety and complexity, white teas are considered by tea connoisseurs one of the best kept secrets. It contains 15 times the anti-oxidants as green tea and is the least processed tea. Virtually no caffeine.**

**Pai Mu Tan**  
(organic)  
\$3.25/oz

Smooth and flowery Chinese tea with a hint of bamboo and toasted nuts. A delicate and pensive tea to accompany you and your thoughts.



**Shanghai Rose**  
\$3.25/oz

White tea from China and rose petals make an exceptionally tangy and aromatic blend. Lovely and enigmatic, this tea will inspire you!



**Silver Needles**  
(organic)  
\$7.25/oz

This rare Chinese tea from the Fujian province is made with buds picked only two days of the year. Sweet, light fragrance with subtle flavor and nuances.

**White Ginger**  
(organic)  
\$3.25/oz

Pai Mu Tan combined with ginger root, produces a nutty and almost spicy taste. Ginger has medicinal properties to remedy a cold and settle the stomach.



Shanghai Rose

# Chai

**Originated from India, these are teas or tisanes infused with a variety of herbs and spices to make fantastic hot or iced beverages. Usually accompanied with milk and/or honey.**

**Assam Chai**  
(organic)  
\$2.75/oz

This blend of organic assam black tea from India, cinnamon, cloves, and cardamom is rich and generous. A comforting cup to warm up to with spices that linger.



**Mandela Masala Chai**  
(organic)  
\$2.55/oz

This chai tisane is an herbal infusion of cinnamon, cloves, cardamom, ginger, and rooibos. Full of life and the wonderful health benefits of red tea. No caffeine.



**Marrakech Chai**  
(organic)  
\$2.55/oz

An exotic, light, and refreshing green tea chai with cinnamon, cloves, cardamom, and mint. This chai has a fresh, crisp taste that goes well over ice.







Assam Chai

# Guayusa

**Introducing a NEW kind of ENERGY! Guayusa (kwhy-you-sa) is a native Amazonian tree leaf that has been brewed like tea for thousands of years by indigenous communities. A truly balanced stimulant, guayusa leaves contain double the caffeine, antioxidants, and vitamins of any tea to awaken the mind and fortify the body. Discover clear, sustained, focus energy – what the Kichwa people call “mental strength and courage.”**

**Hand-picked in the Amazon rainforest, guayusa is 100% organic.**

<b>Amazon Spice</b> \$4.50/oz	A signature blend of guayusa, cinnamon, and lemongrass. For the person who loves that extra kick in their tea.	
<b>Rainforest Mint</b> \$4.50/oz	Refreshing and smooth, this perfect blend of guayusa and peppermint will awaken your senses.	
<b>Traditional</b> \$4.50/oz	Smooth and rich, with a hint of sweetness. This tea invigorates the mind and the body.	
<b>Tropical Ginger Citrus</b> \$4.50/oz	For those who love the taste and healthy properties of ginger, this tea has the extra bonus of zesty orange peel.	



Fully mature guayusa leaves are hand-picked by the Kichwa tribesmen

# Tisane

**Tisanes are caffeine-free, herbal infusions containing fruits, blossoms, and a variety of spices and flavors, but no tea leaves. Delicious iced or hot.**

<b>Ambrosia</b> \$2.55/oz	The harmonious blend of apple, chocolate, vanilla, mango, and rooibos is sweet, pleasant, and smooth.
<b>Chamomile</b> (organic) \$2.75/oz	Whole Egyptian chamomile flowers, fragrant and naturally sweet. This herbal infusion is absolutely soothing and relaxing. Perfect before bedtime for a good night sleep.
<b>Chaucer's Cup</b> \$2.55/oz	A warm and fragrant infusion of apple, cinnamon, cloves, cardamom, ginger, and mango. Reminiscent of a traditional mulled spice cider.
<b>Eve's Temptation</b> \$2.55/oz	A pure fruit blend including apple and mango. Refreshing, flavorful, and very tempting, it is also delightful over ice.
<b>Faux Cocoa</b> \$2.55/oz	Chocolate, vanilla, rooibos, and mixed spices make a sinfully delicious, but calorie-free, infusion.
<b>Fellini's Folly</b> (organic) \$2.55/oz	Mint leaves and rooibos come together in a fabulously smooth and refreshing infusion. Try this with a shot of honey when you have a cold!
<b>Gaucho</b> (organic) \$2.55/oz	Cloves, cardamom, ginger, and Yerba Mate make this a delicious embellishment of the Argentine staple.
<b>Lemon Myrtle</b> \$2.75/oz	Tart and zesty, this aromatic lemon tea is full of vitamins and citrus to celebrate health and well-being.



Ambrosia

# Tisane

<b>Mint Chamomile</b> \$2.75/oz	Whole Egyptian chamomile blossoms and mint leaves, a fresh and soothing blend. Great for fighting off a cold, cough, or as a "digestif."
<b>Monk's Mead</b> \$2.55/oz	The ever relaxing chamomile blended with apple and mango. Soft, fragrant, and nostalgic; a guiltless pleasure of indulgence.
<b>Par Amour</b> \$2.55/oz	Strawberry and hibiscus make a sweet, sharp and enticing pairing that is both complimentary and antagonistic. Perfect on ice and with a shot of honey.
<b>Quiet Nights</b> (organic) \$2.55/oz	This floral mix of lavender and chamomile is both soothing and fragrant. It will calm the inner insomniac and bring about relaxation.
<b>Rooibos</b> (organic) \$2.55/oz	A super-fine earthy South African herb that is sweet and mellow. It has 30 times the antioxidant of green tea, and is rich in vitamins, natural minerals, protein. Also great for the digestive system. 
<b>Rosehips Supreme</b> \$2.55/oz	Whole rose hips make a tart and fruity brew that steeps an aromatic and satisfying cup full of healthy vitamin C.
<b>Ruby Sipper</b> \$2.55/oz	The aggressive notes of blood orange, softened by a blend of fruity sweetness, create a tisane that is full bodied & refreshing.
<b>Simply Mint</b> \$2.55/oz	A mix of pure peppermint and spearmint leaves revitalizes the senses. Often used to aid an upset stomach.
<b>Yerba Mate</b> (organic) \$2.55/oz	This grassy and intense South American tea is known for its naturally released stimulant (Matteine) that has effects similar to caffeine.



Monk's Mead

## The Rainbow of Tea - Tea varieties explained

The one plant that produces every tea in the world is *Camellia sinensis*, an evergreen native of China. It takes a variety of forms, growing 15 to 20 meters tall, with leaves ranging from smooth and shiny to fuzzy and white-haired. The plant gives rise to more than 3,000 varieties of tea worldwide, which can be roughly classified into six basic categories: white, green, oolong, black (the Chinese call these red teas), pu-erh, and flavored/blends. Scientific studies have shown that both green and black teas prevent cavities, gum disease, some cancers, and increase the body's antioxidant activity.

### White Tea

White tea is the rarest of all tea types, and is the least processed. A specialty of Fujian province on China's east coast, it was relatively hard to come by outside of China until recently. The name comes from the almost colorless liquor, and from the silvery hairs found on the buds of the plant. Delicate in flavor as well as color, white tea has a subtle, slightly sweet flavor and a mellow creamy or nutty quality. White tea consists of the whitish buds of the tea plant. Lower quality varieties contain some leaves as well. The buds (and leaves) are naturally dried using either sun drying or steaming methods. For this reason, white tea has the least caffeine, is least processed, and contains 10 times the antioxidant.

### Green Tea

Green tea makes up approximately 10% of the world's tea. The production process, like that of white tea, starts with withering, followed by pan-frying or steaming to prevent fermentation. (The two types differ in that white tea has a higher proportion of buds to leaves.) After steaming and before drying, green tea leaves are rolled to give them the desired shape. Green tea yields a greenish-yellow color, with a grassy, astringent quality reminiscent of fresh leaves.

### Oolong Tea

Often referred to as "the champagne of teas," oolongs are considered to be among the finest teas in the world. Most oolongs come from Taiwan. Oolong tea is "semi-fermented," meaning it goes through a short period of oxidation (fermentation) that turns the leaves from green to red-brown. The liquor is pale yellow, with a floral, fruity quality and a hint of smoke. Due to the delicacy of the flavor, connoisseurs generally prefer drinking it without milk, sugar or lemon.

### Black Tea

Though known to most of the world as "black tea," the Chinese call it "red tea" due to its characteristic reddish-brown color. Black tea is the most common type of tea worldwide. It has a broad range of flavors, but is typically heartier than green or oolong teas. It is made by fully fermenting the harvested leaves (for several hours) before the heating or drying processes occur. This oxidation imparts a dark coloring and triples the caffeine.

### Pu-erh Tea

Pu-erh tea is in a category all its own, differentiated from other black teas by the fact that it is fermented not once, but twice. The double oxidation process is followed by a period of maturation, often classified by year and region of production much like wine vintages. Often pu-erh leaves are compressed into tea cakes or bricks, and are wrapped in various materials, which when stored away from excessive moisture, heat, and sunlight help to mature the tea. Aside from being known for its strong earthy taste, it is recognized as a powerful digestive aid.

### Flavored/Blended Tea

Tea easily absorbs other aromas and tastes. Thus tea manufacturers the world over have long enhanced their tea with additional flavors, from flowers and oils to herbs and spices. Flavoring tea is a well-established tradition in China, where, for centuries, people have brewed tea with onions, orange peel, peach, berries, jasmine, orchid, rose, and magnolia. In many Arabic nations, mint (plus a generous amount of sugar) is the flavoring of choice. In India, the spicy "chai tea" (black tea with spices such as cardamom, cinnamon, ginger, cloves, and pepper) is a popular beverage; milk and sugar are usually added. Beyond herbs and spices, the flavor craze has spurred manufacturers to produce tea with just about every flavor imaginable, from banana to toffee pudding.

### Tisanes (tee-zahn)

And then there are countless caffeine-free herbal infusions (tisanes), entirely unrelated to "real" tea made from *Camellia sinensis* leaves. Tisane is what many people think of as "herbal tea," that is, a drink made by steeping various herbs, spices, flowers, etc. in boiling water. These herbal drinks are commonly associated with physical and mental health, and are consumed for their soothing or rejuvenating qualities. They also suit the needs of those who wish to avoid caffeine.

- Excerpts from *StarChefs.com*

### Caffeine Content Comparison (milligrams per 8 oz.)

