



# BROWNLOW HOUSE TEA ROOM

## THE BEST DRINK OF THE DAY

Tea contains antioxidants which promote overall health and wellbeing. The fresher the tea the more beneficial it is to your health!

**Java Republic Single Origin Kenyan Fairtrade Certified Tea....**  
The Classic cup of Tea

**Pot for 1 £1.30**  
**Pot for 2-3 £2.60**

## SPECIALITY TEA MENU **Java Republic Real Leaf Tea BLACK / HERBAL / FRUIT** (Ask us for more info on the health benefits of our teas)

**Speciality Teas below .....served by the Cup or Pot (allow the teabag to infuse for 5-10mins or leave in as you drink!)**

**Cup £1.50**  
**Pot for 2-3 £3.00**

### **Breakfast Tea....**

Full-bodied, strong and refreshing tea, blended from Assam and Ceylon leaves  
(Health Highlights – studies show that people who drank real tea 4-6 times a day for 6 weeks were able to de-stress more quickly than those who drank a fake tea substitute)

### **Decaf Black....**

A naturally decaffeinated Ceylon real leaf tea (Health Highlights – Caffeine is a stimulant that may cause sleepiness – Decaf has the caffeine removed and is therefore healthier aiding better sleep pattern)

### **Earl Grey....**

The Traditional premium leaf tea with a unique aroma of bergamot (Health Highlights – Black Tea (with Bergamot) has a rich source of antioxidants linked with cancer prevention, decreased heart disease and lowered cholesterol)

### **Lemon Green Tea....**

Green tea with an infusion of citrus and sunflowers – refreshing and clean (Health Highlights – the therapeutic properties of lemon help the stomach because they have special cleansing effects, also beneficial to help flu's and colds, halting the progress of infection)

### **Wild Berry Infusion....**

An infusion of hibiscus, apple, rosehip and raspberry for a fruity, fresh taste (Health Highlights – Beneficial for colds, relieving Osteoarthritis, lowering blood pressure)

### **Rooibos Vanilla Tea....**

An infusion of bourbon vanilla with the south African rooi bush – widely known for its antioxidant properties (Health Highlights – Beneficial for treating skin conditions and circulatory disorders, aiding the immune system, beneficial for hay fever & asthma sufferers, insomnia, nervous tension and digestive problems)

### **Yunnan Green Tea....**

Traditional green tea from Yunnan in China, with cleansing qualities and a light, fine flavour (Health Highlights – Green Tea can be helpful in the prevention of cancer due to antioxidants known to prevent cell damage, also good for decreasing cholesterol, preventing high blood pressure and heart problems)

### **Peppermint....**

A Franconian whole leaf peppermint tea with a pleasant aroma and strong flavour (Health Highlights – Good for settling stomachs and relieving head-colds)

### **Camillo**

A refreshing infusion of chamomile flowers, citrus peels, rosehips and orange flowers. A soothing herbal tea (Health Highlights – this herbal tea has been known to encourage relaxation and aid sleep, improve digestion, remedy bladder infections, colds, asthma, colitis, diverticulosis, fever, headaches, haemorrhoids, muscle cramp and pain, recommended for people with rheumatism and arthritis and jaundice)

### **Blood Orange Tea....**

A caffeine-free fruit infusion with the taste of fresh orange, naturally high in Vitamin C (Health Highlights – This has a high content of Vitamin C, beneficial for colds and influenza and in the relief of Osteoarthritis....also used to treat cancer and gallbladder attacks, lower blood pressure, relieve dry coughs and treat skin conditions)

### **Liquorice Tea....(avoid – if you have high blood pressure)**

Ceylon and China tea infused with the sweet and pleasant liquorice root (Health Highlights – beneficial to those with gastric ulcers, eases stress and boosts energy levels, recommended to treat hypoglycaemia, bronchitis, colitis, colds, nausea and inflammation and chest infections....also boosts immune system, has a mild laxative effect and contains estrogen useful to women for menstrual cramps and menopause)

### **White Peony Tea....**

A rare and precious tea picked only in one week in April and produced by hand according to ancient tradition, has a sweet aroma and an orange-yellow infusion (Health Highlights - While green and black teas are very healthy, white tea is the least processed tea and has the highest antioxidant levels. It is loaded with antioxidants (protective nutrients) which protect the body from damage. Beneficial to Cancer Prevention, Lowers Blood Pressure, Lowers Cholesterol, Heart Protection, Antibacterial & Antiviral properties, Promotes Healthy Skin after damage from stress, sun and poor diet)

## ICED TEA **Speciality Real Leaf Tea, Freshly Brewed and Iced (Also available for the afternoon – Decaf Tea)**

### **Liquorice Infused Iced Tea**

Liquorice Speciality Real Leaf Tea, freshly brewed and iced, simple and refreshing

**£2.00**

### **Iced Breakfast Tea with a Citrus Twist**

Real Leaf Speciality Breakfast Tea, freshly brewed and iced with lemon and lime

**£2.35**

### **Wild Berry - Fruit Fest Iced Tea**

Real Leaf Speciality Wild Berry Tea, an infusion of hibiscus, apple, rose-hip and raspberry freshly brewed and iced served with the addition of fresh summer fruits

**£2.35**

### **HOT OR COLD – Refreshing Rooibos**

Fruit infused Speciality Rooibos Tea (with a taste of vanilla and cream), served with fresh apples and grapes

**£2.35**

### **HOT (Warm and Fresh) OR COLD (Chilled and Slightly Spicy)**

Speciality Blood Orange Tea, Freshly brewed and served with slices of fresh oranges and usually preferred served with cloves

**£2.35**

**Also served by the jug if preferred!! Ask for price!!**