

Tea, best drink of the day.

London Tea is proud to offer you loose leaf tea delivered to your door. We have a large variety of tea to suit the tastes of everyone.

Why Tea is Good For Me

A growing body of research indicates that naturally-occurring flavonoids found in tea have very effective antioxidant properties. Drinking tea is a natural and pleasant way to increase dietary exposure to antioxidants. There is mounting evidence to suggest that antioxidant-rich foods may play a role in reducing the risk of certain cancers, heart disease and stroke. While more research is necessary, scientists are pursuing this area in greater numbers.

I have only recently discovered good quality tea. I have been surprised at the difference in quality compared to the tea we normally buy in stores. You can drink a lovely cup of tea just before bed too. There are decaf teas available and also Rooibos. Rooibos is not a real tea, it comes from South Africa and is caffeine free. Try some you will be pleasantly surprised.

Tea comes from the *Camellia Sinensis* plant, and there are only four types of tea, Black, White, Green and Oolong. They all come from the same plant but the difference is how they are processed. Take some time to learn a little about tea. I have included a short introductory lesson on our website, www.londontea.ca. Try the teas that will suit your taste. We have black, green, oolong, white, flavoured, herbal, decaf, Rooibos and tea ware. **Try something new and exciting today.**

Tea preparation

Quantity – As a rule one teaspoon for each cup. Some of the lighter teas will taste better with twice that.

Temperature – Black, dark oolong and herbal teas should be steeped with boiling water (100 C), they can take the heat. Care needs to be taken with green, light oolong and white teas use water at 80 C. Boil the water and leave for a couple of minutes before pouring over the tea leaves.

Time – Let black tea steep for four minutes, dark oolong and white teas for seven minutes, light oolong and green teas need a little extra care, steep for only three minutes. It is important not to steep for too long as this will make the tea bitter.

Now you have read all the rules, let's think about this. We all have different tastes, experiment; enjoy the experience of making your perfect cup of tea.

Tea List

Quality Loose Leaf Tea.



London
Tea



Visit us at the
London Farmers Market
Western Fair
Saturday 7.30am–3pm

E-mail—tmail@londontea.ca



London Tea List

Herbal Tea 50g—\$4 to \$5
100g—\$7 to \$9

Peppermint - Dried leaves make a minty, refreshing drink

Chamomile—Promote calm and relieve anxiety.

Spearmint - Refreshingly light aroma, stirs up the mind

Berry Blues - Delicious blend of natural fruits and spices

Lemon Grass - A zesty, refreshing drink

Mint, Chamomile & Hibiscus—Organic—Fantastic blend, just relax and enjoy

Lemon Ginger Rose—Organic - Helps to relieve cold symptoms.

Flavoured Tea 50g—\$4 to \$5
100g—\$7 to \$9

Mango—Ceylon tea combined with ripened mangoes

Oriental Spice—Unique blend of spices; cinnamon, cardamom, and ginger.

Strawberry - Succulent strawberries and Ceylon tea

Passion Fruit - Give our passion fruit tea a try

Melon—Fresh flavour of watermelons

Black Tea 50g—\$5 to \$7
100g—\$9 to \$13

Irish Breakfast—Ideal accompaniment to the morning meal

Yunnan Jig - A great introduction to tea, our favourite.

Ceylon Sonata—From Sri Lanka's Dimbula region

Earl Grey- Oil of bergamot and citrus fruit

Darjeeling #22 - Rich golden liquor and muscatel flavour

English Breakfast - Made with the finest grade Keemun

White Tea 35g—\$6 to \$7
70g—\$11 to \$13

White Peony - Delicate tea made from tea buds collected and withered prior to opening

Caffeine Free Tea 50g—\$4 to \$5
Uses an oxygen process 100g—\$7 to \$9

Decaf Spiced Green - Cinnamon, cardamom and ginger (70g or 35g)

Decaf Apricot—The sweet flavour of ripe apricots

Decaf Earl Grey- Oil of bergamot and citrus fruit

Decaf Peach— Flavored with ripe summer peaches

Green Tea 50g—\$4 to \$6
100g—\$7 to \$11

Apricot Green—Green tea and delicate apricots

Gunpowder - Full bodied cup with a hint of smokiness (140g or 70g)

Chocomint - Chocolate, mint and green tea. Perfect

Your tea, your choice

Don't forget your teapot.

Classic Teapot \$14



Glass Teapot \$37



Teapot Warmer \$24



One Cup \$25



Oolong Tea

50g—\$8 to \$11
100g—\$15 to \$20

Jasmine—Note the sweet fragrance of Jasmine tea

Oolong #8 - Great introduction to Oolong

Pouchong - A delicate tea produced in Taiwan

Oolong Grapefruit—Any time you need a citrus-infused pick-me-up.

Rooibos Tea — Organic

50g—\$4 to \$6
100g—\$7 to \$11

Rooibos

Rooibos, colloquially known as Red Tea, is a herbal plant that grows in South Africa. Rooibos is a flavourful, caffeine-free alternative to tea.

Rooibos Mango

Rooibos Orange

Rooibos Vanilla

Rooibos Chai—Fair Trade