







# House of Tea



### The Sublime Story:

Tea in India is not just a beverage, it's an emotion deeply ingrained in the cultural fabric of the nation. Although originated in parts of East Asia, it was introduced to India on a major scale by the colonizers. However, over centuries tea has become an integral part of the Indian DNA.

Yet, despite the vast array of tea varieties available, only a few classic options have managed to gain mainstream popularity. Tea holds immense potential beyond its current status of being a classic beverage—chai. While nothing compares to the brilliance of Kadak chai, it's important to remember that tea can be much more than that.

It is capable of enhancing and elevating palate profiles with its diverse flavours and aromas. With its myriad health benefits and endless varieties, tea has the potential to complement India's rich culinary diversity.

Recognising this potential, Sublime House of Tea was born with a vision to redefine tea drinking into an elevated sublime tea experience. Through meticulous sourcing, blending, and crafting, Sublime aims to introduce tea enthusiasts to a world of exquisite flavours and sensations, elevating tea drinking to an art form and providing a journey of taste and aroma unlike any other.

Now we don't only have a variety of teas but also specialize in 8 types of honeys, dry fruits, species, saffron all sourced from different parts of India. Sublime also brings to you carefully curated gifts for your loved ones. Celebrate everyday, not just on special days.













Tea, particularly green tea, is known for its numerous health benefits. Some of the key benefits of drinking tea include:

- 1. Antioxidant properties: Tea is rich in antioxidants like catechins and polyphenols, which help protect the body from cell damage caused by free radicals.
- 2. Improved heart health: Studies have shown that regular tea consumption may help lower cholesterol levels and improve heart health by reducing the risk of heart disease and stroke.
- 3. Weight management: Some studies suggest that drinking tea, especially green tea, may help boost metabolism and promote weight loss by increasing the body's ability to burn fat.
- 4. Improved brain function: The caffeine and amino acid L-theanine found in tea can help improve focus, concentration, and mental alertness.
- 5. Relaxation and stress relief: Herbal teas like chamomile and peppermint are known for their calming properties, helping to reduce stress and promote relaxation.
- 6. Immune support: Some teas, such as elderberry and echinacea, are believed to support the immune system and help prevent illnesses like the common cold and flu.

Overall, incorporating tea into your daily routine can have a positive impact on your health and well-being. Just remember to opt for unsweetened, natural teas to maximize the benefits.









#### **PURE DETOX**

One of the more conservative methods of detoxifiying your body is to supplement your well balanced diet with, an infusion that is high in antioxidants and specifically formulated to improve live function, as well as support the other digestive organs that play a role in detoxification.

₹140.00 | 50 g

## BLACK TEA (A Sublime Signature)

Fine black tea that captures the goodness of Assam, when consumed with a dash of milk is a game-changer.

₹180.00 | 100 g





#### **CLEANSING GINGER**

Ginger tea provides relief from nausea, helps with digestion and alleviates bloating.

₹265.00 | 100 g

#### **ENERGISING ELAICHI**

One of the more conservative methods of detoxifiying your body is to supplement your well balanced diet with, an infusion that is high in antioxidants and specifically formulated to improve live function, as well as support the other digestive organs that play a role in detoxification.

₹250.00 | 100 g









#### **OOLONG OXIDIZED**

Oolong tea is rich in enzymes that help break down foods so that they are more efficiently metabolized. For this reason, it has been claimed by some to be a slimming aid.

₹450.00 | 50 g

#### WHITE FROST

This winter tea has a unique and pleasant aroma and flavour, which is very distinctive from other teas and makes frost tea special. Can be consumed without milk & add sugar to taste.

₹315.00 | 50 g





#### **PURE CHAMOMILE**

Chamomile contains chemicals that help reduce inflammation, helps maintain blood glucose level, and reduces menstrual cramps; the list is endless.

₹750.00 | 50 g

### **SAFFRON TURMERIC TEA**

The rich essence of saffron and the rustic nature of turmeric together is one of the best healing combinations. And with Saffron Turmeric Tea, you can enjoy their benefits in a hot cup of Black Tea. Saffron Turmeric Tea is a remedy for a tiring day, or a common cold. buy the Black Tea online, and reap the benefits of both, the Saffron & Turmeric in a special blend. After all, the healthy blend should't compromise on taste. You could also use it as a mocktail base.

₹450.00 | 100 g









#### SILVER NEEDLE TEA

A rarity from Nilgiris-this high grown tenter buds underline the fine and fully balanced character of this exceptional tea.

₹1050.00 | 50 g

# BLISSFUL BLUE (A Sublime Signature)

Sublime has put together a unique mix of mint, lemon, and blue pea flower tea in their Signature blend – Blissful Blue.

₹650.00 | 50 g





#### **MASALA CHAI**

The highest quality black tea blended with Indian spices to give the finest masala chai. Goes well with milk and sugar.

₹450.00 | 100 g

### **REJUVENATING MINT**

Peppermint infusion has a deliciously light. Minty and refreshing taste. It is not only tasty but is good for digestion and is healthy.

₹550.00 | 100 g













#### **MELLOW MANGO**

The one thing that can make all the heat of the summer worth it, is the deliciously ripe and juicy mangoes. To riplicate the fresh flavours of yummy juicy mango, has created this very special blend with chunks of mangoes and black tea leaves. low on caffeine this summer special blend can be enjoyed both, hot or cold brew, and it also make for a delicious base for a mocktail or a cocktail. Rich in antixidants and minerals, Mellow Mango tea is a distinctive black loose-leaf tea , for health and taste .

₹550.00 | 100 g

#### **ROSE IN BLOOM**

Witnessing a blooming rose brings an instant smile on your face.

Adding the freshness of rose to your cup of morning tea, only enhances the refreshing flavours of the tea. Buy the Black Rose Tea by a refreshingly healthy cup of black tea. Rose Tea is one the finest black tea blends available Brew your self a refreshing cup of the warm and flavourful drink.



₹500.00 | 100 g



#### **SOOTHING STRAWBERRY TEA**

Enhances brain function, relief from high blood pressure, arthritis, gout, and various cardiovascular diseases. Beneficial for improving the immune system, preventing various types of cancers, and for reducing the signs of premature aging.

₹550.00 | 100 g

#### **ROYAL JASMINE BLACK**

Serving jasmine tea is an age-old chinese tradition to welcome guests. Exclusively curated to appeal to the preferences of tea connoisseurs, This black tea blend, helps you stay fit and have a flawless skin. Start your day with a cup of this a Jasmine black tea to boost your metabolism & stay alert all day. ROYAL JASHINE BLACK
OUg | Lines fast

₹550.00 | 100 g







#### **NILGIRIS BOP**

New blend of strong Nilgiri teas makes it a favourite among tea connoisseurs who prefer their tea strong. Can be consumed with milk & sugar.

₹250.00 | 100 g

#### **GREEN TEA MONGRA**

This exquisite Green Tea, crafted from the most tender tea shoots, is a rare art mastered by few plantations. Its aroma reveals subtle nuances, inviting connoisseurs to savour every sip.

Delicately slurp to discern flavour shifts and mouthfeel.

Notice initial characteristics and lingering notes to discover personal preferences. Picture the majestic Nilgiri hills as you indulge, envisioning mountains emerging from the clouds, and vibrant trails winding through mist, where local women gather tender leaves for your delightful brew. Allow the tranquil scenery to enhance your tea experience, elevating each moment of enjoyment.



₹300.00 | 50 g



#### **GREEN TEA HYSON**

Savour the essence of top quality Nilgiri High Grown Whole Leaf Green Tea, produced from tender shoots and buds of the Camellia Sinensis plant grown since 1884 in the serene Western Ghats. With each sip of this single garden high quality whole leaf Green Tea, you immerse in the lush flavours, letting your mind wander and spirit rejuvenate amidst the verdant hills. Discover relaxation and bliss in every cup, as the refreshing aroma and mellow notes enchant your senses.

₹350.00 | 50 g

#### KASHMIRI KAHWA

Tea connisseur's favorite cuppa from Kashmiri kahwa. Now you can enjoy an authetic cup of the flavourful kashmiri kahwa from Which brings the authentic flavours of Kashmiri Kahwa tea to your home. Traditionally brewed with cinnamon, cardamom, ginger, pepper,star anise, clove, cashew, almond, nutmeg, and saffron, this green tea, is one of the best varieties of green tea out there. Kashmiri Kahwa is as authentic as the flavours can get. Enjoy your cup of Kashmiri Kahwa.

₹550.00 | 100 g







#### **MOROCCAN MINT**

Filled with essential minerals like Calcium, Copper, Fluoride, magnesium, and selenium, this green tea enhances your immunity, and releases stress.

₹550.00 | 100 g

## FLOWER FETE (A Sublime Signature)

The best qualities of locally grown Hibiscus, Roses, and lemongrass, carefully blended, Flower Fete Tea creates the finest cup of spring freshness.

₹650.00 | 50 g





### **ENGLISH BREAKFAST**

The natural antioxidants present in The English Breakfast Tea blend exhibit extraordinary anti-obesity properties that can result in weight loss without any apparent side effects.

₹550.00 | 100 g

#### DARJEELING MUSCATEL

Relish the handpicked tea leaves, from the tea estates of Darjeeling, to give your day an energetic start.

₹850.00 | 50 g





## EARL GREY (A Sublime Signature)

The highest quality black tea is a blend which has been flavoured with bergamot to give its unique taste. Do not add milk and sugar.

₹350.00 | 50 g









# HOW TO BREW THE SUBLIME MAGIC

### A steaming cup of bliss

- 1. Choose from the wide range of Sublime teas from our specialised collections --Health Boosters, Flavour Infusions, Classic Bliss, Premium Plus
- 2. Boil water and let the tea leaves steep for the recommended time (typically 3-5 minutes).
- 3. Once steeped, filter the tea leaves or if you're using an infuser, simply pour out the decoction to prevent over-extraction.
- 4. The tea can then be savoured in its pure form or in some cases, elevated with the addition of milk. Enjoy!

### A chilled glass of refreshing ecstasy

- 1. Create a tea decoction by adding tea leaves into hot boiling water or using an infuser. Iced tea usually requires a stronger tea concentrate so use more amount of tea than usual.
- 2. Steep it for a longer period (around 5-7 minutes) and allow it to chill in the refrigerator.
- 3. In a glass, add a few ice cubes and complimenting ingredients like mint, lemon or cut fruits, and add the chilled tea concentrate.
- 4. If desired, add some sweeteners like syrup, honey or sugar to taste.
- 5. Garnish with lemon slices, or mint, or fruits and enjoy!













# **TEAWARE**

A perfect pot of tea is just a brew away with our premium range of teaware. Elevate your tea experience, enhance every sip and create moments of pure indulgence.



#### PINCER INFUSER

₹350.00



### PERFECT TEA SPOON

₹500.00



#### MESH BALL INFUSER

₹250.00



#### RETRO TEA TIMER

₹750.00



#### CLASSIC CLEAR TEAPOT

₹2500.00











# **SUBLIME HONEY**

Honey has been used for its medicinal properties for centuries and has numerous health benefits. Some of the benefits of honey include:

- 1. Natural energy source: Honey is a natural source of carbohydrates, which provide a quick energy boost. It is perfect for athletes and active individuals to help replenish energy levels.
- 2. Antioxidant properties: Honey is rich in antioxidants, which help protect the body from oxidative stress and damage caused by free radicals. This can help improve overall health and reduce the risk of chronic diseases.
- 3. Soothes sore throat: Honey has antibacterial and anti-inflammatory properties, making it an effective remedy for soothing sore throats and reducing cough symptoms.
- 4. Boosts immune system: The antioxidants and antibacterial properties in honey can help boost the immune system and improve overall health.
- 5. Promotes wound healing: Honey has been used as a natural remedy for wound healing due to its antibacterial and anti-inflammatory properties. It can help promote healing and prevent infection in wounds.
- 6. Supports healthy digestion: Honey has prebiotic properties, which can help support the growth of beneficial bacteria in the gut and improve digestion.
- 7. May help with allergies: Some studies suggest that consuming local honey may help reduce allergies by exposing the body to small amounts of pollen, helping to build immunity over time.
- 8. Skin benefits: Honey is a popular ingredient in skincare products due to its moisturizing and antibacterial properties. It can help hydrate the skin, reduce inflammation, and promote a healthy complexion.

Overall, honey is a versatile and natural ingredient with numerous health benefits. It can be used in cooking, baking, as a sweetener, or as a natural remedy for various health issues. Just be sure to choose raw, unprocessed honey for the most benefits.





#### **SUBLIME HONEY**





#### **SIDR HONEY**

Over the years, the tree has made way to a lot of other countries, India being one of them. Rajasthan, the stunning desert landscape has a vast expanse of Sidr or Wild Berry far away from human populace and pollution.

Sidr honey is a natural energizer, stamina booster, and blood purifier. It fights skin infections, heals wounds, acne, fungal infections like ringworm, athlete's foot, and dandruff when used topically. Good for Gut: Also, it has live probiotic cultures that improve your gut health.

₹480.00 | 250 g



#### BERRY HONEY

Collected by the Apis dorsata bees, from the nectar of flowers of wild berries that grow deep in the Himalayan ranges

Benefits: Known for anti-inflammatory properties and boosting immunity. Improves gut health, skin health and delays aging. Beneficial during pregnancy, even for postpartum recovery, menstrual health.

₹380.00 | 225 g



#### **MULTI FLORAL HONEY**

Extracted from the deep forest of Kashmir's floral valleys by the Apis mellifera bees. Impossible to replicate, every batch of this honey is unique.

Benefits: It has antibacterial and antifungal properties for speedy healing of wounds, ulcers, and burns. Accelerates weight loss and skin nourishment.

₹340.00 | 225 g



#### MICRO FILTERED HONEY

Produced in the Western Ghats by the indigenous species of bees, the Apis Cerana Indica, this honey is collected raw and undergoes extensive filtering, retaining all rich nutrients.

Benefits: Relieves inflammation and improves heart health and gut health. Also is beneficial for skin nourishment.

₹420.00 | 225 g





#### **SUBLIME HONEY**





#### **ROSEWOOD SHEESHAM HONEY**

Extracted from the flowers of Rosewood (Sheesham trees), this honey is known for its unique flavour and health benefits.

Benefits: Helps regulate blood pressure, improves digestion, reduces menstrual cramps and detoxifies the body. This honey is also known to relieve throat irritation and boost immunity.

₹340.00 | 225 g



#### **MOUNTAIN HONEY**

A medley of fragrant flavours combines as the migratory bees Apis mellifera collect this unique honey from high altitude (minimum 800 m above sea level) mountain ranges of India.

Benefits: Helps treat flu-like symptoms and seasonal allergens in addition to boosting immunity. Also, it regulates the digestive system and is a great source of pre-workout energy.

₹400.00 | 225 g



#### **REGIONAL RAW HONEY**

Sourced by the indigenous, Apis Cerana Indica bees, from the Western Ghats, this honey is high on nutritional value.

Benefits: in heart vessels. Rich in anti-inflammatory properties and helps heal sore throat, cold and other flu-like symptoms fast. It also regulates cholesterol levels and reduces fat accumulation.

₹525.00 | 225 g











# SUBLIME SPICES & DRY FRUITS

- 1. Adds flavor: Spices add depth and complexity to dishes, enhancing the overall taste and aroma of food.
- 2. Boosts health: Many spices are rich in antioxidants and have anti-inflammatory properties, which can help improve overall health and prevent disease.
- 3. Improves digestion: Some spices, such as ginger and cinnamon, are known for their digestive properties and can help ease bloating and indigestion.
- 4. Supports weight loss: Spices can help boost metabolism and increase satiety, making it easier to stick to a healthy diet and lose weight.
- 5. Enhances food preservation: Spices have been used for centuries as natural preservatives, helping to prevent food spoilage and extend the shelf life of perishable items.
- 6. Adds color: Some spices, such as turmeric and paprika, add vibrant colors to dishes, making them visually appealing and enticing.
- 7. Provides versatility: With a wide range of spices available, there are endless possibilities for creating unique and flavorful dishes to suit individual tastes and preferences.
- 8. Promotes cultural diversity: Spices are an integral part of many cuisines around the world, adding to the richness and diversity of global culinary traditions.







#### **SUBLIME SPICES**





#### **KASHMIRI SAFFRON**

Known for its vibrant color and delicate flavour, Kashmiri Saffron is rich in antioxidants and aids in mood enhancement, stress relief and improving skin health.

₹550.00 | 1 g

#### **CARDAMOM**

Aromatic and versatile, cardamom offers digestive benefits and helps regulate blood sugar levels and improve oral health.







#### **FENUGREEK SEEDS**

With a slightly bitter taste, fenugreek seeds are packed with fiber and may aid in digestion, blood sugar control, and reducing inflammation.

₹40.00 | 100 g

#### **CINNAMON**

Fragrant and warming, cinnamon helps lower blood sugar levels, reduce the risk of heart disease, and has anti-inflammatory properties.

₹130.00 | 50 g





#### **BLACK PEPPER**

Known for its spicy kick, black pepper contains piperine, which enhances nutrient absorption, aids digestion, and has antioxidant properties.

₹110.00 | 100 g

#### **MUSTARD SEEDS**

With a pungent punch, mustard seeds contain nutrients like selenium and magnesium, that support bone health and have anti-inflammatory properties.

₹50.00 | 100 g







#### **SUBLIME SPICES**





#### **CLOVE**

Intensely aromatic, cloves offer antioxidants and have antimicrobial properties, promoting oral health and aiding in digestion.

₹100.00 | 50 g

#### **CUMIN SEEDS**

Earthy and nutty, cumin seeds are a good source of iron and aid in digestion, improves blood cholesterol levels, and supports weight loss.

₹105.00 | 100 g





#### **CINNAMON POWDER**

Derived from cinnamon bark, the powder form of this spice enhances flavour while offering health benefits like antioxidant effects and potential blood sugar regulation. Home made from Fairy Glen Coonoor.

₹110.00 | 50 g

#### **GARAM MASALA**

A blend of various spices, garam masala offers a burst of flavour and aids digestion, boosts metabolism, and has antimicrobial effects depending on its composition.

This is Home made from Fairy Glen Coonoor, My mom in laws recipe. Just carrying forward the legacy.



₹85.00 | 50 g







#### SUBLIME NUTS & DRY FRUITS





#### **AJWA DATES**

Known for their soft texture and rich flavour, these are packed with fibre, vitamins, and minerals, supporting digestion and providing a natural energy boost.

₹600.00 | 250 g

#### **SUKKARY DATES**

With a caramel-like sweetness, these are a good source of fiber, potassium and antioxidants, improving heart health and digestion.

₹500.00 | 250 g





#### **SAFAWI DATES**

Characterised by their dark color and soft texture, these are high in fiber and help regulate blood sugar levels, promote bone health, and boost immunity.

₹350.00 | 250 g

#### **MEDJOOL DATES**

Large and moist, these dates are a natural source of energy, offering potassium, magnesium, and antioxidants, supporting heart health and muscle recovery.

₹650.00 | 250 g





#### PREMIUM TURKISH APRICOTS

Naturally sweet and chewy, premium Turkish apricots provide fiber, vitamins A and C, and antioxidants, supporting eye health, immune function, and digestion.

₹190.00 | 100 g

### PREMIUM DRY FIGS

Sweet and chewy, premium dry figs offer fiber, calcium, and potassium, supporting digestive health, bone strength, and aid in regulating blood pressure.

₹500.00 | 100 g









#### SUBLIME NUTS & DRY FRUITS





#### ROASTED ALMONDS SMOKED PAPRIKA

Infused with smoky paprika flavour, roasted almonds provide vitamin E, healthy fats, and help lower cholesterol levels and reduce inflammation.

₹90.00 | 50 g

#### ROASTED ALMONDS SALTED

A classic snack, roasted salted almonds offer protein, fiber, and healthy fats, supporting heart health and aiding in weight management when consumed in moderation.



₹90.00 | 50 g



#### **RAISINS**

Sweet and chewy, raisins are rich in antioxidants, iron, and fibre, promoting digestive health, supporting bone strength, and may help lower blood pressure.

₹95.00 | 100 g



Similar to the benefits of regular raisins but with a darker hue, and help improve digestion, enhance iron absorption, and blood sugar regulation.



₹70.00 | 100 g



#### **ROASTED PISTACHIOS SALTED**

With a satisfying crunch, roasted salted pistachios provide protein, fiber, and healthy fats, contributing to heart health and promoting satiety.

₹90.00 | 50 g

#### ROASTED CASHEWS PEPPER

Spiced with a peppery kick, the benefits of cashews get elevated with the antioxidant and anti-inflammatory properties of the pepper.

₹90.00 | 50 g







#### SUBLIME NUTS & DRY FRUITS





#### **CASHEWS**

Creamy and nutrient-rich, cashews are high in healthy fats, protein, and minerals like magnesium and zinc, supporting heart health and aiding in muscle recovery.

₹150.00 | 100 g

#### **ALMONDS**

Crunchy and versatile, almonds are a good source of vitamin E, healthy fats, and protein, promoting heart health, supporting brain function, and aiding in weight management.







#### **HONEY ROASTED ALMONDS**

Sweetness with a crunch, honey roasted almonds have benefits similar to regular almonds, but with the added natural sweetness of honey.

₹90.00 | 50 g

#### ROASTED CASHEWS SALTED

Crunchy and savory, these provide healthy fats, protein, and minerals like magnesium, promoting bone health, and weight management and prevents gallstones.







#### **WALNUT KERNELS**

Rich in omega-3 fatty acids, walnut kernels offer brain-boosting benefits, supporting heart health, reducing inflammation, and aiding in weight control.

₹95.00 | 50 g

#### **CHIA SEEDS**

These tiny seeds are rich in omega-3 fatty acids, fiber, and protein, contributing to heart health, weight management and improved digestion.

₹78.00 | 100 g











# "Sublime"

can be gifted on various occasions such as birthdays, holidays, anniversaries, or just to show someone that you care about them.

Make someone feel special and appreciated.







#### **BOX OF SERENITY**

Experience bliss in every sip with this thoughtful gift box perfect for tea connoisseurs and health-conscious friends and family.

Box Contains: Rejuvenating Mint Tea Rose in Bloom Tea Saffron Turmeric Tea

₹800.00

# **BOX OF TRANQUILITY**

A moment of quiet ecstasy is just a sip away with this unique gift box specially curated for tea enthusiasts and your loved ones.

Box Contains: Kashmiri Kahwa Tea Moroccan Mint Tea Masala Chai

₹800.00





# LIMITED EDITION: SUMMER SYMPHONY COLLECTION

A tropical indulgence, where each sip is a harmonious blend of flavours and aromas.

Box Contains: Mellow Mango Tea Raspberry Tea Soothing Strawberry Tea

₹999.00











#### A TEA CEREMONY

There's an old saying --"The path to Heaven passes through a teapot!". Brew the perfect cup of heavenly tea with this unique gift pouch!

Jute Pouch Contains:

A tin caddie of one of our bestselling loose tea blends A glass jar of indigenously sourced honey, from our collection of Hive to Home Honey A honey dipper made of treated, non-reactive food-grade

A honey dipper made of treated, non-reactive food-grade wood for easy use

₹350.00

#### **LUXURY GIFT BOX**

Gift your loved ones abundance of freshness, premium taste, and overall wellness with Sublime's Luxury Gift Box, an ideal gift for any occasion.

Box Contains:
Revive & Refresh Tea | Cleansing Ginger Tea
Regional Raw Honey | Salted Almonds
Honey Almonds | Clove | Cinnamon | Pincer Tea Infuser

₹2500.00





#### PREMIUM GIFT BOX

The perfect gift for any occasion, Sublime's Premium Gift Box is a unique blend of freshness, quality, taste, and wellness.

Box Contains: Saffron Turmeric Tea | Green Tea Hyson Masala Chai | Salted Cashews Salted Pistachio | Cardamom

₹1100.00









#### **ROYAL GIFT BOX**

A power packed selection of our most loved teas, dry fruits and spices –an ideal gift for your loved ones.

Box Contains: Rejuvenating Mint Tea Masala Chai Almonds Paprika Cinnamon

₹800.00

# BOUQUET OF HOME TO HIVE

Rare varieties of indigenously sourced honeys come together in this unique giftbox to help you present a gift of health and taste to your loved ones.

Box Contains:
Regional Raw Honey
Micro-filtered Raw Honey
Mountain Honey
Rosewood Honey
Berry Honey
Multi-floral Honey
One wooden honey dipper made of treated, non-reactive
food-grade wood

₹850.00



"Sublime goes beyond tea, spices, dry fruits or honey.

It is an appreciative experience of health and wellness.

It is an initiative to together, supreme quality, trust, authenticity, and freshness to your daily lives, through your kitchens."





