

### Types of Tea for Afternoon Tea at Beans in the Belfry

The health benefits of tea outweigh those of coffee. Studies show that tea has about half the caffeine of coffee and the antioxidant content of tea helps reduce the incidence of certain diseases.

#### White Teas

The least processed of all teas. They are mostly grown in Fujian Province of China. It is picked when the buds are tightly enclosed in new leaves which have silky white hairs that denote new growth. White teas are not rolled prior to firing. After the leaves are dried, white teas are immediately fired. White teas release the least amount of caffeine and have the highest content of antioxidants. It is best brewed with 165 degrees water and steeped over 6 minutes. They will go for at least 3 steeps to allow the leaves enclosing the bud to open up and release their flavor. Names: White Peony (Bai Mudan), Green Silver Needles (*Camellia sinensis*). Our white tea is a signature blend of loose tea leaves by the English Tea Shop.

#### Black Teas

Black tea, or red tea as it is known in China, is the result of a complete oxidation of the leaf before being fired. First the leaf is spread out and left to wilt, losing some moisture, stiffness and much of its weight. Then it is rolled, exposing essential oils to the air and starting the oxidation process. When this is complete the leaf is heated to stop the process, graded for quality and packed. Black teas are full bodied and are able to withstand the addition of sweeteners and milk. We offer loose English Breakfast, Earl Grey and Orange Pekoe, as well as Organic Earl Grey and Breakfast Americana by Mighty Leaf in silk pouch.

#### Herbal and Fruit Teas and Tea Blends

Hand-crafted tea blends by Mighty Leaf of California with fresh flavorful herbs, blossoms, spices, and fruits from around the planet that support and complement your healthy lifestyle. Mighty Leaf's flavored blends provide an extraordinary tea tasting experience. Rich in vitamins and anti-oxidants. With or without caffeine, packaged in silk pouches for ultimate release of flavor. Choose from: Vanilla Bean Organic Mint Mélange, Orange Dulce, African Nectar, Mountain Spring Jasmine, Marrakech Mint Tea, Bombay Chai, Organic Hojichan Green Tea, Chamomile Citrus, Tropical Green Tea. Mighty Leaf teas are available for purchase at Beans in the Belfry in assorted gift packages or boxes of 10 pouches.

### Afternoon Tea Menu at Beans in the Belfry

#### Assortment of Imported Teas properly brewed

Blend of white tea from south central China

Or

Loose Black Teas: Earl Grey (with or without caffeine),  
English Breakfast, or Orange Pekoe

Or

Imported Black Current Tea

Herbal & Fruit Tea Blends by Mighty Leaf

Choose from caffeinated blends:

Vanilla Bean, Orange Dulce, African Nectar, Mountain Spring

Jasmine, Marrakech Mint, Bombay Chai,

Organic Hojichan Green Tea, Tropical Green Tea

Or choose from teas without caffeine:

Chamomile Citrus, Organic Mint Mélange, Earl Grey

served with milk or lemon

#### Assortment of Tea Sandwiches

minted cucumber on pumpnickel, carrot-ginger cream cheese on  
raisin bread, tomato & chives on white bread

#### Scones

cranberry scones, golden raisin scones  
strawberry or blackberry jam, clotted cream

#### Sweets

shortbread, assortment of English biscuits,  
cream puffs, Petits Fours