

COMINS FINE FOOD

BREAKFAST

Served all day



Sri Lankan Egg Hopper

£3

Served with Pol Sambol

Matcha Granola with Blueberries

£4.5

Comins homemade granola mixed with matcha & dried blueberries, served with Greek yoghurt & honey

Toasted Japanese Hokkaido Milk Bread

£2.25

Served with cinnamon butter

Comins Assam Infused Tea Bread

£2.5

Served with farmhouse butter

LUNCH

Served all day



Comins Tartines

£5

Open Sandwiches on farmhouse bread
Local Coastal Cheddar, chutney & leaves
Comins Coronation Chicken

Daily specials, please ask the team

Japanese Gyoza Dumpling

£4.5

Traditional - Pork with ginger, cabbage & spring onion
Vegetarian - Mushroom, cabbage, ginger, spring onion

Indian Momo Dumplings

£4.8

Meat - Pork, Chicken, onion, ginger, garlic, tomato & spices
Vegetarian - Cabbage, potato, carrot, ginger & onion

AFTERNOON TEA

Served from 2.30pm

Must be booked 24 hours in advance



To start:

Selection of Comins Tartines with homemade toppings
Paired with a pot of Comins Fine Tea

Followed by:

Comins Cakes & Blueberry Scones with clotted cream & homemade jam
Paired with a pot of Comins Fine Tea

£16 per person

CAKE

Served all day



Comins Assam Infused Tea Bread
Orange & Almond Cakes Gluten Free
Flourless Chocolate Cake Gluten Free
Darjeeling Infused Caramel Shortbread
Comins Ginger Cake

£2.5

Daily offerings vary please ask

Mini Comins Blueberry Scone

£2.2 for one | £3.5 for two

with butter & jam

£2.5 for one | £4 for two

with cream & jam

ICE CREAM

Served all day



Comins Japanese Matcha Ice Cream

£3

Comins Mango Kulfi Ice Cream

£3

Contains nuts

COMINS SET MENU

Served all day



Japanese Tea of your choice

[1] [2]

5 Japanese Gyoza

Choose from meat or veg

Comins Matcha Ice Cream

£10



Indian Tea of your choice

[1] [2]

5 Indian Momos

Choose from meat or veg

Comins Mango Kulfi Ice Cream

£10

COMINS FINE TEA



BLACK TEA SRI LANKA

CEYLON † Imboolpitiya BOP

£2.5 [1]

Flavoursome, bright, invigorating

HIGH GROWN CEYLON OP

Indulgashinna

£3 [2]

Aromatic full bodied light liquoring tea with bright flavour



BLACK TEA INDIA

GOLDEN TIP ASSAM † Khongea

£2.5 [1]

Rich, strong, malty. Great in the morning

DARJEELING 1ST FLUSH Makaibari

£3 [2]

A bright, sweet, exceptional light tea

DARJEELING 2ND FLUSH Ambootia

£2.5 [1]

Delicate, aromatic & nutty

DARJEELING RAINBOW Ambootia

£3.2 [2]

A highly aromatic tea gently rolled after fermentation



BLACK TEA CHINA

KEEMUN † Anhui Province China

£3 [2]

Strong, rounded & delicately smoky



BLACK TEA MALAWI

SMALL HOLDER BLACK OP1

£2.5 [1]

Mr. Jonas Makata



BLACK TEA NEPAL

HIMALAYAN HAND ROLLED

Sandakphu Tea Plantation

£3.2 [2]

Mellow with flowery notes

BLACK PEARL Sandakphu Tea

Plantation

£3.2 [2]

Robust, full flavour black tea with cherry notes

† Teas that can take milk if desired

* Teas that can be served over ice



OOLONG TEA TAIWAN

LISHAN SPRING JADE Shan Zhi Cui

£3.6 [3]

Gently floral, naturally sweet

DONG DING AMBER Shan Zhi Cui

£3.6 [3]

Delicious, full bodied, refreshing

ORIENTAL BEAUTY BAI HAO Thai Chan
£5

Intense, complex with honey after taste

RUBY 18 BRANDY Fu Yuan

£3.6 [3]

Rich & malty. An alternative to black tea



OOLONG TEA ROCK TEAS CHINA

MR WU'S ZHENG YAN ROI GUI

£6

Warm, sweet with cinnamon aromatics.

Floral sweet in later infusions

MR WU'S ZHENG YAN

CHUN ZHONG QI DAN

£8

A smooth multi-dimensional tea with a complex aftertaste

MR WU'S TIE LUO HAN

£8

Strong, rich, full bodied.

This tea will warm and energise



GREEN TEA CHINA

LONG JING Dragonwell

Linan Dayang Garden

£3.5 [3]

Soothing elegant & delicately sweet

GUNPOWDER Linan Dayang Garden

£3 [2]

Deep, strong, smooth & refreshing



GREEN TEA SRI LANKA

HAND ROLLED GREEN Deniyaya

£4 [3]

Fresh & light with a buttery finish

CEYLON GREEN Uva

£3 [2]

Mild, sweet & lightly floral



GREEN TEA INDIA

PAN ROASTED GREEN TEA

Dharmsala, Himachal Pradesh

£2.5 [1]

Fresh & light with a buttery finish



GREEN TEA JAPAN

GYOKURO Uji

£3.2 [2]

Beautiful, mild, elegant, sweet

SENCHA KARIGANE Uji

£3 [2]

Light, refreshing, focusing.

SENCHA Uji

£3 [2]

Mellow, gentle and refreshing

SENCHA FUKAMUSHI Uji

£3 [2]

Deep steamed

HOJICHA * Uji

£2.8 [1]

Roasted, nutty and rich

MATCHA * Uji

£3.6 Superior 70ml [3]

£5 Super Premium 70ml

Finely milled tea, whisked to a froth.

Rich, energising and bittersweet

GENMAICHA Uji

£2.8 [1]

Flavourful, smooth blend of sencha and puffed brown rice

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HOT DAY?
TRY OUR
COLD BREW
TEAS



WHITE TEA SRI LANKA

SILVER NEEDLE Craigshead

£3.6 [3]

Light, sweet & calming

SILVER NEEDLE Imboolpitiya

£3.6 [3]

Delicate, floral & relaxing



WHITE TEA MALAWI

ZOMBA PEARLS Satemwa

£3.6 [3]

Gentle, floral, calming.

High in anti-oxidants



PU'ERH TEA CHINA

Ask about our Pu'erh Teas

COMINS TEA HOUSE



TEA EXPERIENCES

Please ask for more information



COMPARATIVE TASTING SET

Three teas for one person

[1] [2] [3]
£6 £8.5 £10

Five teas for one person

[1] [2] [3]
£12 £15 £17

TUTORED TEA MASTERCLASS

Learn all about Comins Tea with Rob Comins, Michelle Comins or Haydn West tasting along the way. Any combination of teas

£15 per person

Suitable for 2 or more people

Must be booked 24 hours in advance

WE ARE A FAMILY RUN, DIRECT TRADE BRITISH TEA MERCHANTS



Inspired by a trip to Northern India and the desire to find the same quality of tea in the UK that we had experienced in Darjeeling, we (Rob and Michelle) set about creating Comins Tea, with the aim of making it simple for customers to find and enjoy good value, quality, single estate & single origin loose leaf teas.

Having travelled across the world and built relationships with producers and experts in the tea world with hundreds of collective years experience, Comins Tea provides a thoroughly researched and passionately developed range of fine loose leaf teas. Here in our Tea House we have created a space where we respect the origins of our tea, preparing our single estate teas in a way that makes the most of their fantastic natural flavours.

We really hope that you enjoy your time taking tea with us.

MEDITATIVE TEA DRINKING

Tea meditation is the practice of drinking tea mindfully and with awareness. The ritual is uplifting & relaxing and it can connect you to a sense of peacefulness & gratitude.

We invite you to take a moment to engage in a short tea meditation prepared by Michelle's meditation teacher Camille. The meditation can be as short as a minute or longer if you like.

www.howtolivewell.co.uk
camille@howtolivewell.co.uk

Once your tea is poured, take a moment to simply sit with your tea. Appreciate the beauty of the bowl and the colour of the tea within.

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Give thanks for the tea in front of you. Acknowledge everything that had to happen around the world for you to experience this beautiful bowl of tea.

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Hold the tea bowl in both hands and notice the temperature. Focus your attention on the texture of the ceramic. Notice the steam wafting upwards, and the aromas rising out of your cup. Lift the bowl to your nose and breathe them in.

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Sip slowly. Take your time and really appreciate the taste. Is it earthy or grassy or floral? How does the taste change with each pouring?

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Give yourself completely to the process of drinking your tea. If your attention wanders away from the act of tea drinking, gently return it to the activity.

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Once you have finished drinking your tea spend a moment observing how you feel. Give thanks again, as you did at the beginning. This marks the end of the meditation.