

*Teatopia*



*Loose Leaf  
Tea Selection*



# Black Tea

## Assam

Assam tea, hailing from the lush, tropical region of Assam in northeastern India, is one of the world's most popular and robust black teas.

The fragrance is reminiscent of dried fruits or brown sugar. The taste of Assam is full-bodied, offering a malty sweetness. Assam is very versatile and can be enjoyed anytime of the day. It is known for its energizing effects and has been linked to various health benefits, such as improved heart health and enhanced mental alertness.

## Darjeeling

Darjeeling tea, often referred to as the "Champagne of Teas", is celebrated for its exquisite flavor and delicate aroma. Grown in the lush, verdant foothills of the Himalayas in Darjeeling, India, this premium tea is cultivated at high altitudes, where the unique climate and soil conditions contribute to its signature characteristics. A complex black tea, light amber in color, with floral and muscatel notes. Darjeeling is generally enjoyed without milk. It is known to promote relaxation and support digestion.

## Earl Grey

Earl Grey is a sophisticated blend renowned for its distinctive flavor and aromatic qualities. Typically infused with bergamot, a citrus fruit. The name is attributed to Charles Grey, the 2nd Earl Grey and British Prime Minister in the 19th century, who is often credited with popularizing it. Traditionally served with a splash of milk or a twist of lemon, Earl Grey is very versatile.

Adding milk softens the robust flavors, creating a creamy texture that enhances the drinking experience, while a slice of lemon complements the sweet but subtle bergamot, amplifying its citrusy notes. For those who prefer a more unadulterated taste, sipping it plain allows one to fully appreciate the intricate and exquisite layers of flavor.

Earl Grey also carries a host of potential health benefits. It is rich in antioxidants, which can help combat oxidative stress, and the bergamot oil is believed to offer calming properties, contributing to a soothing experience for tea drinkers.



## *Lapsang Souchong*

Lapsang Souchong is a bold and distinctive black tea originating from the Wuyi mountains in the Fujian province of China. Characterized by a unique smoky flavor, Lapsang Souchong offers a captivating sensory experience that sets it apart from traditional black teas. The leaves are carefully handpicked and then withered over pine wood fires, infusing them with a rich, aromatic smokiness and subtle sweetness that defines this tea. Traditionally enjoyed plain, Lapsang Souchong can also be paired with milk, though purists often prefer it unadorned to fully appreciate its smokiness. Like many teas, it is rich in antioxidants and can promote relaxation.

## *Masala Chai*

Masala chai is a fragrant and spicy tea blend. Traditionally, masala chai is made by brewing black tea with an assortment of spices, milk, and sweeteners creating a warm and comforting drink. The taste of masala chai is a harmonious blend of bold and spicy notes. The black tea provides a robust foundation, while the spices (often cardamom, cinnamon, cloves, ginger and black pepper) add warmth and complexity. The creaminess of milk contributes to a smooth texture, enhancing the overall indulgence of the drink. Beyond its delightful taste, ingredients like cardamom and ginger are known for their warming and digestive properties, making masala chai a comforting option for those seeking both pleasure and wellness.

## *Milky Oolong*

Oolong tea falls between black and green teas. It is a complex, intriguing blend. Its unique flavor profile is characterized by floral and toasty notes. Associated with several health benefits, including boosting metabolism. This milky oolong is smooth, with a delicious aroma of warmed cream.



# Green Tea

## Japanese Sencha

Sencha is a fresh green tea known for its vibrant flavor and bright green color. It has a refreshing grassy flavor with a hint of sweetness and a subtle umami note. Sencha holds a central role in Japanese tea culture, often served in homes and tea ceremonies. It is rich in antioxidants.

## Jasmine

Green tea infused with the scent of aromatic jasmine blossoms. Jasmine tea is renowned for its delightful floral scent and soothing qualities. The balance between the base tea, often green or white, and the jasmine blossoms, creates a refreshing and inviting cup. It is rich in antioxidants.

# Herbal Infusions

## Chamomile

Chamomile tea is a herbal infusion made from the dried flowers of the chamomile plant. It is well regarded for its calming properties and soothing effects. It has a mild, floral flavor with a sweet apple-like undertone. Its gentle taste is both soothing and comforting. The scent is reminiscent of fresh daisies. The tea can be served clear or with added slices of lemon or honey for extra flavor. Chamomile tea is known for its potential health benefits, which may include promoting better sleep, reducing anxiety and alleviating digestive issues.



## *Hibiscus*

Hibiscus is a vibrant herbal infusion made from the dried petals of the hibiscus flower. Known for its striking color and tart flavor, it is enjoyed both hot and cold around the world. Hibiscus tea has a tart, tangy flavor, often compared to cranberry or pomegranate. It can be somewhat sour, balanced by a hint of sweetness. Sweeteners like honey or sugar can enhance the taste. Hibiscus tea is loaded with antioxidants and may have several health benefits.

## *Peppermint*

Peppermint tea is an infusion made from the leaves of the peppermint plant. Recognized for its invigorating flavor and aroma, it is a favorite choice for both relaxation and digestion. It can be enjoyed plain or with honey, lemon, or added spices for extra warmth.

## *Rooibos*

Rooibos tea, pronounced "roy-boss", is a naturally caffeine-free herbal tea made from the leaves of the red bush shrub, native to South Africa. Known for its distinct flavor and rich color, rooibos tea is a remarkably smooth, well-rounded infusion. It is slightly sweet, with an earthy flavor and hints of vanilla and a subtle nutty essence. It is often described as a soft mellow tea, making it a comforting choice.



