



# Tea Menu

# All tea comes from the Camellia Sinensis family of plant.

WE SOURCE OUR TEAS  
DIRECT FROM ORIGIN.  
SEASONAL.  
SMALL FARM.

WE HOPE YOU ENJOY  
THE TEAS AS MUCH AS  
WE DO.



Drink in or brew at home.

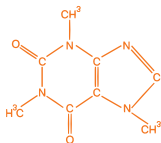
## About Tea

Despite being an evergreen, the plant is harvested at different times of the year dependent on origin/seasons, terroir, cultivars, desired product. The processing steps that occur after harvest have a huge impact on the style of tea that is produced.

Consistent with other forms of agriculture – the slower the growth – the more nuance and depth of flavour (think vine ripened tomatoes). Higher altitude promotes slower growth, as well as techniques such as erecting canopies for shielding plants from the sun. Japanese teas are famous for being shade grown – resulting in a deeper green colour (due to increased levels of chlorophyll).

If it isn't from the *Camellia sinensis* plant, then it is referred to as an infusion/tisane/herbal.

For example – Earl Grey would be a tea (black tea plus bergamot oil), Chamomile is an infusion (contains only flowers and no *Camellia sinensis*).



**Caffeine**  
/kæ'fi:n, 'kæfi:n/

## Blends vs Unadulterated

**Some of our teas are unadulterated, others are blends which contain a number of ingredients to create flavour profiles.**

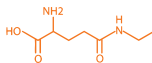
We blend all of our teas in-house using only good quality teas as a base and natural flavourings or fruits.

English breakfast is often a blend of different black teas. Jasmine green is a tea that is scented by layering with jasmine flowers as they blossom. Our Waterloo breakfast is a single origin tea from a small farm in Assam.

## Ambient High

**The pharmacological impact of tea is different to that of coffee.**

This is because tea contains the Theanine compound, which has a calming effect on top of the alertness that caffeine delivers. Creating an ambient high with less caffeine crashes and more focus. As such, tea is used widely by those working late/long hours, revising and meditating.



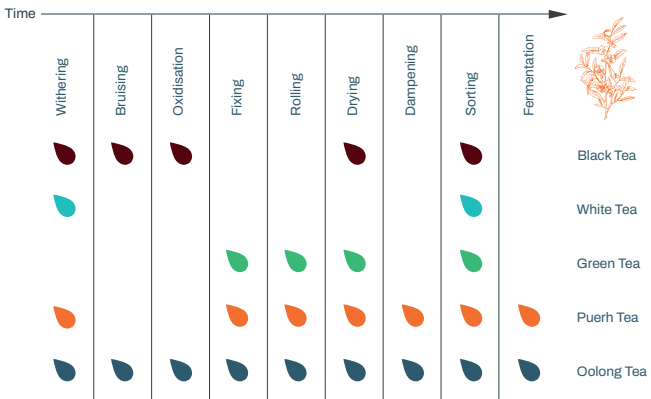
**Theanine**  
/θi:əni:n/

# What is the difference between black and green tea?

**A black tea is oxidised and a green tea isn't.**

Here is a summary of what happens to tea leaves after they are harvested.

*Factors such as varietals, terroir and farming techniques also have a huge part to play.*



All teas £3.50 per pot (drinking in store)

## Teas that take milk

Brew at home price

### English Breakfast

The classic, done better. Robust, Comforting, Bright.

100g £5.30

### Waterloo Breakfast

Our premium breakfast tea from Assam.  
Single farm, Golden tips, Sweet, Malt.

100g £8.40

### Decaf Breakfast

Reassuring, yet caffeine free. Bold, Punchy, Familiar.

100g £5.20

### Earl Grey

The most popular tea in the Western world.  
Citrus explosion, Mellow, Invigorating.

75g £5.00

### Royal Grey

Blue cornflowers and citrus peel creating  
our luxurious version of this classic.

75g £6.00

### Ceylon

High elevation orange pekoe\* grade.  
Nuanced, Wiry, Citrus hints.

75g £4.70

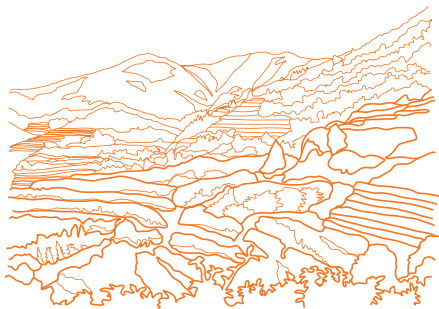
### Assam

Tippy Golden Flowery Orange Pekoe\*  
Clonal (TGfOPCL) Khongea estate.

75g £7.10

#### \*Orange Pekoe:

A grading of tea used  
commonly in Sri Lanka  
and India - referring to a  
long wiry full leaf tea.



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# Black

Brew at home price

## Yunnan Breakfast

75g £8.20

An origin to familiarise yourself with.  
Tippy, Earthy, Chocolatey.

## Russian Caravan

100g £6.70

Named after the journey from Asia to Europe via  
the Silk Route. Smokey, Intoxicating, Warming.

## Black Chocolate

50g £5.10

Black tea, cocoa shells, chocolate  
oil. Indulgent, Subtle, Sweet.

## Meghalaya

50g £10

The state in between Assam and Darjeeling.  
Micro farm. Malt, Floral, Refined.

## Kiss from a Rose

50g £4.10

Black tea from Yunnan with whole rose buds.  
Rich body, Sweet, Fragrant.

## Darjeeling

75g £7.00

Outstanding first flush. The Champagne of Teas.  
Floral, Brisk, Natural sweetness.

## Waterloo Chai

100g £5.40

Blend of Assam tea and spices.  
Spicy flavour and sweet aroma that you can  
also enjoy in our Chai Latte. (Retail only)

## Golden Needle

50g £9.40

Buds processed as a black tea.  
Rare, Honey, Smooth.



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## White

Brew at home price

### Peach Blossom

35g £4.70

Crowd pleaser. Fruity and refreshing.  
Peaches, Tangerines.

### Juniper Rose

50g £6.90

A light and fragrant tea cocktail.  
Blueberry, Rose, Delicate.

### Peony

35g £7.80

Pai Mu Dan, High proportion of buds.  
Refreshing, Soft, Mouthfeel.

### Silver Needle

50g £8.80

Buds harvested before unfurling into  
leaves. Juicy, Pine, Barley.

## Oolong

### Iron Goddess of Mercy

100g £7.60

Classic Chinese style, mild oxidisation.  
Creamy, Mouthfeel, Fresh

### Tangerine Oolong

100g £7.60

Oolong with added orange peel,  
Lemon Balm, Tangerine.

### Dong Ding

100g £14

High altitude, large ball oolong.  
Rounded, Body, Mouthfeel.

### Oriental Beauty

50g £8

Open, medium oxidisation.  
Sweet, Bright, Smooth.

All teas £3.50 per pot (drinking in store)

## Puerh

Brew at home price

### Raw cakes (tuo)

Lightly fermented.  
Clean, Sweet, Smooth.

50g £7.80

### Ripe cakes

Longer fermentation.  
Earthy, Musk. Mouthfeel.

50g £10.20

### Citrus

Aged loose leaf Puerh with citrus oil and orange peel. Crisp, Refreshing, Intense.

100g £7.70

## Yellow

### Huoshan

Similar to green teas in character.  
Sweet, Savoury, Nutty.

35g £4.90

## Green

### Dragon Well

Benchmark tea. Hand pressed on flat,woks.  
Sweet, Toasted, Chestnuts.

50g £6.40

### Jasmine

Tea layered with blossoming jasmine flowers. Silk, Floral, Lingering.

50g £7.60

### Kukicha

Leaves and stems.  
Mild umami, Easy to brew, Moreish.

100g £10.10

### Genmaicha

Classic blend of roasted rice and sencha. Clean, Warming, Nutty.

100g £9.40

### Houjicha

Roasted Autumn and Winter harvest.  
Barley, Chocolate, Reassuring.

50g £6.80



## All teas £3.50 per pot (drinking in store)

Brew at home price

**Matcha** 50g £10

Sweet, Grassy, Mouthfeel.  
(In store, served as a Matcha Latte)

**Matcha Premium** 50g £12.70

Shade grown, deep green. Intense umami, Sweet,  
Savoury. (In store, served as traditional Matcha £4)

**Sencha** 100g £22.30

The Japanese tea.  
Super sweet, Vibrant, Energising.

## Wellness

**Relax** 35g £4.70

Tulsi, Lemon Balm,  
Lavender. (CF)

**Energise** 50g £5.60

Yerba Matè, Matcha,  
Lemongrass, Verbena.

**Detox** 75g £5.70

Fennel, Peppermint,  
Green rooibos. (CF)

**Immunity** 100g £5.70

Turmeric, Ginger,  
Liquorice, Rooibos. (CF)

**Digest** 100g £6.90

Puerh, Rosemary,  
Thyme, Fennel, Ginger. (CF)

CF = Caffeine Free

All teas £3.50 per pot (drinking in store)

## **Fruit** (CF)

Brew at home price

|                         |      |              |
|-------------------------|------|--------------|
| <b>Cinnamon Spice</b>   | 100g | <b>£6.70</b> |
| <b>Cranberry Apple</b>  | 100g | <b>£6.50</b> |
| <b>Tangerine Ginger</b> | 100g | <b>£7.30</b> |
| <b>Blueberry Mango</b>  | 100g | <b>£7.40</b> |

## **Herbal** (CF)

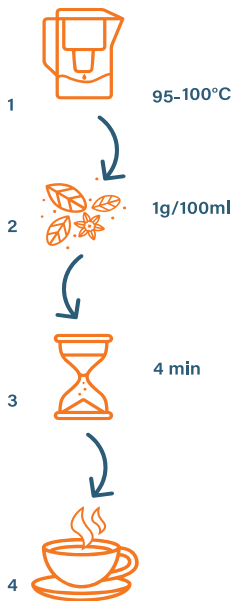
|                           |      |              |
|---------------------------|------|--------------|
| <b>Earl Grey Rooibos</b>  | 100g | <b>£6.10</b> |
| <b>Lemon Ginger</b>       | 75g  | <b>£5.80</b> |
| <b>Elderflower Soothe</b> | 100g | <b>£9.20</b> |
| <b>Invigorate Mint</b>    | 75g  | <b>£5.40</b> |

## **Pure** (CF)

|                      |      |              |
|----------------------|------|--------------|
| <b>Rooibos</b>       | 100g | <b>£5.40</b> |
| <b>Green Rooibos</b> | 100g | <b>£6.40</b> |
| <b>Peppermint</b>    | 35g  | <b>£4.70</b> |
| <b>Rose Buds</b>     | 50g  | <b>£9.40</b> |
| <b>Chamomile</b>     | 35g  | <b>£4.70</b> |
| <b>Lemon Verbena</b> | 35g  | <b>£4.70</b> |
| <b>Matè</b>          | 50g  | <b>£5.00</b> |
| <b>Fennel</b>        | 100g | <b>£6.30</b> |
| <b>Nettle</b>        | 35g  | <b>£4.70</b> |

CF = Caffeine Free

# Enjoy your tea journey



  
waterloo

**Did you know green tea is best  
brewed at around 80 °C?**

If made with boiling water, it will taste bitter



waterlootea.com  
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