

TRANQUIL TEA LOUNGE PHILOSOPHY

We are dedicated in introducing the growing population of tea enthusiasts to over 75 varieties of premium and organic loose-leaf teas from all over the world. It is our philosophy to provide our guests with the highest quality ingredients, products and services. We also strive to choose eco-friendly sustainable supplies whenever possible.

ESCAPE. SOCIALIZE. REJUVENATE.

Tranquil Tea Lounge is your alternative to the bar scene and coffeehouses. It is our vision to create a tranquil environment to escape from the daily stresses of life, socialize with friends and family, educate the community through tea tastings and offer unique retail products.

To inquire about booking a special event or private tea tasting, please come by and visit us or contact us at: info@tranquiltealounge.com

COMMUNITY. ART. MUSIC.

Our goal at Tranquil Tea Lounge is to make a positive impact on the community through supporting local events, non-profit organizations, local artists and musicians.



Like Us on Facebook

Instagram: [@tranquiltealounge](https://www.instagram.com/tranquiltealounge)

Follow our Twitter updates: [@TranquilTea](https://twitter.com/TranquilTea)

tranquiltealounge.com

106 W. Wilshire Ave. | Downtown Fullerton
714.869.3577

Sweets

- Betty's Homemade Scones 4.
Choose from: White Chocolate Lavender, Passion Fruit Peach or Chocolate Chip Peanut Butter Banana
- Blueberry Tea Cake (Gluten Free) 5.
Moist almond cake with blueberries served warm with vanilla ice cream.
- Chocolate Lava Cake (Gluten Free) 6.
Dense dark chocolate cake filled with chocolate ganache served with vanilla ice cream.
- Handmade French Macarons 5.
A trio of the colorful traditional French confectionary. Meringue cookies put together with an assorted pastry filling.
- Mochi 4.
A pair of small balls of ice cream wrapped in Japanese rice cake. Choose any two flavors: Strawberry, Vanilla, Chocolate, Green Tea, Mango

Tranquil Tea Morning Special

Served from 10 am - 11am, Monday – Saturday

Choose Any Scone and Tea (Hot or Iced)

6.

For the little ones

Available for children 10 and under

- Grilled Cheese 6.
Melted cheddar on squaw bread served with mixed fruit
- Peanut Butter and Jelly 6.
Creamy peanut butter and raspberry jelly on squaw bread served with mixed fruit
- Turkey 6.
Turkey, lettuce, tomato, mustard, mayo served on squaw bread served with mixed fruit

Small Plates

- Soup of the Day 5.
- Edamame 5.
Fresh soy beans topped with Rooibos and Hawaiian sea salt
- Hawaiian Poke Salad 10.
Fresh sushi grade ahi, avocado, green onion, cilantro, chili oil, black sesame seeds and wonton crisps
- Island Ceviche 10.
Fresh sushi grade ahi, marinated in citrus juice, tomato, avocado, green onions, cilantro and chips
- Pacific Spring Rolls 6.
Vietnamese style with vermicelli noodles, fresh shrimp, carrots, cilantro, mint leaves served with lapsang souchong fused peanut sauce and sweet chili sauce
- Smoky Sun Dried Tomato Hummus 6.
Smoky sun dried tomato hummus infused with Lapsang Souchong black tea served with toasted pita bread (Extra pita bread add 1.)

Greens

- Mixed Greens 8.
Organic mixed greens, arugula, feta cheese, white tea vinaigrette
- Caesar 8.
Fresh romaine, parmesan, homemade croutons, caesar dressing
- Bartlett Pear 10.
Organic greens, Bartlett Pear, gorgonzola pieces, candied pecans, white tea vinaigrette
- Mediterranean 10.
Organic greens, feta cheese, kalamata olives, tomatoes, banana peppers, salami, white tea vinaigrette
- Mixed Berry 10.
Organic greens, feta cheese, strawberries, blackberries, candied pecans, white tea vinaigrette

Sandwiches

All grilled sandwiches are served with fresh organic greens

- Prosciutto 10.
Prosciutto, fresh mozzarella, arugula and sun dried tomato pesto on kalamata olive bread
- Roast Beef 10.
Roast beef, swiss cheese, lettuce, tomato, red onions and jalapeño cream cheese spread on kalamata olive bread
- Turkey 10.
Turkey, fontina cheese, arugula, red onions and sun dried tomato pesto on rosemary garlic bread
- Veggie 9.
Tomato, basil, mixed greens, avocado, hummus spread on rosemary garlic bread
- Margherita 9.
Fresh mozzarella, tomato and basil on rosemary garlic bread
- Three Cheese 9.
Melted fontina, cheddar and Swiss cheese on rosemary garlic bread
- Egg Salad 9.
Homemade egg salad, organic greens, tomato on squaw bread

Tranquil Tea Trio

Half Sandwich with
Choice of Mixed Greens,
Caesar Salad or Soup
(Salad Upgrade add 3.)
Plus Your Choice of Tea Iced or Hot

12.

Matcha and Tea Smoothies

Ceremonial Japanese Matcha
Served with a Handmade French Macaron 6.5
The tea of teas. This fine green tea powder is used for the preparation of the Japanese Tea Ceremony. Whisked and served frothy in a Matcha bowl. One bowl of Matcha is equivalent to drinking ten cups of green tea. As Matcha can be bitter it is traditionally served with something sweet.

Matcha 5.5
Sweetened Matcha blended with soy milk

Banana Matcha 5.5
Sweetened Matcha blended with fresh bananas and soy milk

Berry Matcha 5.5
Sweetened Matcha blended with blueberries, raspberries, strawberries and soy milk

Chocolate Peanut Butter Matcha 5.5
Sweetened Matcha blended with chocolate syrup, peanut butter and soy milk

Tranquil Tea Floats

Our modern twist to the traditional Root Beer Float.

Matcha Float 5.5
Chilled matcha green tea served with vanilla ice cream.

Root Beer Rooibos Float 5.5
Chilled caffeine free Root Beer Rooibos served with vanilla ice cream.

Matcha Mocktails

Matcha Coconut Cooler 5.5
Matcha green tea mixed with sweet coconut milk

Matcha Sunrise 5.5
Matcha green tea and orange juice

Matcha Sunset 5.5
Matcha green tea and guava juice

To expedite service, we request to have one check per table
18% gratuity will be added to parties of 8 or more guests

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All Teas Served Iced or Hot
 Add Lemonade or Soy Milk .25
 Tea Flight (One Steep) | Choose Any Three Hot Teas 11.

Green Tea

May help lower cholesterol, regulate blood sugar level,
 good for digestion, prevent cavities and aging

- Dragonwell** 5.*
 Organic glossy flat leaves also known as Lung Ching from China. The liquor is an attractive greenish-yellow, the flavor is sweet with a finish reminiscent of lightly roasted chestnuts.
- Genmaicha** 4.
 Attractive Japanese blend of roasted, popped brown rice and lively green bancha leaf exhibits a clear, bright green liquor and a perfect balance of sweet cereal flavors.
- Jasmine Dragon Phoenix Pearls** 5.*
 This green tea from China is one of the prettiest treasures from the world of tea. The finest and youngest leaves of the best green tea qualities are mixed with fresh jasmine blossoms, then sieved and rolled by hand into pearls.
- Matcha Genmaicha** 5.*
 Japanese Green Tea with a balanced combination of sencha, mild matcha and roasted rice. Slightly sweet with hints of caramel.
- Sencha** 4.
 Organic Green Tea from China, steeps a light green liquor with a refreshing vegetal flavor.

Green Tea Blends

May help lower cholesterol, regulate blood sugar level,
 good for digestion, prevent cavities and aging

- Asian Pear** 5.*
 Sencha, Lung Ching, Green Yunnan, Pai Mu Tan, Pear Flavor, Mango Cubes, Pineapple Flakes, Rosebuds
- Cherry Blossom** 5.*
 Green and White Tea, Matcha, Strawberries and White Chocolate
- Figs 'n Berries** 4.
 Green Tea, Figs, Blackberries, Raspberries, Strawberries
- Fijian Sunset** 4.
 Organic Green Tea, Papaya and Wild Pineapple
- Haiku** 5.*
 Sencha, Lung Ching, Green Yunnan, Pai Mu Tan, Lemon and Jasmine Flavoring, Rosebuds, Rose Petals, Mallow Blossoms

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Green Tea Blends

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- Happiness** 5.*
 Organic Jasmine Green Tea, Strawberries, Apple Bits, Hibiscus Rosehips, Green Rooibos, Guayusa
- Hojicha de la Crème** 5.*
 Perfect for the coffee lover looking to transition into tea. Roasted Japanese Green Tea, Indonesian Oolong Tea, Coffee Beans, White Chocolate
- Makena's Passion** 4.
 Sencha, Lung Ching, Pai Mu Tan, Passion Fruit, Papaya Cubes, Pineapple Cubes, Rose Petals, Strawberry Pieces
- Maui Pineapple** 5.*
 Green Tea, Lemongrass, Pineapple, Cherries
- Mauna Loa** 5.*
 Green Tea, Black Tea, Coconut, White Chocolate
- Moroccan Mint** 4.
 Green Tea, Spearmint, Natural Mint Flavoring
- OC Wahine** 4.
 Green Tea, Orange Peels, Mango, Papaya, Starfruit, Safflower
- Raspberry Bliss** 4.
 Green Tea, Raspberry, Hibiscus and Rose Petals
- Southern Belle** 4.
 Green Tea, Peach, Pear, Rose Petals, Silver Ball Candies and Ruby Sugar
- Strawberry Genmaicha** 5.*
 Japanese Genmaicha, Sencha, Strawberries
- Super Dragon Fruit** 5.*
 Sencha, Kukicha, Pai Mu Tan, Dragon Fruit, Pomegranate, Kiwi, Raspberry, Lemongrass
- Sweet Almond** 4.
 Green Tea, Green Maté, Sweet Almonds, Coconut, Rose Petals Cornflower Blossoms
- Tranquil Tea Detox** 5.*
 Organic, cleansing and energizing. Green Tea, Orange Peel, Cinnamon, Ginger, Senna, Fennel, Cacao and Pomegranate.

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Black Tea

Good for the heart and gentle stimulant.
 Helps to lower cholesterol and prevent tooth decay.

- Assam 4.
 Grown in the tropical climate of northeast India on the Halmari Estate, this robust Assam is distinct with lots of golden tips and steeps a malty, sweet and rich cup.
- Darjeeling 5.*
 Grown on the southern slopes of the Himalaya mountains in India at an altitude of over 8,000 feet, this Organic First Flush Darjeeling is grown on the Sungma Estate. Its liquor is light and bright with undertones of citrus flowers and peach.
- English Breakfast 4.
 This classic blend of Indian, Ceylon and Chinese black tea steeps a red-gold cup with a smooth, hearty flavor. May be enjoyed plain or with a drop of milk.
- Lapsang Souchong 4.
 A classic Chinese tea, after fermentation these leaves are put on hot iron pans and roasted for a short time and then smoked over pine woods giving it a smoky and spicy flavor.
- Lychee 4.
 One of the most popular Chinese teas, this tea is sprayed with freshly squeezed juice of ripe lychees after fermentation and then blended and dried. The fine leaf develops a fruity, sweet taste, with a mild note of smoky Keemun.
- Yunnan 5.*
 Grown in altitudes of 4,000 to 6,500 feet in the Yunnan region of China, the leaves have large golden tips giving it a full, sweet, spicy taste and malty aftertaste.

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Black Tea Blends

Good for the heart and gentle stimulant.
 Helps to lower cholesterol and prevent tooth decay.

- Bora Bora 4.
 Black Tea combined with Peach, Mango, Apple, Orange and Guava
- Boracay 5.*
 Fair Trade, Organic Black Tea, Coconut, Mango
- Caribbean Earl 4.
 Classic Earl Grey Black Tea with a Tropical Twist. Bergamot, Safflowers, Coconut, Pineapple
- Chapman Chai 5.*
 Organic, Fair Trade Indian Black Tea, Cardamom, Cinnamon, Clove, Ginger, Pepper
- Earl Grey 4.
 Whole Leaf Black Tea and Bergamot
- Earl Grey de la Crème 5.*
 Organic Black Tea, Bergamot, Vanilla Flavoring, Cornflower Petals
- I Love U Beary Matcha 5.*
 Black Tea, Matcha, Chocolate, Puffed Rice and Bear Candy Sprinkles
- Mayan Chocolate Chai 5.*
 Fair Trade Black Tea, Masala Chai, Vanilla, Mint, Chocolate Bits
- Road to Hana 5.*
 Fair Trade, Organic Black Tea, Organic Rooibos, Coconut, Chocolate Bits, Vanilla
- Sea Salt Chocolate Caramel 4.
 Black Tea, Chocolate, Caramel, Butterscotch, Coconut, Toffee Bits, Sea Salt
- Secret Garden 4.
 Whole Leaf Black Tea, Caramel Bits and Lavender
- Tranquil Thai Tea 4.
 A healthier alternative to the traditional Thai iced tea. Black tea, star anise with vanilla flavor, sweetened with soy milk.
- Wild Berry 5.*
 Organic Black Tea, Strawberries, Raspberries, Blueberries, Apple, Rosehips, Hibiscus, Cornflower and Blackberry Leaves

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Oolong Tea & Oolong Blends

A relaxing tea that is good for skin and teeth, enhances metabolism, good for digestion

- Coconut Oolong 5.*
Oolong Tea with Coconut Flavor
- Monkey Picked Oolong 5.*
The term "Monkey Picked" refers to the highest quality oolong tea available. Legend has it that to avoid damaging the branches, Buddhist Monks trained actual monkeys to climb to the top of the Camellia Sinensis plant to pick the youngest tea buds.
- Ooh La La! Oolong 5.*
Oolong Tea with sweet creamy notes
- Passion Fruit Oolong 5.*
Oolong Tea, Marigolds and Passion Fruit
- Peach Oolong 5.*
Oolong Tea, Dried Peach and Rose Blossoms

Pu-erh Tea & Pu-erh Blends

May help lower cholesterol, aid in digestion and enhances metabolism. Pu-erh is the perfect tea after a heavy meal.

- Pu-erh Tuo Cha 5.*
Also known as "Birds Nest", the dark to light sinensis leaf from China develops a strong, spicy, earthy, woody flavor. A great alternative for coffee drinkers.
- Chocolaté Picanté 5.*
Organic Pu-erh, Honeybush, Cocoa Nibs, Cinnamon, Chili Flakes Ground Chocolate, Safflowers
- French Kiss 4.
Pu-erh, Strawberry, Mango and Pomegranate
- Pistachio Pu-erh 5.*
Pu-erh, Pistachios and Rose Petals

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White Tea & White Tea Blends

Very high in antioxidants, studies show white tea is excellent for skin by reducing fine lines and wrinkles

- White Peony 5.*
Mellow and sweet organic White Tea. Also known as Pai Mu Tan, from the Fujian province of China is a delicate tea made from tea buds collected and withered prior to opening.
- Bossa Nova 5.*
Organic White Tea, Acai, Pineapple Bits, Rosehips, Hibiscus, Apple Bits, Black Currants
- Hawaiian Guava 5.*
Organic White Tea, Natural Guava Flavor, Strawberries, Ginger Root, Marigolds
- Kula Lavender 5.*
Fair Trade, Organic White Tea and Organic Lavender (TTL staff also enjoys this with lemonade)
- Rose Cabernet 5.*
White Tea, Rose Petals, Jasmine Flowers, Cabernet Flavoring

Maté & Maté Blends

The alternative for coffee drinkers. Produces energy without jitters. Offers cardiovascular aid, mental and physical stimulant.

- Yerba Maté (Caffeinated) 4.
Organic and popular among gauchos in South America, the tea from the leaves offers stimulating effects that lasts longer than coffee
- Passion Tango Mango 4.
Roasted Maté, Cocoa, Rooibos, Marigold, Mango Pieces, Ginseng Root and Passion Fruit
- Sweet Almond 4.
Green Tea, Green Maté, Sweet Almonds, Coconut, Rose Petal Cornflower Blossoms

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Rooibos Blends

More antioxidants than green tea and caffeine free.
 Rooibos improves digestion. Good for skin and allergies.
 High in vitamins and minerals

Leilani's Garden Rooibos, French Lavender, Coconut	4.
Madagascar Vanilla Rooibos and Madagascar Bourbon Vanilla	4.
Pumpkin Pie (Seasonal) Organic Rooibos, Honeybush, Cloves, Cinnamon, Ginger, Marigolds	5.*
Root Beer Rooibos Green Rooibos, Honeybush, Root Beer Flavor, Freeze Dried Ice Cream, White Cornflowers (Float Upgrade with Vanilla Ice Cream add 1.5)	4.
Tea For Her This blend is designed to support every woman's needs by restoring balance in the body, mind & soul. Organic Green Rooibos, Fennel, Roses, Lavender, Chrysanthemum, Osmanthus, Hibiscus, Shatavari.	5.*
Tranquil Tea MD Organic, immunity enhancing herbal blend based on an ancient Ayurvedic cold and cough remedy. Organic Green Rooibos, Fennel, Linden Flower, Orange Peel, Raspberries, Licorice Root, Neem, Cinnamon, Elderberries, Echinacea, Chili Pepper.	5.*
Tropical Hibiscus Organic, Fair Trade Rooibos, Honeybush, Rosehips, Black Currant, Hibiscus, Apple Bits and Pineapple	5.*

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Herbal & Wellness Blends

Naturally caffeine free, herbal and ayurvedic blends.

Happiness (Caffeinated) Organic Jasmine Green Tea, Guayusa, Strawberries, Apple Bits, Hibiscus, Rosehips, Green Rooibos, Guayusa is a native Amazonian tree leaf that offers a clear, focused energy by balancing as much caffeine as one cup of coffee with twice the antioxidants as green tea.	5.*
Honey Ginger Creamy Honey Flavor, Apple Pieces, Ginger, Blackberry Leaves, Sunflower and Cornflower Blossoms	4.
Kama Sutra WARNING this spicy blend of Organic Turmeric, Coconut, Cinnamon, Ginger, Chili Flakes and Black Pepper will turn up the heat. Also known as "Golden Milk" this blend is used as an ancient Ayurvedic formula for longevity, stamina and balanced circulation. (TLL staff enjoys this with Almond Milk)	5.*
Serenity This organic, de-stressing blend is soothing to the mind and palate. Valerian Root, Lemongrass, Lemon Balm, Chamomile, Rose Petals and Spearmint.	5.*
Tea For Her This organic blend is designed to support every woman's needs by restoring balance in the body, mind & soul. Organic Green Rooibos, Fennel, Roses, Lavender, Chrysanthemum, Osmanthus, Hibiscus, Shatavari.	5.*
Tranquil Tea Detox (Caffeinated) Organic, cleansing and energizing. Green Tea, Orange Peel, Cinnamon, Ginger, Senna, Fennel, Cacao and Pomegranate.	5.*
Tranquil Tea MD Organic, immunity enhancing herbal blend based on an ancient Ayurvedic cold and cough remedy. Organic Green Rooibos, Fennel, Linden Flower, Orange Peel, Raspberries, Licorice Root, Neem, Cinnamon, Elderberries, Echinacea, Chili Pepper.	5.*

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Tisanes

Naturally caffeine free. High in Vitamin C and antioxidants.

Berry Melon Apple Pieces, Pear Pieces, Goji Berries, Hibiscus Blossoms, Rose Hip Peel, Honeydew Melon Cubes	5.*
Fuzzy Navel Peach Flavor, Elderberries, Hibiscus Blossoms, Apple Pieces, Papaya Cubes, Rose Hip Peels, Black Currant, Blueberries, Strawberry Pieces, Cornflower Blossoms	5.*
Juicy Watermelon Watermelon Flakes, Apple Pieces, Carrot Flakes, Honeydew Melon Cubes, Beet Root, Strawberry Slices	4.
Mmm...Mango Delight Pineapple Cubes, Mango Cubes, Orange Slices, Safflower, Marigold Blossoms, Strawberry Slices	5.*
Paradise Punch Fruit Blend, Orange, Cherry and Coconut	5.*
Strawberries & Champagne Strawberries, Apple, Papaya and Rose Petals	5.*
Toasted Almond Apple Pieces, Almonds, Cinnamon Pieces, Beetroot Pieces	4.

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