

TEA LIST

Tea is the most widely consumed beverage in the world next to water and can be found in almost all U.S. households. It is the only beverage commonly served hot, or iced, anytime, anywhere, for any occasion. On any given day, over 160 million Americans are drinking tea.¹

Enjoy one of life's simple pleasures. Treat yourself to a drink that is delicious, soothing and relaxing. Tea is not only good for refreshment, but also for medicinal and therapeutic benefits. Just read over our list and decide which one you will try first!

Loose Teas - \$4 per 1 ounce pouch

- 1. Berry Berry
A full flavored teas with deep berry notes. The infused cup is burgundy red and provides strength and character. It is a special blend of fruits and herbs - they are **CAFFEINE FREE**
- 2. Canadian Breakfast
A superb fresh morning tea. Malty notes from the Assam, flower-like hints from Kenya with delicate wisps of oakiness from Anhui. **CAFFEINE/ANTIOXIDANT LEVEL: Medium/Ultra High**
- 3. Cochin Masala Chai
Full bodied tea enhances South Indian masala spices. The finish has cardamom notes peeking out from lively ginger. Superb with milk and sugar. **CAFFEINE/ANTIOXIDANT LEVEL: Medium/High**
- 4. Decaf Orange Spice
Smooth delicious character with superb flavor that is enhanced with spicy cinnamon notes. High grown Ceylon teas are used in this blend. They retain their character under CO₂ decaf process much better than other teas. Following this, we only use natural flavors to give the tea a satisfying and true taste. **CAFFEINE/ANTIOXIDANT LEVEL: Removed naturally/Medium**
- 5. Decaf Sendai Lemon Green
As a hot tea it is refreshing and lively, as an iced tea – Ooh la la! The decaf Sencha style green tea was grown and produced in China's Hunan Province. The exceptional leaf is decaffeinated using Metropolitan Tea's patented Canadian Chemical Free CO₂ process. During the process, naturally occurring CO₂ is circulated under high pressure to extract caffeine. **CAFFEINE/ANTIOXIDANT LEVEL: Removed naturally/Medium**
- 6. Earl Grey
Flavoring oils, not artificial crystals, give the tea drinker high quality tea that tastes great. **CAFFEINE/ANTIDIOXIDANT LEVEL: Medium/High**
- 7. English Breakfast
A perfect breakfast tea with good body and full tea flavor notes. Coppery bright, especially enticing with milk. **CAFFEINE/ANTIOXIDANT LEVEL: Medium/High**
- 8. Ginger Peach

The piquant and spicy character of ginger is mellowed with the sweet character of peaches. Try it iced and become a believer! **CAFFEINE/ANTIOXIDANT LEVEL: Medium High**

- 9. Grand Breakfast
Lush Burgundy depths, full and brisk. **CAFFEINE/ANTIOXIDANT LEVEL: Medium/High**
- 10. Hibiscus
Rich in Vitamin A and C and beta-carotene making it a good antioxidant. Some health benefits are that it replaces electrolytes and quenches thirst after athletic endeavors and eases symptoms of colds, flu and coughs. **CAFFEINE FREE/Low**
- 11. Lady Hannah's Whole Fruit
Bold, bright berry flavor with soothing strawberry and blackberry highlights. **CAFFEINE FREE**
- 12. Long Island Strawberry
Experience the fresh flavor of the Long Island Strawberry. Smell the green tea, real strawberry and papaya pieces (added to enhance the profile of strawberry), and imagine yourself cruising in the countryside. **CAFFEINE/ANTIOXIDANT LEVEL: Low/High**
- 13. New York Apple Spice
Tart, crisp apple and delicate spice mélange. A robust cup that captures the fruity nuance of spiced apples. The blend is rounded out by the addition of cinnamon and cloves to add a pointed layer of spice to the cup. It is **CAFFEINE FREE** and stunning over ice – a spicy cup you'll want to revisit time and again.
- 14. Peppermint Williamette
Peppermint is an herb and contains no caffeine; pungent, cool, fresh, menthol. The infused leaf is bright green, tending yellowish. As a hot tea it is cool and refreshing. As an iced tea the menthol content produces a pleasantly chilling taste sensation. **CAFFEINE FREE**
- 15. TOFFEE APPLE
Nutty and creamy toffee notes give you a warm and fuzzy flavor to freshly dried fruit and tart hibiscus. Egyptian Hibiscus, Rosehips and a buttery sweetness has been added to this scrumptious dried apple blend. It is a fabulous naturally **CAFFEINE FREE** herbal tea that's as good poured over ice, as it is enjoyed piping hot.
- 16. VIENNA EGGNOG
Just like the real thing! Rum notes with a sweet caramel and light cinnamon ginger finish. **CAFFEINE/ANTIOXIDANT LEVEL: Medium/High**

\$10 per box; luxury, 25 single serve, pyramid tea bags

- 1. Berry Berry
Elderberry, Currant, Hibiscus, Rose, Strawberry leaves and Natural Flavors. Wild Elderberry from the Black Sea combined with Corinthian currants and Egyptian Hibiscus.

CAFFEINE FREE

- 2. Bourbon Street Vanilla
Rooibos, Star anise, Cornflower & Chamomile Petals. Mardi Gras in a cup! Pure South African rooibos is a stage for a medley of exotic flavors
- 3. Cochin Masala Chai
Black tea, Ginger, Cinnamon, Pepper, Cardamom, Clove, Nutmeg, and Chamomile Petals. Indian Kerala spices and Robust Assam are the 'real deal.' Authentic chai – exotic and warming.
CAFFEINE/ANTIOXIDANT LEVEL: Medium/High
- 4. Cold B'gone
Apple, Hibiscus, Lemon, Lemongrass, Ginger, Stevia and Natural flavors. A perfect pick-me-up when you're under the weather. Organic makes goodness soothing.
- 5. Decaf Breakfast
Full body with notes of malt. Decaf so good, it has fooled professional tasters. Canadian chemical free CO₂ processing.
NATURALLY DECAFFEINATED
- 6. Grand Breakfast
Lush Burgundy depths full and brisk. Luxury tea from the best estates in Kenya and Assam create a flavorful and robust tea.
- 7. Long Island Strawberry Tea
Green tea, Strawberry, Papaya. Cornflower & Natural Flavors
CAFFEINE FREE

1. <http://www.teausa.com/teausa/images/Tea%20Foel%20sheet%20FINAL.pdf>

TEA CAKES

ALMOND – COCONUT - LEMON - VANILLA

These delicious biscuit-like cookies will take you on a trip down memory lane. In MY STORY I discussed how the recipe came into my hands. It is practically an heirloom. Beatrice Walls, my aunt, began making the tea cakes around 1959. Her first experience with the tea cakes occurred when she was a little girl. Her mother and aunts would make them as family treats. She is currently 96 years old and can no longer make the treats because of arthritis. I try to send her a batch every other month or so. As the recipe was handed down, each cook added her own special touch. My version is her interpretation of how it should be done. She gave me the recipe as coconut. My only change was to add different flavors at my customers' request.

Teacakes are \$1 each, or 6 for \$5.

3/18/2024