

## FRUIT INFUSIONS

### APPLE & LEMON

Apple pieces, lemon peel, hibiscus blossoms, rosehip peel and flavouring

To drink here: 2.25      100g Pack: 3.95

### BLOOD ORANGE

Pieces with apple, hibiscus blossoms, rosehip peel, safflower blossoms and flavouring

To drink here: 2.25      100g Pack: 3.95

### BOUQUET ROYALE

With papaya cubes, hibiscus, currants, blackcurrants, blueberries, elderberries, and freeze-dried strawberry and raspberry pieces

To drink here: 2.25      100g Pack: 3.95

### KIWI & STRAWBERRY

Kiwi & Strawberry pieces with apple, hibiscus, elderberries, rosehips and flavouring

To drink here: 2.25      100g Pack: 3.95

### MEDITERRANEAN SUN

A fruit infusion of traditional Mediterranean fruits. Orange and grapefruit flavour with pieces of tangerine and carrot.

To drink here: 2.25      100g Pack: 3.95

### PASSION FRUIT & ORANGE

Passion Fruit & Orange pieces with apple, hibiscus, elderberries, rosehips, sunflowers and flavouring.

To drink here: 2.25      100g Pack: 3.95

## HERBAL INFUSIONS

### CAMOMILE FLOWERS

Camomile tea is well known for its calming effects and makes a great evening or after dinner drink

To drink here: 2.25      60g Pack: 3.50

### EGYPTIAN MINT (cut)

A highly aromatic herb

To drink here: 2.25      60g Pack: 3.50

### NETTLE

Nettles contain high levels of vitamins and iron

To drink here: 2.25      60g Pack: 3.50

### PEPPERMINT (cut)

A highly aromatic herb and a great way to end a meal, as it is known as a great way to cleanse the palette

To drink here: 2.25      60g Pack: 3.50

## ROOIBOS

Made from the leaves of the Red Bush in South Africa

To drink here: 2.25      100g Pack: 3.50

### ROSEHIP & HIBISCUS (fine-cut)

Dried Rosehip berries and Hibiscus flowers is a deliciously fruity and aromatic brew

To drink here: 2.25      100g Pack: 3.50

## AYURVEDA TEAS

### ANTI STRAIN TEA

An ideal drink for anyone under stress. This is a refreshing and vitalising energetic blend, containing cinnamon pieces, liquorice root, ginger pieces, fennel, orange peel and cardamom.

To drink here: 2.25      100g Pack: 4.95

### STIMULATING TEA

An ideal drink to give you an energy boost. It contains ginger roots, cardamom, coriander, tumeric roots, cloves and nutmeg.

To drink here: 2.25      100g Pack: 4.95

### WOMENS ACTIVITY TEA

A great blend for addressing weariness. Contains orange peel, cinnamon pieces, fennel, liquorice roots, cardamom, ginger roots, angelica, dandelion roots, cloves and juniper berries.

To drink here: 2.25      100g Pack: 4.95

### MENS ACTIVITY TEA

Ideal for vanquishing men's weariness or indeed revitalising the whole family. Contains cinnamon pieces, fennel, ginger pieces, rosemary leaves, peppermint, cardamom, carob, damiana leaves, liquorice root, sage leaves, black pepper, cloves, sarsaparilla roots.

To drink here: 2.25      100g Pack: 4.95

### BALANCE TEA

This soothing blend helps you have a relaxing moment and makes you feel really good. Contains cinnamon pieces, cardamom, liquorice roots, coriander, fennel, ginger roots and rose leaves.

To drink here: 2.25      100g Pack: 4.95

## ETHICAL TEA

*Bensons Tea Suppliers are members of the Ethical Tea Partnership, working to protect the conditions of tea industry workers around the world*

**HENLEY STREET**  
TEA ROOMS

## TEA MENU

*Stratford-upon-Avon's largest selection of high quality loose leaf teas*

### POPULAR BLENDS

#### ENGLISH BREAKFAST

A carefully balanced blend of Assam and Ceylon teas that gives a bright morning tea

To drink here: 1.95      100g Pack: 3.75

#### BUILDERS BREW

If you fancy a good strong cuppa, then this blend of ceylon and assam teas is the one for you

To drink here: 2.25      100g Pack: 3.75

#### ENGLISH AFTERNOON BLEND

An ideal tea for enjoying mid afternoon with a mixture of Keemun and Darjeeling, giving a light flavoury tea

To drink here: 2.25      100g Pack: 3.95

#### THE STRATFORD ALL DAY BLEND

This high quality large leaf tea is a wonderful blend of Assam, Darjeeling and Ceylon teas. It is fairly mild with a truly delightful flavour, which can be enjoyed throughout the day

To drink here: 2.25      100g Pack: 3.95

#### EARL GREY

The ever popular black tea with essential oil of bergamot

To drink here: 1.95      100g Pack: 3.75

#### EARL GREY BLUE LADY

One of our most popular teas. A traditional earl grey with added blue mallow flowers

To drink here: 2.25      100g Pack: 3.75

### DECAFFEINATED TEA

#### DECAFFEINATED ENGLISH BREAKFAST

A blend of Broken Orange Pekoes (mainly from Ceylon) processed using the carbon dioxide process to reduce the caffeine content to less than 1%

To drink here: 2.25      100g Pack: 5.50

#### DECAFFEINATED EARL GREY

Decaffeinated Earl Grey tea, processed using the carbon dioxide process to reduce the caffeine to less than 1%.

To drink here: 2.25      100g Pack: 5.50

### INDIAN TEA

#### ASSAM GBOP

This single estate Assam from the Deamoolie Estate provides a dark cup with a strong spicy scent

To drink here: 2.25      100g Pack: 3.95

#### DARJEELING BOP

A single estate Darjeeling tea from the Namring Estate in India provides a strong and spicy tea with body

To drink here: 2.25      100g Pack: 3.95

#### NILGIRI

A single estate Nilgiri from the Craigmere Estate in Southern India. Flavoury, brisk and fragrant and give a bright, golden liquor.

To drink here: 2.25      100g Pack: 3.75

### TAIWAN TEA

#### OO LONG

This semi-oxidised tea from Taiwan has a large ragged leaf, giving a light liquor with a slightly peachy aftertaste

To drink here: 2.25      100g Pack: 3.95

### CHINESE TEA

#### KEEMUN

Keemun is a black Chinese tea from Anhui province with jet-black, twisty leaves; the liquor is a rich coppery colour and the flavour is balanced and slightly sweet

To drink here: 2.25      100g Pack: 3.75

#### LAPSANG SOUCHONG

Lapsang Souchong leaves are withered and dried over smoking wood fires to give this tea its famous smoky aroma and flavour

To drink here: 2.25      100g Pack: 3.95

### CHINESE TEA

#### ROSE CONGOU

Congou derives from the same root as 'gung-fu' and means 'made with great skill'; it is scented with natural flavouring and oil of fresh roses

To drink here: 2.25      100g Pack: 3.75

#### RUSSIAN CARAVAN

A blend of Keemun, Lapsang Souchong and Oolong teas gives a slightly smoky flavour

To drink here: 2.25      100g Pack: 3.95

#### YUNNAN

Yunnan is from the south west of China, the brown leaves are flecked with golden tips and give a rich, slightly earthy, malty flavour

To drink here: 2.25      100g Pack: 3.95

#### YUNNAN PU-ERH

The famous Chinese tea which is reputed to aid weight loss

To drink here: 2.25      100g Pack: 5.50

#### PAI MU TAN WHITE TEA (China)

A pale yellow liquor and a soft, sweet flavour with a hint of nuttiness. White teas are less processed and are naturally lower in caffeine

To drink here: 2.25      40g Pack: 3.75

### CEYLON TEA

#### CEYLON DIMBULA

The Dimbula Estate was the original Ceylon. The tea plants are grown on high estates up to 6000ft with a bright flavour and a rich colour

To drink here: 2.25      100g Pack: 3.95

### FRUIT FLAVOURED BLACK TEAS

Apricot, Blackcurrant, Cinnamon, Ginger, Lemon, Mango, Orange, Passion Fruit, Peach, Raspberry, Strawberry, Summer, Vanilla, Wild Cherry, Winter

To drink here: 2.25      100g Pack: 3.50

### CHAI

#### SPICY CHAI

A black tea with added aromatic spices, including ginger, aniseed, chicory root, cloves and black pepper

To drink here: 2.25      100g Pack: 4.25

### ROOIBOS CHAI

Traditional chai ingredients of cinnamon, aniseed, black pepper, cloves and ginger have been added to the South African Rooibos

To drink here: 2.25      100g Pack: 4.25

GREEN CHAI - Traditional chai ingredients of cinnamon, aniseed, black pepper, cloves and ginger have been added to this green tea

To drink here: 2.25      100g Pack: 4.25

### GREEN TEAS

#### GENMAICHA GREEN TEA (Japan)

This is made from Sencha blended with toasted rice and popped corn, Genmaicha has a sweet, slightly biscuity flavour

To drink here: 2.25      100g Pack: 4.95

#### EARL GREY GREEN TEA (China)

A green tea version of the famous Earl Grey

To drink here: 2.25      100g Pack: 4.25

#### PEPPERMINT GREEN TEA (China)

Small pellets of Gunpowder tea are blended with peppermint oil to give the flavour that is so popular in Morocco

To drink here: 2.25      100g Pack: 3.95

#### GUNPOWDER GREEN TEA (China)

Gunpowder leaves are rolled into small pellets which unfurl during brewing; the amber liquor has a gentle, smooth, slightly herbal flavour

To drink here: 2.25      100g Pack: 3.75

#### JASMINE GREEN TEA (China)

A green tea flavoured with Jasmine flowers

To drink here: 2.25      100g Pack: 3.75

#### SENCHA CHERRY GREEN TEA (Japan)

Flat needles of Sencha are flavoured with aromatic oils to give the tea a delicious, almond, wild cherry flavour.

To drink here: 2.25      100g Pack: 4.25

#### SENCHA LEMON GREEN TEA (China)

Green Sencha blended with lemon grass, lemon peel and flavouring

To drink here: 2.25      100g Pack: 4.25

#### SENCHA ORANGE GREEN TEA (China)

Green Sencha blended with safflower blossoms and natural orange flavouring

To drink here: 2.25      100g Pack: 4.25

#### YOUNG HYSOON GREEN TEA (China)

'Hyson' means Flourishing Spring and refers to teas that have been picked in the early spring; the tea has a fresh, light flavour.

To drink here: 2.25      100g Pack: 3.75