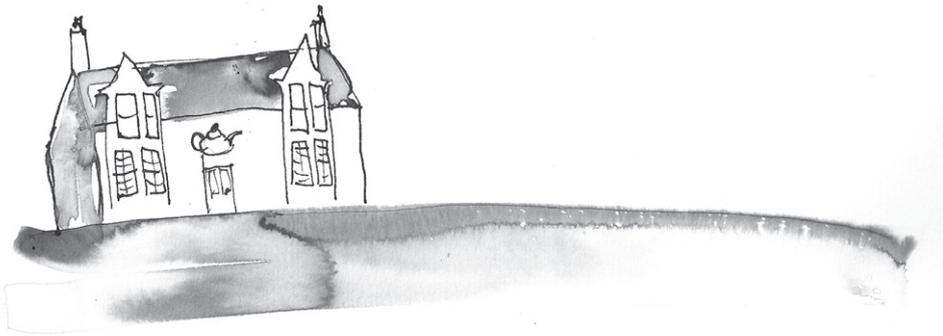


*Chidakasha
The Teahouse*



TEA LIST

*Tea is more than a
tradition, it is a way of life...*

A very warm welcome to our Chidakasha Teahouse...

We take care to prepare your tea, so you discover the spectrum of wonderful flavours and aromas which they hold...so please be patient if your tea is taking a bit longer to prepare.

And to accompany your tea...we bake our cakes fresh every day, make soup from locally sourced ingredients where we can and where we cannot, we will make sure that only fine (fairtrade, organic or both) ingredients find their way into our baking and our soups.

... a little history of tea...

Tea was discovered by luck by the Chinese Emperor Chen Nung in 2737 B.C. when a leaf from a wild tea plant reportedly fell into his bowl of hot water. For the next three thousand years tea was a purely and intensely Chinese affair.

Traders had long carried tales of tea but it was not until the Dutch East India Company brought the first shipment of tea to Holland in 1610 that tea became more widely known and drank in Europe.

...the different teas...what they really are...

All the tea comes from the one and the same tea plant - *Camellia Sinensis*. It is the process that the tea leaves undergo after plucking that makes the distinction between green, white, black or oolong tea. We offer just a small selection from the vast & wonderful world of tea but we do hope that you will enjoy your experience.

Please ask if you are not sure which tea to choose, we will be very happy to recommend or help you make the right choice of tea.

Green tea

After plucking and undergoing partial withering, the tea leaves are heated to prevent them from starting to ferment. This way the tea leaves preserve their natural oils and important natural antioxidants.

Green tea produces gentle, subtle, refreshing liquor and has undisputed health benefits due to the high quantity of antioxidants and vitamin E found in the leaves.

Black tea

Black tea is known to the Chinese as Hong Cha or Red Tea. The tea leaf undergoes a three stage process of withering, fermentation and drying. It is during fermentation that it takes on the brown/black colour and at this stage, most of the flavour will develop. Black tea is the most processed of the three categories (green, oolong, black). Its taste resembles the least the taste of the natural leaf.

Oolong tea

Oolong or 'Wu Long' translates as Black Dragon. Oolong teas are treated in much the same way as black teas but withering and fermentation times are minimized. Dependent on how oxidised they are, they provide an incredible variety of spectacular flavours and fragrances. The processing of these highest quality oolongs is carried out by a tea master whose experience and technique will have been learned over at least thirty years and is as important as the growing conditions to the quality of the final product. They are rich in antioxidants, are believed to lower cholesterol and aid digestion and relaxation.

Pu-erh

This unusual tea takes its name, Pu Erh from the town in Yunnan near which most of it is grown.

Pu Erh is very highly regarded in China for its reputed health benefits such as lowering cholesterol and as it is believed to speed up metabolism without raising heart rate. It has, therefore, been said to aid weight loss.

We have chosen a cross section from amongst the 200 or so varieties on offer. The black tea varieties (cooked pu-erh) can take milk; they have a mellow character and leave a sweet taste in the mouth, whilst green Pu-erh (raw) should be drunk without milk.

White tea

White tea undergoes almost no transformation - once harvested, it is merely withered and dried. Its name, a literal translation from the Chinese, probably comes from the very pale colour of its liquor. The taste is very subtle, more so than green tea. Production of this tea is limited.

Scented tea

Scented and flavoured teas are very popular amongst the wider public. They mildly alter or enhance the natural tea flavour. They can add sweet or pungent flavour of fruit or spice, the fragrant scent of blossoming flowers or in case of Lapsang Souchong, pine smoke and many other.

Skye herbal tea

We are delighted to introduce some of the gifts of Skye – from the hills, sun, wind & rain..Skye picked herbs in your cup.

Tea at a glance....

We have listed our teas so it is easier for you to choose the one that right now suits your mood and will settle with you for the best experience.

LIGHT TASTES

lighter infusion, not compromising the taste, no milk required

Black tea

Organic Badamtam 1st flush Darjeeling

Green tea

Sencha Supreme

White tea

White Peony tea

MEDIUM BODIED

Black tea

Organic 2nd flush Darjeeling
Red Dragon

Oolong tea

Tie Guan Yin (Iron Goddess of Mercy)
Phoenix Honey Orchid

Green tea

Jasmine Pearls green tea
Organic Dragon Well Supreme

STRONG TASTES

Black tea

House tea (Assam blend)
Vanilla black tea
Organic Earl Grey

Oolong tea

Oriental beauty

Green tea

Organic Gunpowder Supreme

HEALTH PROMOTING HERBAL TEA

caffeine free - no tea leaves

Lemon Verbena
Whole Chamomile flowers
Nettle
Lemongrass & ginger
Skye Watermint

Whole Rose buds
Red Berry & hibiscus
Eldeflower blossom
Rooibos

BLACK TEA Hong Cha (Red Tea)

1. House tea

£2.50

Origin: India & Indonesia

Full bodied

A perfect coppery and bright Organic English Breakfast tea blend with good body and full tea flavour notes. A quintessential tea blend that can be enjoyed with milk.

2. Red Dragon

£3.80

Origin: Yunnan, China

Uniquely fruity & complex

An exceptional tea, processed by masters as a black tea using the method traditionally used for oolong tea. This gives the tea a syrupy, rich texture, fruity aroma and an enticing flavour of dark berries, ginger, caramel and chocolate. Picked from the lush slopes of Ximeng Tea Garden at 1500m.

3. Organic Badamtam 1st flush Darjeeling

£4.10

Origin: Darjeeling, N India

Light, fragrant, sweet & reviving

An exceptional, limited batch of tea from the first flush that is truly supreme in its quality. This tea is from one of Darjeeling's most scenic estates with views of the Kanchenjunga mountain. Supremely fragrant with warm, floral aromas, hints of honeysuckle with a sweet mouthfeel, light astringency and rich texture.

4. Organic 2nd flush Darjeeling

£3.20

Origin: Darjeeling, N India

Medium bodied, refreshing & warming

This Darjeeling combines warming and comforting aromatic flavours with a deeply refreshing taste, making a perfect afternoon tea.

OOLONG TEA Wu Long tea

5. Tie Guan Yin (Iron Goddess of Mercy)

£4.10

Origin: Anxi, Fujian, China

Complex & floral

Medium fired and oxidised in the traditional way with beautiful flavours of roasted hazel and autumn fruits. A very satisfying tea, that is both comforting and complex, revealing an amazing range of aromas and flavours over multiple infusions.

6. Phoenix honey orchid

£4.50

Origin: Guangdong, China

Complex & bold, yet fruity & honeyed

A seductive shade of orange blossom; with complex notes of orange, vanilla and honey, flavour produced from elegantly long, twisted leaves. A wonderful experience of an oolong tea from this famous tea region.

7. Oriental beauty

£4.50

Origin: Hsinchu, Taiwan

Fragrant, decadent & intriguing

One of Taiwan's most famous and fragrant oolong teas, highly aromatic with notes of apple, grape and fragrant wood. This is beautifully shaped, white tipped oolong tea with its iconic tart sweetness.

GREEN TEA

8. Sencha Supreme

£4.90

Origin: Shizuoka, Japan

Thick, rounded & sweet

Sencha translates as "steamed tea" – steaming fixes or oxidises the fresh green tea leaves, giving the infusion a fresher, grassy flavour.

9. Organic Dragon Well Supreme (Long Jing)

£4.50

Origin: Hangzhou, China

Thick & smooth, notes of chestnut

The youngest, freshest buds are plucked in the spring and pan-fried by hand in dry, hot basins, giving the leaf its iconic 'spear' shape and sweet, nutty flavour. The rich soils and terroir of the protected area of Hangzhou that imparts a rich, velvety- thickness and truly unique texture.

10. Organic Gunpowder Supreme

£3.20

Origin: China

Vibrant & fresh

Full flavoured green tea without being overpowering or bitter - the perfect balance of sweet, refreshing and moreish flavour.

11. Sichuan dew

£3.20

Origin: Sichuan, China

Grassy, sweet & refreshing

Hand-picked and steamed at the humid plains of Sichuan. Similar in flavour as Japanese green tea. This tea has a deeply satisfying lingering aroma.

WHITE TEA

12. White Peony

£3.40

Origin: Fujian, SE China

Fresh, fragrant & fulfilling

A pale golden green infusion full of sweet notes of honey and refreshing cucumber and melon. Sets of two deep green leaves, and a downy silver bud produce a deep & complex flavour.

SCENTED TEAS

13. Jasmine Pearls green tea

£3.40

Origin: Fujian, SE China

Beautifully fragrant & refreshing

Poetic in form and fragrance, these stunning pearls produce the most memorable jasmine tea you'll ever taste. Each one is hand-made by rolling the tea leaf into pearl, set aside until summer when the jasmine comes into season and it is scented five times with fresh, aromatic jasmine flowers.

When infused, the pearls unravel and release a beautifully sweet jasmine aroma.

14. Chai tea

£3.40

Origin: India

Spicy, warming flavour, sweetened

Our very own unique recipe. We take time to prepare this alluring drink which will take you back to the journey through India or let you dream of the distant lands...richly spiced with cardamom pods, cinnamon, fresh ginger and other spices. Best served with a good teaspoon full of sugar.

15. Vanilla black tea

£2.80

Origin: Ruhuna, Sri Lanka

Fragrant, sumptuous & sweet

A sweet and decadent treat, this is a rich and smooth black tea which reveals an intoxicating aroma of moist vanilla pods. Soft & creamy, a delightful alternative to black tea.

16. Organic Earl Grey

£3.10

Origin: Sri Lanka

Fragrant & refreshing

The finest organic Bergamot oil – straight from Sicily is used, for the classic Earl Grey flavour, and pretty organic blue cornflowers for colour. This is an innovative twist on the quintessential afternoon tea.

HERBAL & FRUIT TISANES

19. Lemon Verbena

£3.10

Origin: various

Fragrant, subtle lemon, silky

This popular herbal infusion has a light buttery taste, complemented by a subtle lemon scenting. Suitable as a refreshing digestive or for any caffeine intolerant individual.

20. Nettle

£3.10

Origin: Isle of Skye

Nettley & herby

Nettle as you know it. Earthy & fabulous - that's if you like nettles...

21. Whole Chamomile flowers

£3.10

Origin: various

Floral, summery elegance

Fresh, cleansing and intensely enjoyable to drink. Camomile is helpful as a muscle relaxant. Enjoy this favourite herb in the full beauty.

22. Elderflower blossoms £3.10

Origin: various

Fragrant & exotic

Aromatic & enticing.

23. Lemongrass & ginger £3.10

Origin: various

Highly fragrant, gentle spice

Composed of the finest lemongrass and whole ginger pieces, blended to perfect proportion, this is extremely refreshing infusion with a gentle spicy finish. Refreshing and energising.

24. Skye Watermint £2.80

Origin: Isle of Skye

Cleansing, caffeine free

25. Red berry & hibiscus £2.80

Origin: various

Smooth & warming

A beautiful, deep red infusion of hibiscus blossoms, elderberries, raisins, rose-hip petals and elderflowers which yield intense soft fruit flavours. The sumptuous scarlet liquor has a deliciously sweet forest berry aroma. The infusion is intense and perfectly balanced between sweet and tart notes.

26. Rooibos plain £2.80

Origin: S Africa

Sweet & mellow

Top quality rooibos grown high in the Cedar Mountains - the South African classic.

27. Whole Rose buds £2.80

Origin: China

Bright, smooth & naturally sweet

The finest whole, dried, pink rosebuds make a delicious, refreshing infusion on a summer's day and are gorgeous to look at in a glass teapot. The liquor is bright and fragrant, naturally caffeine-free with a smooth taste which induces a calming effect. The sweet, true rose flavour is reminiscent of proper Turkish Delight and has been used in Chinese medicine for many centuries to improve the skin and balance hormonal conditions.

Tea alternatives

Cafetiére Coffee £2.80

Origin: Brazil

MC Miaki. Naturally processed coffee from the Chapadao de Ferro region of Brazil.

Cafetiére Coffee £2.80

Origin: Costa Rica

Estrella Naranjo. Washed coffee from the Naranjo region of Costa Rica

Hot chocolate £2.20

Green & Black's organic hot chocolate

Red grape juice £1.75