

# ROSA ET AL TOWNHOUSE

## FROM THE GARDEN

Beyond the selection of teas and original *blends* from around the world – Black, White, Green, Roiboos & Tisanes – enjoy one of our herbal infusions, freshly picked or carefully dried, from our lovely aromatic garden surrounded by nature's bliss!

LAVENDER · LEMON-THYME · LEMON BALM – MELISSA  
MINT · ROSEMARY · THYME · LEMON & SAGE · VERBENA

## BLACK

Black teas are made by picking the tea leaves then rolling and drying them. The leaves are slightly bruised which causes them to become 'oxidised', as the leaves start to ferment. The leaves become darker in colour and causes the resulting brew to have that delicious, strong flavour and more of a caffeine kick than other teas. Thus, strong enough to take milk and sugar. Enjoy!

### ASSAM

A classic single estate tea, deep and smooth with a slight liquorice aftertaste. Perfect as tea latte!  
/ Assam FTGFOP Finest Golden Flowery Orange Pekoe

### BLUEBERRY HILL

Creamy, fruity and ever so playful, this brew will have you 'spilling the tea' with friends all afternoon!  
/ Blueberries, Rhubarb, Peonia Flowers

### CAMDEN COCO

Bold, vibrant and just a little nutty, Camden Coco is a tribute to the London Borough of Camden!  
/ Cacao peel, Coconut flakes, White Chocolate Chips, Ceylon and Chinese Tea (contains dairy)

### CARAMEL SWEETHEART

This sweet black tea will only take a moment to melt your heart while Caramel and little white chocolate hearts dissolve in your cup.  
/ White Chocolate Hearts, Caramel pieces, Keemun Black Tea

### CHAI BLACK

Spicy and sweet, it lives up to the history of the classic Indian fiery blend that revitalises mind & body.  
/ Cinnamon, Ginger, Aniseed, Cloves, Chicory Roots, Black Pepper, Assam Black Tea

### DARJEELING

The 'Champagne of Tea', this classic and light brew takes its name from the Darjeeling region in the Himalayan mountains.  
/ FTGFOP Finest Golden Flowery Orange Pekoe · Darjeeling India

### EARL GREY BLUE STAR

A classic English brew that stands for smooth and cult sophistication!  
/ Bergamot, Blue Mallow Flowers, Cornflowers, Keemun Black Tea

### ENGLISH BREAKFAST

A treasured british classic to enjoy all day every day with a biscuit!  
/ Ceylon BOP Broken Orange Pekoe & Assam GOP Golden Orange Pekoe Teas

### LAPSANG SOUCHONG

Love it or leave it, this brew is all about smokiness. Earthy flavours and smoky layers bring out a natural sweetness in the tea leaves that were smoked over a pine fire.  
/ From Sheng Shan, Wuyi Mountain, Fujian, China (smoky flavor)

### MIDNIGHT GREY

A traditional Earl Grey with a little extra zing: lovers of citrusy goodness, this is the tea for you!  
/ Bergamot, Lime, Cornflowers

### NOTTING HILL

Every day is a colourful celebration with this refreshing, fruity tea.  
/ Apricot, Strawberry, Marigold, Cornflowers, Keemun Black Tea

### OLD FASHIONED

If you're a fan of the cocktail you'll love this intoxicating blend!  
/ Lapsang Souchong and Keemun black tea, Orange peel, Rosemary, Pink Peppercorns, Red Cornflowers, Christmas Candies

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## BLACK

### PU'ER

A classic Chinese tea processed to encourage microbial fermentation after the leaves have dried. It is aged to continually change its flavour. This mature brew has a rich musky aroma and can aid digestion and reduce cholesterol. / 'Post-fermented' (aged) Tea from Pu'er county, Yunnan, China

### RUSSIAN CARAVAN

The name says it all!  
/ Keemun, Oolong,  
Lapsang Souchong

### SOHO SPICE

Citrusy, spicy and soothing!  
/ Cloves, Almond, Orange Peel,  
Marigold Blossoms, Cornflowers,  
Keemun Black Tea Orange Pekoe

### RED VELVET

Beetroot and pomegranate give the Sri Lankan tea its natural red colour and add deliciously earthy notes to this indulgent brew.  
/ White Chocolate, Cacao Peel,  
Vanilla, Beetroot, Marigold and  
Pomegranate flowers, Sunflowers,  
(contains dairy)

### TIGER TEA

I am Tea! Hear me roar!  
/ Assam Black tea, Orange Peel,  
Blackberries, Apricot, Sunflowers

### WALK IN THE WOODS

For a relaxed stroll in the woods!  
/ Elderberries, Blackberries,  
Raspberries, Keemun Black Tea

## WHITE

White teas are made from delicate, young tea leaves and can only be picked at certain times of the year when the tea plant forms new buds. It undergoes the least amount of processing with no oxidisation, rolling or steaming of the leaves involved. The buds are just picked and then dried, so it really is tea at its purest. It also contains the lowest levels of caffeine and is the highest in antioxidants with a myriad of health benefits. Enjoy!

### GENTLE GIANT

Combining mighty health benefits with delicate floral note to reduce stress and clear away head aches, it will soothe body, mind and soul!  
/ Jasmine Flowers, Siberian  
Ginseng Root, Ginger Root

### OM TEA CHAKRA OPENING

Breathe in, breathe out and let Om open your chakras, boost your concentration and perfectly harmonise mind and body.  
/ Black Berries, Cinnamon,  
Nutmeg, Mint

### PAI MU TAN

A delicately processed tea made from the new buds of the tea plant, this antioxidant rich brew promotes health and well being and fights the signs of skin ageing  
/ White Peony Chinese White Tea

### TRANQUILITY

Find a quiet sense of purpose with this perfect herbal infusion to unwind with after a long day.  
/ Pai Mu Tan, Lavender, Egyptian  
Camomile flowers, Lemongrass

### WILD ROSE

A delicate herb tea in a harmonious blend with fragrant rose leaves and rose petals gathered in midsummer dreamy nights.  
/ Rose Buds and Egyptian Mint

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## GREEN

### CHELSEA CHAI

A unique free spirited twist on a traditional Chai's fiery flavours. This bohemian blend aides digestion and knock out a cold!  
/ Cardamom, Black Pepper, Ginger, Spearmint Brittle, Sencha

### ENCHANTED FOREST

A creamy and fruity tea as pretty as a sunlit forest morning glade!  
/ Sencha Green Tea, Rhubarb, Dried Blueberries, Raspberries, Blackberries, Peony Flowers

### GENMAICHA

A full bodied green tea with a hint of popcorn. Perfect for settling your stomach after a meal!  
/ Sencha, Popped and Toasted Rice, Popped Corn

### GINSENG GUARDIAN BLEND

A revitalising blend for mornings and a soothing nightcap before bed that knocks out any cold.  
/ Ginseng root, Lemongrass, Lemon Fruit Granulate, Sunflower Blossoms, Freeze Dried Yoghurt, Vanilla, Sencha Green Tea

### GOOD LISTENER

To be enjoyed in the company of a good friend or just yourself!  
/ Chinese Green Tea, Pear, Orange, Strawberry, Cornflowers, Sunflower petals, Rose petals

To make a green tea, the tea leaves are fired or steamed. The leaves keep more of their natural green colour and retain more chlorophyll, which is why green tea has a grassy aroma. Because it is not oxidised it retains higher levels of antioxidants, tannins, vitamins and minerals and has a lower caffeine level than black tea. Do try our Green Tea from Azores, Gorreana!

### GUNPOWDER MINT

A powerful green tea made by folding and rolling whole tea leaves into tiny tight pellets. Be knocked out by this minty, green tea that packs a punch.  
/ Spearmint, Chinese Green Tea

### KARIGANE KUKICHA

Light, refreshing and low in caffeine, made up of the stalks separated from the leaves during the very early harvest in May.  
/ Hayashi Family, Honshu, Japan

### HOUIJICHA

The nutty, lightly roasted, sweet and light caramel flavour makes this tea perfect for meals in Japan  
/ Morimoto Organic Green Tea from Miyazaki, Kyushu, Japan

### JASMINE

A delicate floral classic, Jasmine is the perfect palette cleanse!  
/ Jasmine, Chinese Green Tea

### JAPANESE CHERRY GARDEN

Take a stroll through blooming cherry orchards, a blend inspired by the 'Sakura' festival in Japan.  
/ Sencha, Natural Cherry Oil

### MANGO SUNRISE

Light and refreshing as a gentle summer breeze over sunflowers!  
/ Mango, Sunflowers, Sencha

### PEANUT BUTTER & JAM

The classic PB&J combo is now a tea! Surprisingly addictive!  
/ Peanut, Almond, Raspberries, Strawberries, Pineapple, Rose Hips, Hibiscus, (contains Nuts)

### REGENTS PARK

Sunshine in a cup, sunny summer memories of picnics in the park!  
/ Papaya and Pineapple pieces, Strawberries, Raspberries, Rose Petals, Chinese Green Tea

### SENCHA

Sometimes the best thing's in life are the simple and classic things.  
/ Japanese Sencha Green Tea

### THE IRON GODDESS

Not quite a black tea, not quite a green tea, Oolong is the ultimate rosé wine of the tea world!  
/ Oolong Tea (demi-fermented) from Anxi, Fujion province, China

### WANDERLUST

End your journey with this apple cinnamon blend: sweet as pie!  
/ Apple, Almond, Cinnamon, Chinese Green Tea (contains Nuts)

### YANAGICHA

First Flush Green Organic Tea ideal during or after meals.  
/ Organic Green Tea from Miyazaki, Kyushu, Japan

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## ROIBOOS & TISANES

While we tend to call anything we brew with hot water a 'tea', technically speaking, only the products of the Camellia Sinesis plant are teas. Other plants and herbs that we commonly brew with hot water like mint, chamomile and rooibos are not actually 'teas' because, well, they don't come from the tea plant! Thus, the correct term would be an 'infusion' or a 'tisane'.

### ADVENTURE

Let this brew with delicious sweet scented hints of toffee take you down the road less travelled!  
/ Rose hips, Apple, Almonds, Hibiscus, Kiwi, Caramel and Spices with Rooibos

### BERRY BERRY NICE

Feel berry-licious with this mouth-watering medley of dried fruits.  
/ Blueberry, Blackberry, Strawberry, Rhubarb, Kiwi, Vanilla Pieces, Rose Petals with Rooibos

### CHOCOLATE GINGER SNAP

Whether you've been naughty or nice, go for tea and gingerbread / Rooibos, Gingerbread Spice, Almonds, Cinnamon, Aniseed, Pepper, Cloves, Chocolate chips (contains dairy & nuts)

### CHAI RED

A caffeine free alternative to Chai Black, this bold brew carries the weight of this drink rich history.  
/ Aniseed, Ginger, Blackpepper, Cloves, Cinnamon, Cardamon

### CHILLI CHILLI BANG BANG

A feisty brew that packs a punch to put a spring in your step!  
/ Cinnamon, Ginger Pieces, Red Thistle, Sweet Red Pepper Corns, Chilli with Rooibos

### COURTESAN

Juicy, fruity and just a little bit flirty, this playful brew keeps you warm on a winter's night and refreshed on a summer's day.  
/ Hibiscus, Elderberry, Papaya Blackcurrant, Rasp/Strawberry

### EGYPTIAN NIGHTS

With buttery, whole chamomile flowers this is a dreamy bed-time blend, simple and harmonious!  
/ Egyptian Mint, Whole Egyptian Chamomile Flowers

### LEMON SHERBET

Enjoy this brew as a cooling iced drink when the weather warms up or as a vitamin C packed cold killer on a chilly winter's day.  
/ Lemon, Lime, Orange, Citrus Peel with Rooibos

### MARZIPAN SUPERFAN

A thick-cut slice of cherry bakewell tart served in a cup!  
/ Rooibos, dried Red Cherries, dried Plums, Almond, Marzipan

### OMIJA CHA

Omija (aka magnolia berries) means "five flavours", which are sweetness, sourness, bitterness, saltiness, and pungency.  
/ Dried Fruit Schisandra Chinensis  
/ DO NOT DRINK IF PREGNANT

### ONCE UPON A CHRISTMAS

Because Christmas is any other given day our inner child wishes!  
/ Apple, Pear, Cinnamon, Nutmeg, Cranberries, Rooibos

### PURE ROIBOOS

This naturally caffeine free brew is high in iron making it perfect for children, pregnant women and lovers of a nice cup before bed.  
/ Southern African Rooibos

### RASPBERRY VANILLA

A sweet and dainty treat in a fragrant brew that proves that one of the best things in life are tea!  
/ Raspberry, Vanilla pods, Rose petals with Rooibos

### SOBRIE-TEA

Does your body need a break? This herbal infusion is packed full of health benefits with soothing ingredients to aide digestion and help your body recover and revive!  
/ Lemon grass, lemon peel, peppermint, ginger, liquorice root, black pepper

### SPICED APPLE & PEAR PIE

Sugar and spice and all things nice, create a festive treat that's not as naughty as it sounds.  
/ Rooibos, dried Apple & Pear, Cinnamon, Nutmeg, Cranberries