

Garden Tea Lounge



The Art of
Good Living



Take time to re-connect with yourself and those around you daily – one savory cup at a time. Make the most of the ritual that is tea. Sip and pause. Watch the steam slowly rise from the cup. Clear your mind and.... Relax. Ahhh. Recharged by the moment, you're ready for anything. Life makes sense again at Garden Tea Lounge. Here – it's all about the tea.

Craft Teas – our black, oolong, green, white and pu-erh teas are all crafted with care using only the most precious tea leaves

Black Teas – Real black tea is whole-leaf black tea. Whether you want to incite your taste buds in the morning or your mood in the late afternoon, black tea will do the job. Specializing in fresh, organic, full-bodied, and strong black teas, our black teas have the most caffeine of all our teas; these blacks are best sipped...black.

Traditional

Classic English Breakfast – Our rich, full-flavored Organic Classic English Breakfast is smooth, straight-forward and produces a deep red cup with an excellent aroma and a slightly sweet taste. From the heralded Venture tea garden in the Uva district, Sri Lanka, this classic full leaf tea is grown organically. This classic cup is great straight or with your favorite sweetener. A great way to kick-start your morning! **USDA Organic and Fair Trade**
\$2.25 per oz. / Premium

Gong Fu Black – If you like the rich complexity of a classic Chinese black tea with all the hallmark smoothness and depth, be prepared to be enchanted with this exquisite black tea from Fujian Province in China. Thin, twisted leaves present a deep rich red cup with distinct caramel and chocolate notes. If you like a great Keemun or a Gold Yunnan then you will love this tea. **USDA Organic**
\$2.75 per oz./Premium


Golden Assam – From the Assam region of Northeast India, this black tea with even grade leaves and golden buds has gutsy, bold infusions with full body and flavor. Its rich liquor is sweet, robust and malty with notes of fruity raisin and date sugar.
\$5.25 per oz./Select

Blended

Earl Grey – This British tea classic and the most popular tea of the Western World is a citrus-scented tea blend that dates back to the 19th Century. Earl Grey is not a particular type of tea, but rather a plain black tea infused with oil of bergamot. Enjoy a steaming cup of our superb Earl from the Venture Estate in Sri Lanka. This is an extremely smooth, well-defined tea boasting subtle notes of lavender and oranges. **USDA Organic and Fair Trade**
\$2.75 per oz./Premium

Cacao Chai — Our organic Cacao Chai has been lovingly hand-crafted to satisfy the most discerning chai aficionados and dark chocolate lovers. Organic Assam Black Tea with cinnamon, cardamom and ginger, pure vanilla and an abundance of organic Peruvian cacao nibs. Join us in a steaming cup of this sumptuous delight! **USDA Organic and Fair Trade**
\$2.75 per oz./Premium

Coconut Assam — This hearty Organic Assam India Black tea highlighted with organic coconut is a robust and uplifting cup. A perfect balance of the bold richness of the organic black tea and the subtle sweetness of the coconut make a totally savory cup. **USDA Organic and Fair Trade**
\$2.75 per oz./Premium

 **Oolong Teas** - This is tea that will take you very far away. The complex and enduring flavor of oolong teas will definitely make you feel out of this world. More than any other teas, oolong teas have flavors and aromas that are incredibly long lasting and lingering. And when you sip one of these semi-oxidized teas, you cannot help but say "Oooooohh!"

Traditional

Wuyi Oolong — This is a tea that has become noted for its weight loss properties. That said, it is truly an enjoyable drinking tea. This rare and beautiful oolong from the Wuyi Mountains in the Fujian Province, China, consists of medium oxidized, unrolled amber brown leaf with greenish highlights. A sophisticated dark amber liquor reveals hints of raisins, bittersweet chocolate, and toasted almonds; simply an outstanding tea for the health conscious. If you are a coffee lover, this tea will woo you. **USDA Organic**
\$2.50 per oz./Premium

Bao Zhong Emerald Oolong — Bao Zhong tea is processed with a minimum of rolling and drying, resulting in large, deep green leaves that have undergone only slight oxidation. One of our artisan Reserve oolong teas, it comes from a line of small batch handmade teas from a craft handed down over generations. Hand selected for having all the hallmark qualities of the highest grades with notable personality accents, this tea is great for many steepings. **USDA Organic**
\$6.50 per oz./Reserve

Monkey Picked Oolong — Monkey picked comes from 1000 ft. elevation in Taiwan. Smooth bodied infusion with flavors of apricot and honey. The aroma is complex with accents of roasted nuts and caramel and hardy, woody notes. Watch this leaf as it slowly opens, releasing its woody, nutty nectar in each infusion. **USDA Organic**
\$6.50 per oz./Reserve

Blended

Ginger Peach Oolong — Organic Ginger Peach Oolong is as exotic and luxurious as it sounds. Hand-blended by a master craftsman, this Oolong is designed to appeal to all your senses. Top quality organic Shui Xian Oolong, organic ginger root, and organic juicy peach pieces combine to create a superbly refreshing, aromatic, and robust flavor experience. The ginger gives a hint of bright spiciness while the peach adds a touch of sweetness and softness. Ginger Peach Oolong is an outstanding drink that also produces a jaw-dropping iced tea. **USDA Organic**
\$3.50 per oz./Premium



Green Teas - Green tea is appreciated for its fresh, vegetal, sweetness. Generally the most delicate of all teas, green tea has been pan-fired or steamed to retain the color and nutrients, and indeed, it has been found to be rich in polyphenols, anti-oxidants, vitamins, and nutrients. Presumed to increase concentration, prevent heart disease, osteoporosis, and many types of cancer; there are many reasons to experience your favorite green tea daily. The tastes range from sweet, nutty, buttery, smoky, marshy, and floral depending on the location and time of year where the tea was picked.

Traditional

Sencha — Traditional Japanese style organic green tea. Deep steamed and carefully dried. Our organic Sencha exceeds expectations. A clear light green liquor and a full, slightly bittersweet, fresh grass flavor with notes of sea mist. Sweet, vegetal, with a pleasant clean finish are the hallmarks of our Sencha. **USDA Organic**.
\$2.75 per oz./Premium

Japanese Genmaicha — Super high-grade organic Genmaicha from Japan. An outstanding cup is produced from this perfect combination of lightly roasted, popped brown rice and high-grade green tea leaf. This handsome blend is rich and almost brothy with a delightful sweetness on top of its nutty character. Very low in caffeine. **USDA Organic**
\$3.25 per oz./Premium

Dragonwell — Our beautiful organic Dragonwell from the Zhejiang Province in China will soothe and refresh. Broad, flat, bold green leaves create an entrancing golden-green liquor full of rich, nutty, and sweet flavor with a nice rounded finish. Meticulously plucked in early spring when they are full of aroma and have a silvery shine, careful hands turn and press the leaves in a firing wok until they obtain their characteristically flat shape. **USDA Organic**
\$5.25 per oz./Select

Matcha Powder — Matcha was first used by Zen monks more than 800 years ago to promote a calm state of alertness and focus during extended meditation sessions. Matcha became an integral part of Japanese culture and is the traditional green tea used in the Japanese tea ceremony. Our special grade organic green tea powder from Japan is exotic, potent, and very flavorful. High in antioxidants, versatile and healthy. **USDA Organic**
\$6.50 per oz./Reserve

Blended


Moroccan Mint — To create this organic Moroccan Mint tea, high-quality Gunpowder tea is used and blended with heaps of fresh organic peppermint leaves. Traditionally this tea is served with copious quantities of sugar. We prefer it straight or with a bit of agave nectar which gives this tea even more body and richness. Crisp, naturally cooling and refreshing, and makes a very nice iced tea! **USDA Organic and Fair Trade**
\$3.25 per oz./Premium

Tropical Green — A high grade, tasty sencha tea with real pineapple and papaya pieces, rose petals, calendula and safflowers, for a colorful and incredibly delightful tea. Fantastic as a chilled tea, as well. This is an unabashedly indulgent tea, so dive in. **USDA Organic and Fair Trade**
\$3.25 per oz./Premium

Jasmine Pearls — Jasmine blossoms folded seven times into light baby tea leaves and white buds. Hand rolled in the traditional fashion under the strictest quality control standards. Smooth, succulent, satisfying. Several infusions can be made with this delicate yet flavorful tea. **USDA Organic**
\$5.50 per oz./Select

Kashmiri Chai — An amazing blend of organic chunmee, cinnamon, cardamom, ginger, fennel, and vanilla gives this tea its spicy undertones which provide a delectable diversion from your usual chai. Due to the nature of the green tea base, this is a somewhat milder chai than the black varieties; lower in caffeine and with less of a bite. Try this one with agave nectar for a sweet treat! **USDA Organic and Fair Trade**
\$3.25 per oz./Premium

Blooming Bliss — Jasmine-drenched, silver-tipped green tea leaves and amaranth flowers are meticulously hand formed into a sphere that blooms like a flower in your cup, teapot, or even wine glass. Brews fresh fruit characters with floral notes. Optimize your experience and delight of this true art of tea by infusing in large clear glassware.
\$7.50 per oz./Reserve

 **White Teas** - White tea is called white tea because of the fine, downy white hairs that cover each leaf. This tea is not fired or rolled like other teas and is the least processed of all the types of tea. It is handpicked early in the spring and comes from only the very youngest, newest leaves on the plant- made up of only the first leaf and one un-opened bud. Destined for a delicate life, picture how smooth and soft and buttery a brew of tea would be when consisting of only one type of the freshest tea leaves. Sweet, delicate, fresh, and packed with healthy things like antioxidants, polyphenols, and L-theanine white tea is one thing: delicious.

Traditional

Silver Needle Buds — This is the highest grade organic white tea; only harvested for a few days each year. Silver Needle is among the most revered of Chinese teas, produced in the Fuding and Zhenhe districts of Fujian province. This premium tea is produced at the strictest quality standards. This dedication to perfection is apparent in the cup, which is sweet and delicate with an angelic fragrance. Subtle taste and delicate flavor offers a hint of melon. High in antioxidants and low in caffeine, this is an excellent tea to drink late at night and throughout the day. **USDA Organic**
\$7.75 per oz./Reserve

Blended

Ambrosia — Our organic white tea leaves are blended with pineapple bits and coconut for a mouth-watering, succulent treat. This tea comes from the renowned Oothu Estate in the Singampatti rainforest in southern India. This spring plucked white tea, is simply delightful, luscious, and full bodied. **USDA Organic and Fair Trade**
\$5.50 per oz./Select

White Pomegranate — Pomegranate is the featured artist in this hand-crafted blend of our top-grade organic India Oothu Estate White Bai Mudan - that also contains organic, high in Vitamin C rose hips! The chocolate-y overtones of the tea combine effortlessly with the sweet-tartness of the pomegranate flavor. **USDA Organic and Fair Trade**
\$5.50 per oz./Select

White Blueberry — This organic sensation is not only chock-full of antioxidants but totally delivers in the taste department. Rather than covering the delicate body of the white tea itself, our blend of blueberries and blue malva flowers merely enhances and reveals even more of the natural qualities of the tea. **USDA Organic and Fair Trade**
\$5.50 per oz./Select

White Tea Rose Mélange — A blend of jasmine and wild rose scented white tea is combined with green tea and infused with rejuvenating peppermint and calming lavender. It's floral with a fresh minty finish. **USDA Organic and Fair Trade**
\$5.50 per oz./Select



Pu-erh - Smooth, rich and often reminiscent of organic (some say earthy) substances, pu-erh taste like no other on earth. A delicacy from the Yunnan province, this tea is reported to lower cholesterol levels in the blood stream remarkably. With its dark reddish black leaves and strong persistent aroma, pu-erh is very popular in the Cantonese community due to its effectiveness in getting rid of toxins in the body and helping indigestion.

Traditional

Naked Pu-erh — Our Naked Pu-erh is an organic loose leaf pu-erh which stems from Yunnan, China and delivers a deep red infusion with a sweet woody aroma and mild earthy finish. The finish is a medium thick body with slightly floral notes and a lingering hint of honeysuckle. It can be steeped multiple times without yielding a bitter effect. Pu-erh tea is an excellent coffee alternative traditionally touted for its cholesterol lowering effects. **USDA Organic**

\$4.25 per oz./Premium

Blended

Chocolate Chai — euphoric combination of organic pu-erh, roasted dandelion root, cardamom, yerba maté, cocoa shells, cacao nibs, long pepper, coconut flakes, and vanilla bean makes this chai velvety, mellow and deep. An enticing blend of energizing pu-erh tea, shade-grown yerba maté and cacao. Made even more inviting by creamy vanilla, nutty coconut and fruity, pungent and uplifting Ayurvedic long pepper, this is a most sophisticated take on hot cocoa.

USDA Organic and Fair Trade

\$3.50 per oz./Premium

Herbals (Tisanes) - one batch at a time using only the best herbs, fruits and spices, these teas are always artfully hand blended in small batches



Rooibos - This caffeine-free botanical from South Africa is packed with vitamins, minerals, and powerful anti-oxidants. High in vitamin C, Rooibos is perfect for helping you deal with the effects of stress and for keeping your immune system healthy. Also known as red tea, or African red bush tea, Rooibos is a plant all its own, and only grown in South Africa.

Kenya Chai — Kenya Chai begins with organic rooibos and is blended with copious amounts of organic cinnamon, cardamom, ginger root, ramon nut, star anise, clove, fennel, black pepper, licorice root, and peppermint to create an intoxicating herbal tisane. Resplendent with color, aroma, and flavor, Kenya Chai is designed to take chai to the next level. And you too! Now this is a rooibos chai you can dive into and indulge at will. Zero caffeine, naturally. So go for it!

USDA Organic and Fair Trade

\$3.25 per oz./Premium

Sweet Desert Delight — This blend of organic red rooibos (pron. "roy-bos"), coconut pieces, cacao nibs, anise pods, cinnamon, safflowers and stevia leaf creates a world-class organic taste sensation. This is truly an oasis for the senses. Relish in the exhilarating aroma of the steeping brew. No sugar and no caffeine; naturally sweet and healthy. **USDA**

Organic and Fair Trade

\$3.25 per oz./Premium

French Lemon Ginger — Zesty and uplifting, this blend of South African rooibos, South African honeybush, organic lemongrass, ginger and lemon verbena is a caffeine-free suprantioxidant treat. A breath of fresh air! This soothing organic medley gives a refreshing lift to your cup and is a lovely compliment to any meal. **USDA Organic**

\$3.50 per oz./Premium



Fusions - Tea is not the only plant for making delicious infusions. These herbal infusions, herb blends, and botanicals are mostly caffeine-free but still packed with the same health benefits, vitamins, minerals, and energizing and mood elevating qualities we love in tea. Perfect for the caffeine-sensitive or for drinking late night, when stimulation is not required, our selection of herbal blends and botanicals represent a rainbow of flavors and colors and are soothing and balancing. Made from organic and fair trade herbs, spices, roots, leaves, seeds, and flowers from all over the world.

Berry Hibiscus — This cool new blend captures the bold juiciness of organic currants and schizandra berries. Along with a hearty inclusion of hibiscus and a touch of rosehips, this balanced tisane is a rockin' iced beverage. No caffeine here just a plethora of vitamins, antioxidants, and tons of crisp, refreshing flavor. **USDA Organic**
\$3.25 per oz./Premium

Restful Blend — Organic Egyptian chamomile, orange peel, licorice root, hibiscus, lemon grass, lavender, cardamon, fennel seed, stevia leaf, and plum flavor is what makes our Restful Blend pure organic magic. A synergy of flavors, bouquets, and a visual delight, as well. Designed as an evening wind-down drink, but is great as an all-day drink. Naturally zero-caffeine. **USDA Organic and Fair Trade**
\$3.75 per oz./Premium

Turkish Spice Mint — With organic peppermint, cinnamon, ginger root, licorice root, cardamon, cloves, stevia leaf and vanilla essence, this tea is a more complex and enticing peppermint based tisane. Minty, a bit spicy, a tad sweet, with hints of exotic unfoldings, this blend really draws you in. Enjoy the interactions of the complimentary flavors as you sip this stimulating and caffeine-free drink. **USDA Organic and Fair Trade**
\$3.25 per oz./Premium

Blood Orange — Blood Orange blend is a popular herbal tea with a delightful mix of organic orange peel, hibiscus, rose hips, apple bits, safflower, and natural orange essence which makes for a superb organic herbal treat. The cup is a gorgeous deep orange-red and the flavor is quite bold, yet nice and soft with a very satisfying finish. Makes an incredibly refreshing iced tea. Naturally caffeine-free and naturally delicious. **USDA Organic**
\$3.25 per oz./Premium

Serene Dream — This de-stressing blend of organic valerian root, lemon verbena, lemon balm, chamomile, lavender, and spearmint is soothing to the mind and palate. Its wonderful balance and smooth body complement the relaxing effects of valerian root. **USDA Organic**
\$4.25 per oz./Premium



Yerba Maté - This amazing herb from South America is delicious and nutritious and provides a caffeine elevation that will have you feeling energized and focused. Yerba Maté will power you through writing and reading, walking and bike riding... or even through a lively get together with friends. In Argentina, Yerba Maté is a social drink; share it with a mate today!

Yerba Maté — Organic shade grown Yerba Maté is an indigenous herb of the Amazon and popular throughout Latin America for its invigorating energy and somewhat earthy, robust flavor. It's rich in vitamins, minerals and antioxidants. This nourishing tea contains mateine and delivers uplifting energy. **USDA Organic**
\$2.50 per oz./Premium

Siciliana Maté — Our smooth, light, and lemony organic Siciliana Maté is a real treat. Our organic shade grown yerba maté is blended with lemongrass, lemon myrtle, licorice root, and orange peel for a very refreshing and invigorating drink. This tea is naturally caffeinated (mateine) and soothing to the stomach. Here's a secret, it makes a fantastic iced tea!
USDA Organic
\$3.50 per oz./Premium