

## **TEA TASTING**

### **3 Teas for 1 - R 70**

Three teas of your choice, small tasting pots.

### **3 Tea for 2 - R 110**

Three teas of your choice, regular pots to share.

### **5 Teas for 1 - R 110**

Five teas of your choice, small tasting pots.

### **5 Tea for 2 - R 170**

Five teas of your choice, regular pots to share.

## **TEA PAIRING - R 150**

3 Teas and 3 Sweets of the day.

## **FYNBOS TASTING - R 150**

Taste South African herbals and learn their geneology. 5 teas.

## **TEA CEREMONIES**

Japanese Tea Ceremony using Genmaicha - **R 80**

Chinese Tea Ceremony using Oolong, Pai Mu Tan or Puerh - **R 80**

## **THE QUALITY OF TEA**

You should be left feeling blissful, harmonised and deeply absolved in a sensaory exploration that transcends the concept of time and space. Even if it was just for 5 minutes. The experience should equip you with tools to enhance your day, your moment, your mind, intention and path.

*“Drink your tea slowly and reverently, as if it is the axis on which the earth revolves. Slowly, evenly and without rushing toward the future. Live the actual moment. Only this moment is life.”*

*- Thich Nhat Hanh*

### **GENMAICHA GREEN TEA - R 36**

The name means “Brown Rice Tea” in Japanese. This tea is shade grown, creating a unique vegetal constitution. This Green Tea is mixed with toasted brown rice.

Vegetal, sweet, rich, roasted and full. Two infusions.

### **MOROCCAN MINT GREEN TEA - R 34**

Gunpowder Green Tea and mint leaves. A tea of hospitality and widely consumed with meals, found in markets, homes and on the street in Morocco.

Sweet, delicate, smooth and gentle. One infusion.

### **MATCHA TRADITIONAL - R 45**

Finely ground Green Tea Leaf from Japan. The leaves are shade grown then de-stemmed and de-veined, leaving only the most delicate part of the tea leaf which is ground.

Bitter, sweet, earthy and strong. One infusion.

### **TIEGUANYIN OOLONG - R 40**

Named after the Bodhisattva of Compassion and Mercy who gifted this tea to a farmer. Rolled leaves preserve its flavor and body. It is a semi-oxidised tea with low caffeine.

Floral, sweet, somewhat peachy and tender. Two infusions.

### **PAI MU TAN WHITE TEA - R 40**

Only buds with 2 or 3 new leaves are picked and used in this tea. Considered the most natural of teas due to its processing method, it has no manipulated oxidation.

Earthy, floral, deep and dusty. Two infusions.

### **PUERH TEA - R 40**

A post-fermented Chinese speciality known as “Shou”. The leaves are moistened before being packed into sacks and left to dry for up to 8 months to allow decomposition.

Rich, dark, earthy, sweet and mushroom-like. Three infusions.

### **TURKISH APPLE - R 34**

Turkey is known for their sweet apple tea and robust black tea that can be paired with rich spices. It is consumed in social settings, with food and for hospitality.

Subtle, sweet, fragrant, spicy and luxurious. One infusion.

*All teas served in traditional teaware and prepared accordingly*