

TEA IS AN AROMATIC BEVERAGE PREPARED BY POURING NEAR-BOILING WATER OVER THE CURED LEAVES OF THE CAMELLIA SINENSIS PLANT. **THIS SIDE CONTAINS CAFFEINE**

TISANES ARE BREWS MADE BY STEEPING NEAR-BOILING WATER ON INFUSIONS WITHOUT USING TEA LEAVES. **THIS SIDE IS CAFFEINE-FREE**

## BLACK TEAS

The most oxidised leaf of the tea plant. Contains caffeine and tannins. Takes milk well

**BUILDERS**  
no messing. Strong and familiar!

**BIDDY'S BLEND**  
earl grey, rose petals, vanilla & orange

**BREAKFAST TEA**  
ceylon and assam. full bodied and rich

**AFTERNOON TEA**  
darjeeling & assam. lighter than breakfast

**DARJEELING**  
thin bodied, light with a floral aroma originating from the Himalayan foothills

**CEYLON**  
bright medium tea with citrus character grown at high altitude in Sri Lanka

**ASSAM**  
Indian tippy leaf, strong and malty

**EARL GREY**  
the distinctive flavour from bergamot rind

**LADY GREY**  
more citrus with added lemon peel

**VANILLA GREEN**  
china green blended with vanilla pods

**BLACK CHERRY**  
black tea blended with dried cherry

**ROSE GARDEN**  
black infused with rose oil & petals

**BLACK VANILLA**  
China black with vanilla pods

**PARMA VIOLET**  
black tea with violet petals & oil

**ALMOND TEA (nuts)**  
china black tea with almonds & almond oil

**MASALA CHAI**  
Assam base with cardamom, ginger, cinnamon, black pepper, chicory root, cloves and aniseed

**LAPSANG SOUCHONG**  
smoked over pine wood

**RUSSIAN CARAVAN**  
ceylon, lapsang suchong

**NORFOLK EARL GREY**  
earl grey & locally grown lavender

**BAKEWELL BREW**  
any fruit tea with almond

## GREEN TEAS

Unoxidised leaves of the tea plant. Steamed or fried. Contains small amount of tannin and caffeine

**CHINA GREEN**  
minimum oxidation, light and bright

**ROSE PETAL GREEN**  
green tea infused with rose oil and petals

**PLUM & CINNAMON SENCHA**  
fruity Japanese sencha

**MOROCCAN MINT**  
green tea and spearmint leaves

## WHITE & OOLONG

Partially oxidised lor dried leaves of the tea plant Giving a flavour between black and green tea

**WHITE TEA**  
fom China, in the early stages of oxidation. large rolled leaves are light and delicate

**FORMOSA OOLONG**  
a semi-fermented speciality tea which has been produced in the mountains of Taiwan

**MATCHA & HOJICHA**  
Green tea made from powdered tea leaves

## MILK CHOICES

semi skimmed

oat

soya

almond



# TIME FOR TEA



## BLEND YOUR OWN

why not mix a base blend, like oolong, ceylon, rooibos or green with another tea, fruit or herb?

*example*

## TRY IT YOURSELF

ROSE BLACK + BLACK ALMOND + CHERRY = TURKISH DELIGHT

## ROOIBOS

A brew made from the leaves of the South African Redbush plant. Contains no caffeine

**ROOIBOS**  
Meaning 'red bush' in South Africa. Not a 'tea' but can be taken the same.

**CHOCOLATE ROOIBOS**  
choc chip, ground cocoa beans, cocoa butter, coconut flakes

**VANILLA CHAI ROOIBOS**  
rooibos, star annise, chamomile

## FRUIT TISANES

A brew made by stewing fruits or berries. Can be added to teas or tisanes to add depth of flavour or enjoyed on their own. Caffeine free

**HONEYDEW MELON**  
with hibiscus, papaya and mango

**PEACH & ELDERFLOWER**  
british classic that tastes of summer

**RHUBARB AND CUSTARD**  
everyone's favourite childhood sweet

**WILD BERRIES**  
divine, smells good enough to bathe in!

**APPLE & CINNAMON (nuts)**  
dried apple and warm cinnamon bark

**CHERRY CHILLI**  
exciting spiced fruit blend

**TOTALLY TROPICAL**  
pineapple, coconut, papaya, mango

## HERBAL TISANES

Made from the leaves of other plants not in the tea plant family. Some believed to have health benefits as well as flavour profile. Caffeine free

**JASMINE**  
delicate scented flowers, light & floral

**CHAMOMILE**  
sleep aid and anti-inflammatory

**LIQUORICE ROOT**  
warming, dried ready to be steeped

**NORFOLK LAVENDER**  
dried petals said to calm anxiousness

**PEPPERMINT**  
said to sooth a sore tum and aid digestion

**ELDERFLOWER**  
boosts immunity & respiratory system

**HIBISCUS**  
has a tart, cranberry like flavour

**NETTLE**  
sweet tasting, detoxifying & naturally antiseptic

**RASPBERRY LEAF**  
particularly helpful certain times of the month

**JUST RELAX**  
chamomile, lavender, jasmine

**PITTA**  
cinnamon, cardamom, liquorice, coriander, fennel, ginger, rose

**WAKE ME UP**  
Peppermint, liquorice root

**LEMON & GINGER**  
lemongrass, ginger root, lemon, peppermint, peppercorns, liquorice

**HERBAL HEALER**  
nettle, fennel, raspberry leaf, elderflower

## STEEPING GUIDE

Just a dip **2-3 mins** Green / Rooibos

Oh, go on then **3-5 mins** Herbal / Fruit / Oolong

Right good soak **5-7 mins** Black / Chai

Patience is a virtue **10 mins** White

# ICE, ICE baby

|                              |      |
|------------------------------|------|
| BIDDY'S BLEND ICED TEA       | 3.95 |
| PEACH & ELDERFLOWER ICED TEA | 3.95 |
| MELON GREEN ICED TEA         | 3.95 |
| ICED CHAI                    | 4.75 |
| ICED MATCHA                  | 4.90 |
| ICED HOJICHA                 | 4.90 |
| ICED COFFEE                  | 4.75 |
| CARAMEL ICED COFFEE          | 4.95 |
| MAPLE ICED COFFEE            | 4.95 |
| VANILLA ICED COFFEE          | 4.95 |
| GINGER BEER FLOAT            | 4.65 |
| ROSE LEMONADE FLOAT          | 4.65 |
| COKE FLOAT                   | 4.65 |
| DANDELION & BURDOCK FLOAT    | 4.65 |
| VANILLA SHAKE                | 4.95 |
| BERRY SHAKE                  | 4.95 |
| CHOCOLATE SHAKE              | 4.95 |

# TEA LATTES

SPECIALITY FROTHY TEA-BASED LATTES. CHOOSE  
ANY MILK SERVED HOT OR COLD OVER ICE

|                  |                                                                        |
|------------------|------------------------------------------------------------------------|
| LONDON FOG       | EARL GREY & LAPSANG (BLACK)                                            |
| MATCHA LATTE     | CRUSHED GREEN LEAVES (GREEN)                                           |
| SPICE CHAI LATTE | MASALA & MAPLE (BLACK)                                                 |
| HOJICHA LATTE    | ROASTED LEAVES (GREEN)                                                 |
| BIDDY'S LATTE    | CEYLON, ROSE, ORANGE (BLACK)                                           |
| SYRUP/JUICE      | VANILLA / ROSE / PUMPKIN SPICE /<br>CARAMEL / HAZELNUT / BERRY / PEACH |

# COFFEE DRINKS



|                                |      |
|--------------------------------|------|
| AMERICANO.....                 | 3.95 |
| CAPPUCCINO .....               | 4.35 |
| CAFE LATTE .....               | 4.35 |
| MOCHA .....                    | 4.75 |
| TEA LATTES .....               | 4.90 |
| DIRTY CHAI .....               | 4.95 |
| HOT CHOCOLATE .....            | 4.95 |
| BUILDERS TEA .....             | 3.50 |
| LOOSE LEAF TEA .....           | 3.95 |
| cream/syrup/marshmallows ..... | .75  |

# SOFT DRINKS

|                         |     |
|-------------------------|-----|
| COCA COLA               | 3.9 |
| DIET COKE               | 3.9 |
| GINGER BEER             | 3.9 |
| ROSE LEMONADE           | 3.9 |
| SPARKLING ELDERFLOWER   | 3.9 |
| DANDELION & BURDOCK     | 3.9 |
| VICTORIAN LEMONADE      | 3.9 |
| APPLE / ORANGE JUICE    | 3.4 |
| SPARKLING / STILL WATER | 3.5 |

# CAKE-SHAKES 7.95

## BAKEWELL

ice cream, milk, raspberry coulis,  
caramel, almonds, sprinkles  
and a whole bakewell tart

## BROWNIE

ice cream, milk, chocolate sauce,  
caramel, choc chips, sprinkles  
and a whole chocolate brownie

PLEASE MAKE YOUR SERVER AWARE IF YOU SUFFER FROM ALLERGIES OR INTOLERANCES