

TEA LIST

Our loose teas are fresh and of the finest quality

BLACK

- 1 **CEYLON KENILWORTH ESTATE** (Delicate flavor with profound aroma. One of Sri Lanka's finest teas) \$4.00
- 2 **DARJEELING GOPALDHARA** (Full bodied with an exquisite bouquet of Muscatel. The "Champagne" of Teas) \$4.50

GREEN

- 101 **TEMPLE OF HEAVEN GUNPOWDER** (Slightly pungent with a sweet vegetative aroma) \$4.00
- 102 **TANGERINE SENCHA** (Green Tea with a fabulous nose and flavor of citrus fruit) \$4.50
- 103 **PHOENIX DRAGON PEARL JASMINE** (Layers of Jasmine buds naturally scent the Chinese Green tea leaves)..... \$6.00
- 104 **JAPANESE SENCHA** (Sencha is the most popular tea consumed in Japan. Very flavorful and smooth) \$5.00

BLENDS

- 201 **MASALA INDIAN "SPICED" CHAI** (Assam Black Tea with Cinnamon, Vanilla, Ginger and Cardamom) \$4.00
- 202 **EARL GREY SUPREME** (Mellow balance of Citrus and Black Tea flavors. Indian tea from the Nilgiris)..... \$4.00
- 203 **MOROCCAN TEA – GREEN TEA, MINT & ROSE** (Green Tea with Mint, Rose Water and Sugar)..... \$4.50

HERBAL

- 301 **COLD COMFORT** (Blend of Chamomile, Echinacea, Elder Flower, Licorice and Peppermint Leaf) \$4.00
- 302 **MINT TEA** \$4.00
- 303 **GREEN DRAGON ENERGY TEA** (Combination of Ginseng, Rooibos, Linden flower, and Orange peel) \$4.00

POUCHONG

- 401 **JASMINE POUCHONG** (The oldest of scented teas and has the fragrance of a garden in bloom) \$4.00

OOLONG

- 501 **IMPERIAL JADE** (Superb taste with complex overtones reminiscent of spring flora. The finest in its class)..... \$7.00

DECAFFEINATED

- 601 **ENGLISH BREAKFAST** (Same great flavor and aroma without the buzz) \$4.00
- 602 **GINGER/PEACH** (Black Tea with pieces of Peach and Ginger resulting in a tangy, fruity brew) \$4.00

Steeping your tea for the recommended time is very important for the quality of the taste. Please notice our time chart for various teas. These times take into consideration about 1 minute of prep time in our kitchen. Once the tea gets to your table you should steep an additional:

Green - 2 minutes

Black - 3 minutes

Oolong and Herbal - 5 minutes

Tea and a Healthy Heart

- A study published in the *Journal of the American Medical Association* found green tea drinking significantly reduced the risk of all-cause mortality by 16 percent and cardiovascular disease by 26 percent among those who drank the most green tea compared to those who drank the least.
- Another study published in the *Journal of the American Medical Association* found that tea was able to reduce markers of inflammation that are thought to increase risk for cardiovascular disease. This complements past research suggesting that tea may provide heart health benefits.

Adding to the substantial body of evidence that tea may confer a wide array of potential health benefits, more than 100 research articles were published within the past decade. These studies provide further support to the notion that tea can support a healthy cardiovascular system, may help the body fight certain types of cancer, and may be helpful to combat the rising epidemic of type-2 diabetes. Several studies also showed that calorie-free green tea may play an important role in helping maintain a healthy weight and body shape through its unique effects on energy metabolism.