

# The Cowshed Café

## TEA

loose leaf tea from the Rare Tea Company

### Black Tea

#### Speedy (English) Breakfast

*Satemwa Estate, Shire Highlands, Malawi*

A black tea, blended from selected fields and harvests across the Satemwa Estate; a small, family run tea garden in the Shire Highlands of Malawi. Remarkably strong, rich, and comforting with a deep malty finish. Perfect with milk

#### Earl Grey

*Satemwa Estate, Malawi & Reggio Calabria, Italy*

A traditional Earl Grey blended with pure bergamot oil from the ancient orchards of Calabria. This is a classic British tea made to exacting standards. A clean and exceptionally bright infusion with exhilarating citrus notes. It can be enjoyed with or without milk.

#### 2nd Flush Muscatel

*Temi Estate, Sikkim, India*

High in the Indian Himalayas, between Nepal and Bhutan, lies the secret region of Sikkim. Not as famous as its Darjeeling neighbours but making a black tea of such delicious delicacy that it makes the heart soar. This tea has a heady, floral aroma with soft notes of muscatel grapes. Best enjoyed without milk.

## **White Tea**

### **Jasmine Silver Tip**

Fuding, Fujian Province, China

A delicate white tea crafted entirely from Spring buds. The tea is not flavoured but carefully scented over six consecutive nights with fresh Jasmine flowers. Once the preserve of the Chinese Imperial family. A deep and heady aroma with a light and gentle flavour.

## **Oolong Tea**

### **Pipachá Oolong**

*Fujian, China / Porto, Portugal*

Chinese Fujian Oolong tea matured for many months in Niepoort barrels once used to age fine port wine. Complex flavours of dried fruits, delicate tannins, honey and an elegant port wine nose and finish. (Alcohol free)

## **Herbal**

### **Wild Harvest Rooibos**

*Cederberg Mountains, South Africa*

The real South African Red Bush. Beyond organic, this Rooibos is harvested completely wild in its indigenous habitat in the Cederberg Mountains. A richly delicious infusion with deep earthy notes, bright red berries, and cedar. Can be beautifully enhanced by the addition of a twist of lemon zest.

### **Pick Me Up**

*England, India & Sri Lanka*

A delicious blend of pure herbs designed to stimulate the immune and digestive systems, lift spirits, and boost energy. Containing our Cornish Manuka peppermint, lemongrass and gotukola.

## **Himalayan Ginger & Lemongrass**

*Sikkim, India and Sri Lanka*

A bright infusion of lemongrass gathered from a collective of tiny smallholder organic farms across Sri Lanka. Carefully blended with pure ginger from the high Himalayan region of Sikkim in India. Notes of sweet lemon drops combine with the rich tingle of spice.

## **Mint**

*England, Portugal & Malawi*

A beautifully balanced blend of some of the rarest mints from across the globe: combining pure leaf from a C14th Cornish Botanical Garden, a family farm in Beira Baixa of Portugal and small holder gardens in the Shire Highlands. This caffeine-free herbal infusion is the perfect digestif.

## **Green Tea**

### **Chinese Whole Leaf Green**

*Anshun, Guizhou, China*

An exquisite Chinese green tea that is meticulously handcrafted. The leaves are fired in a wok over charcoal in the same way and in the same place they have been made for over 3,000 years. Clean, bright, and remarkably delicate.

**We also have a decaf tea available**

**Milk:** whole, skimmed

**Milk alternatives:** soya, oat