

***Rooibos Tea** is sweet and slightly nutty. The taste gets better the longer it is brewed. It has a high level of antioxidants and is naturally caffeine free.*

Green Rooibos Key Largo Flavored with papaya bits, mango bits, peach bits, orange peels & marigold flowers.

Rooibis Macadamia Flavored with candied macadamia nuts & almonds.

Giverny Monet Rooibos Rooibos with chocolate pieces, coneflower petals & a hint of pineapple.

Rooibos Herbal Tea Fruity with sweet notes & enriched with nutrients such as iron, potassium, calcium, fluoride, copper, zinc & magnesium.

***Pu-Erh Tea** has a bold, earthy taste and is usually purchased in a compressed state. Pu Erh can help reduce cholesterol according to scientific studies, and is the perfect tea after a heavy meal. Letting it mellow will develop the flavor.*

*Bold-Leaf Pu-Erh Medium bodied with a flowery-earthy flavor.
Pu-Erh Tuo Cha Mellow with subtle nutty notes & rich underlying hardness. Tea is pressed and individually wrapped. Does not develop harshness even if infused for hours.*

***Mate Tea** is strongly vegetal, herbal and grassy, reminiscent of green tea but much stronger in flavor. A species of holly, it is prepared by steeping in hot, not boiling water. Slightly less potent than coffee yet much gentler on the stomach.*

Mate Tiramisu Roasted Mate, cocoa, white chocolate chips, crocant bits, fine Madagascar vanilla pieces & tiramisu flavor.

Roasted Mate The traditional beverage in many parts of Latin America. A stimulating, toasted flavor.

***Oolong Tea** or fermented teas have some of the qualities of both black and green teas. Strong and bitter with a sweet aftertaste.*

Organic Fancy Formosa Fragrant, smooth, with a fruity-sweet flavor.

Organic Oolong Tea Bold and satisfying.

Tea Menu

by the pot \$8.00

by the cup \$3.00

by the ounce \$6.00

White Tea Market Price

The Tea House

at Manchester Acupuncture & Herbs

2434 Depot Street

Manchester Center, VT 05255

802.366.1001

www.manchesteracupuncture.com

White Tea is the most delicate of all teas, appreciated for its unmatched subtlety, complexity and natural sweetness. It is harvested before the tea leaves fully open and the buds are still covered in a fine white down; hence the name. Similar to green tea, it has undergone no fermentation and minimal processing.

Silver Needle Single buds of equal length, covered with white down.

Strawberry White Tea High-grade China white tea flavored with strawberry.

Organic China White Peony Tea High grade china white tea, light flavor.

Black Tea is strong in flavor and contains more caffeine than more lightly oxidized teas. Flavored black teas are made by adding natural flavors, fruits and flowers to teas.

Kambaa Kenyan Estate tea with a very malty flavor & light hints of currant.

Almond Cookie Flavored with almonds, cinnamon & safflowers.

Earl Grey Crème A blend with a hint of creamy vanilla & mallow blossoms.

Pumpkin Spice Black tea with notes of cinnamon, pumpkin, apple & vanilla.

Cocoa Cardamon Tango Flavored with cocoa bits, cardamon pods & cinnamon.

Wild Blackberry A delightful piquant, sweet & berry.

English Breakfast Good body and full flavored.

Maple Blueberry A balance of blueberry & maple notes.

Cherry Almond Deep cherry flavor with almond notes.

Chocolate Flavored with cocoa pieces.

Chai Tea is generally made up of tea and a combination of various spices. The spices used vary from region to region. The most common spices used are cardamon, cinnamon, ginger, cloves and pepper. It goes best with milk and sugar.

Masala Chai Black tea with masala spices, ginger, cinnamon, vanilla & cardamon.

Indian Spiced Chai Black tea & chai spice blend with a hint of curry.

Lemon Grass Chai Palate cleansing lemongrass adds a light dimension to Malabar spices & malty assam tea.

Bangalore Rose Chai Assam tea blended with Masala spices & light floral notes.

Green Tea Chai Green tea blended with fresh Asian spices.

Genmaicha Chai Green tea & rice with ginger, cardamon, coriander, cinnamon, clove & black pepper.

Green Tea is made from unfermented leaves and is reputed to contain the highest concentration of polyphenols, chemicals that act as powerful antioxidants. Light and slightly herbal, grassy flavor.

Lung Ching Characteristically flat leaves with a subtle chesnut flavor.

Gunpowder Green Tea Tightly rolled pellets with a pleasant aroma.

Green Te Genmai-cha Blended with roasted, partially puffed rice giving the tea a "toasty" flavor

Jasmine with Flowers Green Tea Surprising body and floral character accented by Jasmine blossoms.

Pecan Pastry Green Tea Blended with pecans, papaya, & orange flower petals.

Mint Green Tea Refreshing mint flavor. A delicious & heady combination. Characteristically mild & aromatic flavor & a soft, slightly citric sweetness.