



Welcome to The Berry Tea Shop. We offer only the freshest, high-grade loose-leaf teas that have been grown and cared for by dedicated artisans who still use age-old traditions and techniques.

Our teas are brought in directly from their countries of origin and are blended by hand in Berry. We buy the best quality tea each picking season and only buy in small, regular quantities to ensure freshness and the highest quality product.

We try to source organic, wherever possible, and don't add any flavourings or additives to our teas.

We are passionate about quality and authenticity and enjoying tea the way it was meant to be – a precious drink. We hope you enjoy our teas and the comfort, joy and inspiration that tea brings.

*"Come, let us have some tea and continue to talk
about happy things"*
-CHAIM POTOK

BLACK TEA BLENDS

No.01 English Breakfast - \$4.50

A classic blend combining long leaf Assam with Chinese and Ceylon teas to give a robust, full-bodied flavour. This refreshing and invigorating blend will give your mind and body a lovely warm wake-up call, allowing you to embrace the day whatever it may hold.

No.02 Deluxe South Coast Breakfast - \$4.50

Inspired by our beautiful region of NSW, our luxurious take on traditional breakfast tea is the ultimate morning brew. This hearty blend made from bright, high-grown Ceylon; rich, malty Assam; and robust Yunnan tea will set you straight for the day ahead and have you feeling fresh and invigorated like you've had a relaxing, weekend away.

No.03 Australian Billy Tea - \$4.50

Our luxurious take on this unique tea is blended from Australian black tea grown in the lush, green hills of the Atherton Tablelands in Far North Queensland, to which we've added a touch of smoky Lapsang Souchong tea and refreshing eucalyptus and lemon myrtle to create a quintessential Australian brew.

No.4 Traditional Afternoon Tea - \$4.50

A refined yet full-flavoured drop designed to accompany an elegant afternoon tea or just when you need some time out for yourself. Bright and cheery, this blend combines the lifted character of Darjeeling, the Queen of Teas, with Ceylon Orange Pekoe and a hint of Yunnan. The perfect pick-me-up to get you through the afternoon, no matter what you are doing.

No.05 Earl Grey - \$4.50

The original scented black tea named after the 2nd Earl Grey, who served as Prime Minister of the UK in the 1800's. Layers of Ceylon black tea are carefully laid out and infused with oils extracted from the Sicilian bergamot fruit to create this historic tea. Brilliant blue cornflowers have then been added for a vibrant aesthetic. A fresh take on an old classic.

No.06 Madame Grey - \$4.50

Our elegant twist on the traditional Earl Grey will send the senses soaring to new heights. We have infused Ceylon black tea with Sicilian bergamot oil, to which we have added blue cornflowers, zesty citrus peels and vibrant hibiscus flowers. The decadent amongst us will be seduced.

BLACK TEA BLENDS (continued)

No.07 French Earl Grey - \$4.50

Inspired by the tea salons of Paris, our French Earl Grey embodies true romance, elegance and style. This refreshing blend of Medium-bodied Ceylon leaf tea infused with bergamot oil; pretty flower petals and juicy mango pieces will have you saying "ooh la la!"

No.08 Russian Caravan - \$4.50

In the 18th century, camel caravans carried tea along the Silk Road from China to Europe via Russia. This tea was famous for the smoky smell of the campfire it would absorb along the journey. Our blend embodies that journey – Ceylon black tea is combined with a malty Assam and smoky Lapsang Souchong to give a full, hearty flavour.

No.9 Vanilla Bean - \$4.50

We've simply added crushed, fresh vanilla pods into a blend of Ceylon Orange Pekoe and Assam black teas. This alluring and captivating tea has a lovely creamy character and provides a glorious treat with a little touch of natural sweetness.

No.10 Berry Blend - \$4.50

This blend is so very "Berry". We have selected a mix of antioxidant-rich berries – strawberry, blueberry, goji berry and cranberry - blending them with Ceylon black tea. This refreshingly, rich blend has a subtle, fruity flavour and an intense berry aroma.

No.11 Christmas Tea - \$4.50

Our Christmas Tea is a festive blend of Ceylon black tea, cinnamon pieces, sweet orange, red peppercorns and a hint of clove. Inhale the warm wafts of spicy goodness while cradling a cup of hot tea in both hands. A comforting blend that really does smell and taste like Christmas!

No.12 Gypsy Rose - \$4.50

An exotic blend for lovers of fragrance and mystery. We have combined black tea with rose petals, jasmine green tea, blue cornflowers, peppermint leaves and Sicilian bergamot.

No.13 Masala Chai - \$6.00

This is the authentic recipe for Indian spiced tea made with milk and honey, ground and hand-crushed whole spices with a robust Assam tea. Warming, tantalising, and highly addictive. This is the ultimate spiced chai outside of India. **Soy – 50c extra**

BLACK TEAS (SINGLE REGION)

No.20 Darjeeling (Organic) - \$4.50

Tea from the Darjeeling region of North Eastern India is some of the best in the world. Its appearance, liquor and aroma are instantly recognisable by tea drinkers world-wide. Our season's pick is from Sourenee tea estate and has a muscatel and woody mouth-feel, overlaid with a hint of smokiness and signature Darjeeling freshness.

No.21 Ceylon Orange Pekoe - \$4.50

Ceylon Orange Pekoe is a classic tea from the island of Sri Lanka. Don't be confused by the name, as this tea doesn't contain any orange flavours. Orange Pekoe refers to the tea grade, which is the finest quality high-grown tea. The sleek, gold-tipped leaves produce a medium-bodied, copper infusion with a bright, brisk character and a woody aroma.

No.22 Assam - \$4.50

Our pick of the season's finest full-leaf Assam teas. With bright golden tips, the leaf brews a full-bodied cup with dark chocolate and malty notes and a hint of dried fruit on the finish.

No.23 Lapsang Souchong - \$4.50

This smoky, character-filled tea hails from China's Fujian province. Our version has been sourced from family producers who still make it the traditional way - smoked over cypress and pine needles. The tea has only had light-medium smoking so as to not override the flavor of the tea. The result is an incredibly distinctive tea with a highly unique aroma and a delightfully distinctive cedar wood, cigar box finish.

No.24 Yunnan - \$4.50

From the most ancient tea-producing region in the world, our Yunnan black tea pays homage to the most sacred of places, the birthplace of tea. This robust tea has unrivalled depth and complexity, with a smooth, lingering malty flavour, complemented with notes of spice, orange and chocolate.

GREEN TEAS

No.40 Dragon Well (Longjing) - \$4.50

One of China's most revered green teas, Longjing is grown only in the hills around Hangzhou. At the Yunding Dragon Well Estates, seasoned tea crafters hand-press tea leaves against hot woks into its signature spear-like form – a tradition that has been handed down from generations. This produces a deliciously fragrant tea that is fresh with the aroma of chestnuts, green leaves and honey.

No.41 Silver Jasmine (Organic)- \$4.50

This refined Chinese green tea displays an abundance of green tea leaves and prized silver tips to complement the enticing, fragrance of jasmine. Silver tips are the young buds of the tea plant, known for their high levels of antioxidants. The tea leaves are laid over racks of fresh jasmine blossoms overnight for an in-depth, aromatic infusion.

No.42 Jasmine Dragon Eyes - \$5.50

One of the most beloved teas from China hand-rolled by artisan tea crafters. The effort behind this tea is arduous from selection to shaping. Each ball has been carefully hand-rolled from a perfect white bud and leaf which has been infused with the scent of fresh jasmine blossoms. When placed in water, each ball delicately unfurls and produces a light, yellow infusion with a sweet jasmine aroma and flavour.

No. 43 Golden Sunshine (Organic) - \$4.50

This lively and zesty blend combines Longjing green tea with a burst of freshness from Australian lemon myrtle, golden ginger pieces and calendula petals. This uplifting green tea is high in anti-oxidants and will leave you feeling truly refreshed and revitalised. Like sunshine in a cup!

No.44 Moroccan Mint (Organic)- \$4.50

In Morocco, mint tea is the true expression of hospitality and enjoyed all day long in decorated glasses. Our Moroccan Mint is a handcrafted blend of organic gunpowder green tea, peppermint and spearmint leaves, which create a fragrant and refreshing tea to soothe, relax, calm or even to awaken and enliven the senses.

No.45 Japanese Sencha (Organic) - \$4.50

A fresh harvest, organic sencha crafted by one of Japan's most renowned tea estates, in its first tea producing region, Uji. The leaves have been lightly steamed and the emerald green leaves produce a rich tea with a smooth, grassy flavour and a captivating, creamy finish. Uplifting and rich in antioxidants.

GREEN TEAS (continued)

No.46 Genmaicha - \$4.50

Genmaicha is a rustic favourite from Japan. Fresh sencha leaves are combined with roasted rice and popcorn to create a toasty and slightly nutty flavour. A hearty tea that will provide sustenance and refreshment at any time of the day.

No.47 Australian Roasted Green - \$4.50

This lightly roasted pure green tea is grown in the Kiewa Valley, Victoria, Australia. It has a woody, nutty taste and is a warming and comforting tea with mild astringency.

OOLONG TEA

No.30 Iron Goddess of Mercy (Tie Guan Yin) - \$4.50

A rare and exquisite oolong from Anxi county in China's Fujian province., renowned tea is known for its signature floral scent. This is a lightly oxidized tea that embodies freshness and vitality and produces a light, amber infusion. This tea has a sweet, floral fragrance with a creamy texture and notes of orange blossom, honey and plums.

WHITE TEAS

No. 50 White Peony (Organic) - \$4.50

A rare white tea from China's Fujian province. Only the first plump white buds of the tea plant that emerge at the beginning of spring are plucked, along with two leaves. This is the least-processed of all the teas, being only sun-dried then lightly baked, creating a light, delicate flavour and aroma of white flowers. Naturally high in antioxidants for good health.

No. 51 Gorgeous Goddess (Organic) - \$4.50

An enchanting blend of rose, calendula and antioxidant-rich, organic white tea to restore balance and harmony and help achieve a beautiful, luminous complexion.

In Chinese medicine the rose is considered a tonic for the skin and hormonal system. The delicate flavour and fragrance of the flowers add a beautiful sweetness that lingers from start to finish.

HERBAL INFUSIONS

No.100 Purely Peppermint (Organic) - \$4.50

Highest-grade peppermint leaves grown in pristine organic gardens with exceptional aromatic qualities. Peppermint is known for its cleansing, clearing and refreshing properties, which makes it the perfect tea to enjoy after meals to support digestion.

No.101 Calming Chamomile (Organic) - \$4.50

Plump, organically grown chamomile flowers have a sweet honey-driven aroma. Everyone is aware of the soothing effect of a cup of chamomile tea. It can be taken to ease the nerves, promote calm, relieve insomnia and ease digestion. An oasis of calm in a cup

No. 102 Red Rooibos Tea (Organic) - \$4.50

Rooibos (pronounced roy-bos) is a traditional South African tea with a slightly sweet and nutty flavour. Our Red Rooibos Tea makes an excellent caffeine-free alternative to black tea. It is an abundant source of anti-oxidants which can protect heart health and help prevent many serious diseases.

No. 103 Zesty Lemongrass and Ginger (Organic) - \$4.50

Bright, zesty lemongrass and spicy ginger have been harmoniously blended to create a delightful, fresh infusion with a little zing! This cleansing, calming and refreshing blend is gently stimulating and uplifting without the caffeine.

No. 104 Digestive (Organic) - \$4.50

Whether you've over-indulged or just need to soothe a sensitive stomach, we have created a blend to refresh the palate, calm the nervous system and ease digestion. Organic peppermint and spearmint have been combined with a sprinkle of fennel seed and lavender to give your digestive system the support it needs.

No. 105 Lovely Liquorice (Organic) - \$4.50

Liquorice has been prized for millennia for its innumerable medicinal benefits and sweet taste. Our Lovely Liquorice blend is a cooling, cleansing and comforting infusion that will also provide relief from colds and congestion, soothe the digestive tract and support adrenal function. The perfect healing remedy.

HERBAL INFUSIONS (continued)

No.106 Choc Mint (Organic) - \$4.50

The finest organic peppermint leaves have been blended with the dark, creamy flavour of cacao to create the perfect after dinner mint. A classic combination, this very retro pairing is the perfect, guilt-free indulgence.

No.107 Peace and Quiet (Organic) - \$4.50

Find an oasis of calm in the day with this blissful blend. As the name suggests, this tea brings a feeling of peace to the drinker and will help quieten a busy mind. Sweet, fragrant and soothing organic chamomile is combined with organic rose and lavender to create a state of pure relaxation in a busy day.

No. 108 Nighty Night (Organic) - \$4.50

Like a lullaby in a cup, this sweet blend of calming herbs – lemon balm, passionflower, valerian, rose and lavender - will help you unwind at the end of a busy day, and prepare you for a wonderful, restorative night's sleep.

No. 109 Immunita (Organic) - \$4.50

A healing blend of powerful, immune-boosting herbs for when you feel you need a little lift, or to ward-off colds and flu. This delicious, uplifting infusion will warm the cockles of your heart and help restore balance and wellbeing. Drink this tea every day to keep the doctor at bay.

No. 110 Dandy Detox (Organic) - \$4.50

One of the most effective ways to encourage optimum health and wellbeing is to support the organs that work hard to clear out toxins that can lead to ill-health. This blend is packed with purifying herbs to enhance the body's natural detoxifying powers, reduce inflammation, boost energy and help promote healthy weight.

No. 111 Turmeric Tonic (Organic) - \$4.50

Get glowing from the inside with the amazing healing benefits of turmeric. Known as the "King of Spice" this bright, golden root has been used as a healer in Ayurvedic medicine for centuries. High in anti-oxidants and anti-inflammatory properties, this spicy blend with help improve gut health, reduce pain from arthritis and sports injuries, balance cholesterol, improve the skin and much more.

No. 112 I am Woman (Organic) - \$4.50

A caffeine-free blend designed especially for women, in all stages of life, to help support and boost the reproductive system. Organic herbs - raspberry leaf, rose, nettle, fennel seed and red clover – have been combined to promote well-being and balance hormones.

HERBAL INFUSIONS (continued)

No.113 Sexy Time (Organic) - \$4.50

If you've lost that loving feeling then share a pot of this special tea with your sweetheart. Ashwagandha, ginger, damiana and horny goat weed are all traditional aphrodisiacs, and stimulating Siberian ginseng delivers a little extra oomph! This spicy blend will also boost your energy, help fight fatigue, reduce stress and anxiety and promote health and wellbeing.

No.114 Spice Temple (Organic) - \$4.50

An enticing blend of warming spices and fruit pieces – cinnamon, ginger, cardamom, orange, apple - have been combined with red rooibos tea to create this nurturing cuppa. The perfect caffeine-free pick me up during the chilly winter months or when you're looking for some cold comfort. It's like a hug on the inside.

No.115 Rooibos Chai (Organic) - \$4.50

Our nourishing Rooibos Chai brings together caffeine-free rooibos tea from South Africa with sweet Indian spices - cinnamon, cardamom, ginger, aniseed, clove and pepper. Made our special way with milk and honey.
Soy – 50c extra

No.116 Original Turkish Apple - \$4.50

If you are looking for real Turkish apple tea then look no further. This original recipe contains juicy apple pieces, zesty orange, spicy cinnamon and cloves. This delicious, caffeine-free beverage is high in Vitamin C and bursting with flavour.

No.117 Blushing Beauty (Organic) - \$4.50

This oh so pretty infusion is like taking a stroll through an English garden. A blend of rose petals to lift the spirits, rosehips and hibiscus for a bit of tartness and a burst of vitamin C, and juicy strawberries add a little sweetness. Cooling and light, this ruby-coloured tea is happiness in a cup.

No.118 Summer Breeze - \$4.50

Imagine you are resting in a hammock on a beach right next to the clearest blue waters, waves gently crashing upon the shore... Our Summer Breeze blend tries to capture that moment, combining juicy Australian pineapple, refreshing lemon verbena and lemongrass, cooling mint leaves and the sweetness of liquorice. A burst of sunshine all year round.

CAKE MENU

All of our Cakes, Biscuits And Scones are handmade with love from the finest ingredients.

- See our cake table for today's selection

PLEASE NOTE: OUR SELECTION MAY CHANGE DAILY

Hummingbird Cake

Carrot Cake with Lemon Cream Cheese Frosting

Lovely Lemon Cake

Classic Chocolate Cake (Vegan/Dairy-Free/Egg-Free)

White Chocolate and Raspberry Mud Cake

Flourless Chocolate, Raspberry and Hazelnut Cake (Gluten-Free)

Orange and Almond Syrup Cake (Gluten-Free/Dairy-Free)

Dream Date Cake (Gluten-Free/Dairy-Free/Sugar-Free)

All \$6.50

Cupcakes **\$4.50**

BISCUITS

Handmade Shortbread **\$3.50**

Florentine (Gluten-Free) **\$4.00**

Orange and Hazelnut Cookie (Gluten-Free/Dairy-Free/Vegan) **\$4.00**

Marshmallow Tea Cup Biscuit **\$2.50**

SCONES

Freshly Baked Scone (Plain Or Date) With our own homemade
Raspberry Jam And Double Cream **\$6.50**

DRINKS

PLUNGER COFFEE - \$4.00

Made from freshly ground, locally roasted coffee

COLD DRINKS

Sparkling Mineral Water - **\$3.50**

Noah's Juices - **\$4.00**

Orange / Apple

Bottle of Milk - **\$1.50**

Chocolate Milk - **\$3.00**

ICED TEA

Cold-brewed Tea of the Day - **\$4.00**

- served with ice and lemon

TEA ETIQUETTE

At *The Berry Tea Shop* we often get asked about the rules and etiquette that one must follow when indulging in the delightful institution of taking tea. How long you should you brew the tea? Should I put the milk or tea in first? Fear not, as we have compiled a list of the essential “DOs and DON’Ts” of our favourite pastime.

Read on below to ensure you are fully equipped when enjoying a tea at our fine establishment, but remember it is usually a matter of personal taste and preference.

Devonshire Tea, Afternoon Tea or High Tea?

A Devonshire Tea or Cream Tea is usually just scones with cream and preserves served with tea, which originated in Devon (England).

Afternoon Tea was established in the early 19th century amongst the wealthier classes and was traditionally served between four and five o’clock. It usually consisted of sandwiches, scones and a selection of cakes, served with tea. It provided a light filler to bridge the gap between lunch and dinner. These days it is now also referred to as High Tea.

The term ‘High Tea’ traditionally signified an entirely different meal, usually comprising of more savoury foods and an altogether heartier meal (served with tea of course), historically taken by the lower classes. It was usually eaten at 6 o’clock when the family arrived home.

How long should I let my tea brew?

This is a common question, and one that lies mostly in the realm of personal preference, although there is some science involved as well. Depending on your own taste and the type of tea used you can alter brewing time to suit. However the longer you brew the tea the higher the level of antioxidants, called flavanoids, which research has shown to have many health benefits.

We recommend the following brewing times for each tea:

- Black Tea (3 - 5 mins)
- Green Tea (2- 3 mins)
- White Tea (2- 3 mins)
- Oolong Tea (2 - 3 mins)
- Herbal Infusions (3 - 5 mins)

We will usually let you know when we serve your tea when it is ready to be poured. If you like your tea on the weak side, please let us know so we can take the leaves out before it gets too strong!

Should I put milk or tea in the cup first?

Most tea connoisseurs will agree that if you put the tea in first then you are able to best judge how much you will need to flavour the tea to your personal preference.

At one time it was traditional to pour the milk into the cup before the tea. This was done to prevent the glaze on delicate tea cups from cracking. We do not have this problem today, so we suggest you add the milk after the tea so that you can judge how much to use based on the colour change. However, one must never add milk ot Green, White, Oolong or Herbal tea.

Pinkies Up?

Absolutely not! (well, it is a bit of fun, especially when posing for photos or to entertain our friends). Original porcelain teacups were made in China without handles. Keeping a pinky up in the air helped balance the cup and avoid spills. In the 1700s, the handle was added though pinkies perservered and it has now become one of the most common faux pas at afternoon teas. Here at *The Berry Tea Shop* we say, hold your cup however it feels most natural or enjoyable for you.

Cream or jam first?

An integral part of an afternoon tea experience is the inclusion of freshly baked, warm scones with jam and cream and/or butter. This conundrum, along with the meaning of life and how long is a piece of string, is yet another of life’s on-going debates. Both the Cornish and Devonshire people lay claim to the invention of the Cream Tea, and each have a view on the order of the toppings. The Devon tradition is cream first with jam spread on top, whilst the Cornish tradition is to slather the jam on and top it off with clotted cream. Either way works for us!

How should I eat my scones?

Common practice dictates that when eating the scone section of an Afternoon Tea or High Tea you would break small pieces off and top each section with the desired amount of butter, cream or jam eating them individually so as to avoid any social mishaps. This however is a far less observed guideline at *The Berry Tea Shop* and most choose to slice the scone in half and top each section with the desired amount of jam and cream. We find this method far more enjoyable.

Is it acceptable to dunk biscuits into my tea?

There is not much to say on this matter, other than a very stern and finger wagging no! In the privacy of your own home this is a perfectly acceptable and enjoyable practise, however when taking Afternoon Tea in one of the finest hotels in the country we suggest you do not partake in this.

We have come a long way from the straight-laced Victorian tea times when tea etiquette was first established, but we can still set aside some time in our fast paced lives for a little bit of gentility. So, let’s brush up on our manners and spend some time enjoying the beauty and ritual of TEA.
