

# ECO-PRIMA TEA

## Breakfast Tea

### English, Irish – what's the difference?



In the late 19<sup>th</sup> century, the English basically had two meals a day – a hearty breakfast with meat and bread, and then dinner. The Duchess of Bedford, it is said, needed an in-between meal to get her through this long period between these two meals. She began serving finger foods around 5 o'clock and thus began 'afternoon tea'. A few years later, an enterprising Scotsman named Drysdale began marketing his black China morning tea blend as 'breakfast tea' and the English, being attracted to anything Chinese in those days, attached the name 'English' to this blend and 'English Breakfast Tea' was born.

Almost certainly, the first blends had China Keemun in it. Then, during the Opium Wars, China imposed an embargo on tea. England formed the British East Indian Company, started producing Assam, India and breakfast teas were now blended with Assam.

There are innumerable Breakfast blends. Typically, they are all black teas and full-bodied enough for milk. The most popular are English, Irish and Scottish Breakfast. Irish Breakfast has a strong Assam component while Scottish is the strongest and usually of broken tea grades. It may well be that as tea was growing in popularity in Ireland, the East India Company was producing tea in Assam and exporting it back to England, thus making it widespread.

Although English Breakfast and other similar teas are the cup of choice in many countries, there is a large part of the world that wakes up to a cup of Green tea. The connotation of 'breakfast tea', however, in virtually all tea menus is one that is a robust black tea.

*(Please turn over for full list of Breakfast Blends)*

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## Our Breakfast Blends

- ❖ **English Breakfast** – Our medium-to-full bodied black tea, the one most reminiscent of ‘regular’ black tea. We also carry **Organic Breakfast**.
- ❖ **Irish Breakfast** – Our full-bodied, hearty blend with a much stronger component of Assam. We also offer an **Organic Irish Breakfast**.
- ❖ **Scottish Breakfast** – A blend of broken leaf black teas from India & Ceylon. Robust!
- ❖ **Meridian Cup** – Our nicely balanced house blend of Assam & Ceylon with a touch of Darjeeling. The perfect black tea for any time of the day!
- ❖ **Organic Afternoon** – A mild blend of Organic Darjeeling and Organic Nilgiri, able to tolerate a touch of milk. Perfect for those who love Darjeeling but need a bit more color and taste in their cup.
- ❖ **Silk Road** – Our House Blend of Assam & Yunnan, creamy, rich, malty with chocolate notes. Recommended as an alternative for customers who enjoy Assam.
- ❖ **Panda Blend** – An All-China blend using Yunnan and Keemun teas, not as strong or malty as Silk Road or Irish Breakfast.
- ❖ **French Breakfast** – The Classic Breakfast blend on a long-leaf Ceylon black OP base with a note of Vanilla.
- ❖ **Rooibos Afrikana** – For those seeking a non-caffeinated option, this is our recommended Breakfast blend with a touch of citrus and vanilla. Can take milk.

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