



**Tie Luo Han, Wuyi Oolong - £2.60 - China**

This wonderful oolong from Wuyi is repeatedly roast and baked over charcoal to create a deep layered flavour. Smoothly warming, clean and savoury flavours of biscuity richness and mineral complexity wrapped up in a subtle charcoal bake. This evolves in subsequent infusions to soft fruitiness with a clean savoury & satisfying finish. A superb example of dark fired Wuyi oolong tea, suitable for multiple infusions.

**PU-ERH TEAS**

Defined by their common origin, Yunnan, in China, pu-erh teas are the only tea that benefit from age! They can be classified as Sheng (raw) and Shu (ripe) pu-erh. Sheng pu-erh has minimal processing and is the original, ageing naturally. Shu pu-erh is fermented to replicate ageing, yet still benefits from further ageing. Both taste unique and have many health properties! All pu-erh teas should be drunk without milk, using water just under the boil, 99°C. Sheng pu-erhs should be steeped for 2-3 minutes, Shu pu-erh can be steeped for a up to 6 minutes!

**2015 Bu Lang Sheng (Raw) - £2.60 - China**

Delicious flavour with a pleasing lubricating mouthfeel and refreshing character. Delicate complexity with sweet flowery honey notes giving way to a pine like minty fresh finish.

**2010 Nan Nuo Shu (Ripe) - £2.60 - China**

Fully fermented Shu (Ripe) Pu-erh with a light and smooth flavour, fruity sweetness, earth rich depths and woody notes.

**HERBAL & FRUIT TEAS**

**Balance Tea - £2.50 - Herbal tea**

Ayurvedic tea supporting the dosha 'Pitta' soothing and balancing. A blend of cardamom, cinnamon, coriander, fennel, ginger, liquorice & rose leaves. Soft & sweet tasting tea.

**Lemongrass & Ginger - £2.50 - Herbal tea**

Ayurvedic tea supporting the dosha 'Vata' cooling & soothing the respiratory system. A blend of lemon grass, liquorice, ginger, peppermint, lemon peel and pepper. Very refreshing!

**Plain Rooibos - £2.20**

Long red needles with characteristic sweet & soft easy drinking

**Vanilla Rooibos - £2.50**

Another great rooibos blend using real bourbon vanilla to create a wonderful sweet finish.

**Orange & Grapefruit Mint Rooibos - £2.50**

With real chunks of orange and peel, this refreshing and zesty blend of rooibos is flavoured with two citrus fruits and mint.

**Moroccan Mint - £2.50**

Superbly aromatic peppermint blended with strong and smoky green gunpowder tea, a classic combination!

**Peppermint Tea - £2.50**

Made from high quality pure cut peppermint leaves, this infusion has an intense minty flavour.

**Camomile Tea - £2.50**

Quality German camomile flowers produce a sweet and pure tasting example of the typical comforting flavour.

**Berry Royale - £2.50 - Fruit tea**

Papaya, hibiscus blossoms, currants, blackcurrant's, blueberries, elderberries, strawberry & raspberry pieces combine to create this rich, fruity blackcurrant blend.

**Turkish Apple - £2.50 - Fruit tea**

A fantastic apple based fruit tea blend based on the popular apple tea found in Turkey. Our blend features real chunks of apple with an intense fresh apple taste, both sweet and sour!

**OTHER DRINKS**

**Real Hot Chocolate**

Made from chocolate shavings - Plain £2.95, with cream and marshmallows - £3.50

Want to add a syrup? Please ask for our current flavours - 50p

**Cafetiere of freshly ground smooth blended Butterworth & Son's**

coffee - please ask if you would like hot milk (decaffeinated available) - £2.50

**Fentimans Sparkling ginger beer - £2.90**

**Cox apple juice - £2.80**

**Pear juice - £2.80**

**Elderflower and Apple - £2.80**

**Traditional Lemonade (still) - £2.80**

**Diet Coca-Cola - £2.20**

**Still or Sparkling Mineral Water - £2.00**

**Glass of cold milk £1.30 (Child size 80p)**

*(All of our fruit juices are made in Suffolk)*

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Cragg Sister's Tea Room, 110 High Street, Aldeburgh, Suffolk 07813 552181



## BLACK TEAS

To make black tea the leaves are rolled after withering, a process releasing enzymes in the sap which begins the oxidation process darkening the leaves creating a fuller, richer taste with more body and strength. Large leaf black tea should be made with boiling water brewed for 2-3 minutes if drunk without milk (try it again!) or 4-5 minutes to drink with milk.

### **House Blend - £2.20 - India x Kenya**

Our house blend is a robust yet flavoursome black tea with a rich malty finish. A treat at any time, but the rich smooth taste make it suitable as a refreshing and comforting morning brew.

### **Boudoir blend - £2.50 - Nepal x Kenya**

Smooth and indulgent, this special tea blends high grown Nepal 2nd flush black tea with a superb orthodox Kenyan tea. Deliciously flavoursome black, but takes milk too.

### **Assam 2nd flush - £2.50 - Assam**

This lovely Assam blend has everything good from the region going for it. The fine black leaves and golden tips deliver a smooth rich malty brew from this fine strong black tea.

### **Lapsang Souchong - £2.50 - China**

Using the ripe larger souchong leaves, which are smoked in the final stages of production over resin rich pine wood resulting in the classic smoky taste.

### **Earl Grey - £2.50 - Black tea base**

Our quality Earl Grey uses a light Southern Indian black tea base, bright blue cornflowers and is blended with premium natural bergamot oil. Zesty and refreshingly delicious!

**Decafinated Tea - £2.20**

## GREEN TEAS

Green teas are fired or steamed after withering, arresting the oxidation process. Low in caffeine and high in antioxidants they have a refreshing tangy vegetal taste. Drunk without milk green teas taste best using with water under the boil, around 75 – 85 °C, steeped for 2 to 3 minutes.

### **Kenya Green - £2.50 - Kenya**

Small and bright broken green leaf with the occasional white tip. This green tea rarely produced in Kenya has a wonderfully light and clean tasting profile. Refreshing delicious green tea.

### **Akarui Aracha - £2.50 - Japan**

Lovely organic green tea grown by a small family run tea farm in Southern Japan. Large dark green leaves infuse into a vibrant yellow cup with smooth yet sweet fresh grassy notes.

### **Sencha Shiokaze - £3.00 - Japan**

Grown on the same organic family run tea farm as our Akarui Aracha, this is a higher quality tea. Long brittle dark green needles infuse into a vibrant yellow-green tinged cup with a smooth, thicker and more flavoursome sweet taste

### **Jasmine Phoenix Pearls - £3.50 - China**

This luxuriously perfumed infusion slides down smoothly and delicately, leaving thirst quenched. Infuse 10-12 pearls per cup and watch them unfurl slowly as they release their heady scent!

## WHITE TEAS

White teas are closest to the natural leaf, being plucked and dried in sunlight or quickly pan fired. Lowest in caffeine and highest in antioxidants they have a light refreshing taste. White tea should be drunk without milk, prepared with water just under the boil, around 95 °C and steeped for a up to 3 minutes.

### **Bai Mu Dan (White Peony) - £3.00 - China**

Spring picked white Peony from Fuding in Fujian province, the traditional origin of the best China white tea! Large bronzed green leaves with an abundance of fluffy silver tips infuse into a deep golden coloured cup with a tender, sweet taste of honey and herbaceous meadows. Flavourful and delicious white tea.

### **Elderflower White Tea - £3.00**

White Peony loose tea decorated with elderflower & marigold blossoms and scented subtly with elderflower. A light and delicate refreshing taste that brings to mind summer!

### **Special White Tea - £3.50**

Each season /year we try to offer a specialty White tea – if we find something truly special. please ask for more details!

## OOLONG TEAS

Lying between black and green teas, oolong tea is semi-oxidised; allowed to wither slightly. It may then be rolled, fired or baked after this depending on local production methods. Oolong tea can be classified into 'green' type oolongs (< 20% oxidised) and darker more oxidised oolong (< 70% oxidised). Green oolongs taste sweeter and less vegetal than green tea, whilst darker oolongs have a more robust depth and strength.

### **Golden Lily Oolong - £2.60 - Vietnam**

Great example of 'green' type oolong tea using Jin Xuan cultivar oolong from Vietnam. The tightly twisted leaves have a wonderful sweet floral aroma and produce a thick golden liquor with a sweet buttery finish. Good for several infusions.

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