



# *The Book of Teas*



*explore*



*experience*



*understand*





# *Welcome to Kaleisia!*

**Kaleisia** (ka•lie•sha) is a name that combines the words kaleidoscope and Asia. Kaleidoscope represents the infinite varieties of tea around the world. Asia is for tea's Asiatic origin.

It is our *mission* to cultivate a *tea* culture in our *community*.

We strive to perfect every cup of tea, but more importantly, we hope to create a tea community. Tea brings people together and creates new relationships. The quality of our tea, the atmosphere of the lounge and our mission combine to create a socially conscious business.

As the leaves in your cup unfurl and the steam rises slowly, the aromas reveal a glimpse of a quiet green place where people pluck the tips of plants cultivated for centuries. As your shoulders relax, you know you've been welcomed to our home.

We wish your journey many pleasant surprises.

Warmest Regards,

*Kim & Lan*

Founders of Kaleisia Tea Co., est. 2005

{ Tea prices reflect  
2 ounces of loose leaf tea  
(unless otherwise specified) }

2 ounces of loose tea brew approximately 20 cups of tea.

*“In coming into being, from its soil and climate,  
to the cup in which its liquor sums up its essence,  
tea is water, earth, fire, wood, and air.”*

*Dominique T. Pasqualini*

Flowering Tea  
LOW CAFFEINE

Flowering teas are works of art created to give you a visually memorable experience. It is made of young tea buds that are meticulously sewn into unique shapes with colorful flowers secretly tied inside. Once infused in water, the flowers are revealed as the buds slowly unfurl.



*Crescent Moon*

\$5.00 / 3 blooms

The secret bouquet within the Crescent Moon consist of a golden canary creeper blossom where multiple buds of jasmine slowly emerge to reveal a captivating arch that is topped off by a cherry red amaranth.



*Golden Aurora*

\$6.00 / 3 blooms

As the bouquet slowly opens, three golden marigold flowers emerge and begin their majestic dance.



*Three Angels*

\$5.00 / 3 blooms

Once infused, the bouquet of tea buds delicately opens to reveal a string of three heavenly white jasmine blossoms, ascending one after the other toward the sky and out of a nurturing golden chrysanthemum.

**Blueberry**

\$4.00

A naturally sweet blend of rooibos, whole blueberries and natural essence of blueberries.

**Bourbon Vanilla**

\$4.50

Unwind to this soothing blend of rooibos, almond flakes, vanilla and calendula petals.

**Chai Rooibos** {Organic}

\$5.50

Counteract stress and toxins with this blend of rooibos, cinnamon, cardamom, ginger, honey bush, fennel, star anise, clove, licorice root, pepper and peppermint.

**Chocolate Mint**

\$4.00

A pleasing blend of peppermint, rooibos, calendula petals, and cocoa bean pieces.

**Georgia Peach**

\$4.00

A fruity blend of rooibos, blackberry leaves, calendula petals and natural peach extract.

**Green Rooibos** {Organic} (Pure)

\$5.00

Green rooibos is unprocessed and is lighter in color, taste and aroma than its processed version the Red Rooibos. It is reminiscent of a spring picked green tea.

**Hawaiian Divine**

\$4.50

A tropical blend of rooibos, pineapple and coconut. Its flavor is naturally sweet.

**Island Fruit Allure**

\$6.00

A unique blend that captures the tropics in a cup. Made with green rooibos, mango pieces, papaya chunks, peach pieces, orange peels and marigold petals.

**Orange Creamsicle**

\$5.00

The perfect tea for citrus lovers! Its aroma is intoxicating and each sip is refreshing. This blend consists of natural orange flavor, rooibos, orange peels and yogurt pieces.

**Red Rooibos** {Organic} (Pure)

\$4.50

A nutty, smooth and full flavored tea that is rich in many essential vitamins and antioxidants, especially Vitamin C. It is the fully processed needles of the aspalathus linearis plant.

**Parisian**

\$4.75

A rich blend of rooibos, caramel and marigold blossoms. A guilt-free cappuccino latte.

**Roman Provence** {Organic}

\$5.00

A majestic blend of rosehip shells, rose petals, lavender, dried currants and elderberries.

**Summer Spice**

\$4.50

This stimulating blend is perfect for any season. A unique fusion of nuts and spices to bring about an intoxicating brew. Comprised of apple bits, cinnamon, cardamom, almond, ginger, coconut and black pepper.

**Vanilla Lemongrass**

\$4.75

Luscious and lemony yet sweet and smooth. A blend of apple bits, green rooibos, lemongrass, orange bits, vervain, and vanilla. A refreshing elixir that is good hot or iced.



# White Tea

## LOW CAFFEINE

### Chrysanthemum {Organic}

\$9.00

A refreshing blend of Chrysanthemum and white tea buds. Chrysanthemum has been used for centuries in China as a cooling herb to relieve heat in the upper body.

### Jasmine Silver Needle {Organic}

\$12.00

A tea so aromatic that it will transport you to China's fragrant jasmine fields. Made with silver needle white tea and jasmine.

### Passionate Peach {Organic}

\$8.50

A house favorite comprised of white tea leaves, jasmine blossoms, osthmanthus flowers and natural essence of sweet peaches and zesty mandarin oranges.

### Snow Buds {Organic} (Pure)

\$8.50

A subtle tea made of only one bud and top leaf of the tea plant. It is Fujian's newer style white tea, produced to fuse the fresh clean flavor of green tea with the savory chestnut aroma of white teas.

### White Island {Organic}

\$8.00

The white tea alternative to the popular Pina Colada. A blend of white tea leaves, pineapple chunks, coconut pieces, safflower petals and natural essence of papaya.

### White Rose Medley {Organic}

\$10.00

An enchanting blend of wild rose buds, lavender and jasmine with a touch of peppermint.

### Yinzhen Silver Needle {Organic} (Pure)

\$20.00

A rare and sought after white tea. These silvery down-covered leaves are picked during the first few days of spring before each bud is revealed to the sun. Its infusion is light gold with a unique savory aroma and a nutty essence.

# Yerba Maté

## HIGH CAFFEINE

### Lemon Maté {Organic}

\$4.50

A citrusy blend of yerba mate with lemongrass, lemon myrtle, licorice root and orange peels.

### Moca Maté

\$5.50

A blend of roasted yerba mate, toffee bits, cocoa bean pieces, rooibos, macadamia nuts, almond flakes and white chocolate.

### Yerba Maté {Organic} (Pure)

\$4.00

A shade grown herb with a robust flavor, high antioxidant and caffeine content.

*“Drink your tea slowly and reverently,  
as if it is the axis on which the world earth revolves,  
slowly, evenly, without rushing toward the future.”*

*Thich Nat Hahn*

## Autumn Pear

\$4.50

A crispy and tangy blend of pear infused with apple bits, barley malt and orange peels.

## Berry Madness

\$4.00

A full-flavored tea with deep berry notes. This blend combine hibiscus petals and rosehip chips with the tartness of raisins black currants and red currants.

## German Chamomile {Organic} (Pure)

\$4.50

Recognized for centuries as a cure all: a sleeping aid, to calm the nerves, relieve muscle tensions, alleviate common cold symptoms and strengthen the cardiovascular system.

## Fruit Fusion

\$5.50

A medley of sweet berries. This blend consist of hibiscus, rosehip chips, raspberries, pineapple pieces, blackberries, sweet orange peels, lemon peels, and strawberries.

## Ginger {Organic} (Pure)

\$4.00

Is recommended for the alleviation of various forms of nausea, abdominal bloating, sore throats and digestive problems.

## Herbal Energy {Organic}

\$6.00

An invigorating tea that alleviates mental and physical stress and rebuilds a weakened body. A sweet and spicy blend of red Korean ginseng, cinnamon, orange peel, ginger, star anise, licorice root, black pepper, and natural oils of mandarin orange.

## Hibiscus {Organic} (Pure)

\$5.00

Is commonly used worldwide as an herbal remedy for the lowering of high blood pressure and high cholesterol. The flowers produce a tart and tangy tasting tea.

## Lavender {Organic} (Pure)

\$6.00

A calming elixir that is cherished for its sweet perfume and health benefits. For centuries lavender has been used to alleviate anxiety, treat insomnia and reduce nervous tension.

## Peppermint {Organic} (Pure)

\$4.00

This herbal tea is traditionally used to suppress symptoms of indigestion and sooth upset stomachs. It is also used to relieve stress headaches and the common cold.

## Pineapple

\$5.00

This blend brings out the tartness of the pineapple fruit. It combines apple pieces, crushed almonds, cinnamon, beetroot pieces and natural pineapple extract.

## Raspberry Lemonade

\$4.50

An intensely tangy blend that comprise of hibiscus, papaya, lemongrass, rosehip chips, orange peels, pineapple bits, and mango bits. Excellent over ice.

*“Strange how a teapot  
can represent at the same time  
the comforts of solitude  
and the pleasures of company.”*

# Green Tea

MODERATE CAFFEINE

<b>Almond Walnut</b>	\$4.50
A blend of green tea, walnuts, almonds, pineapple, coconut bits and brittle candy.	
<b>Ancient Jing Mai</b> {Organic/Fair Trade} (Pure)	\$8.75
A unique tea made of leaves from wild tea trees in Yunnan's ancient tea forest. Brews a mellow cup with a lasting fresh fragrance reminiscent of its misty mountain top origin.	
<b>Blue Mango</b>	\$4.00
A truly refreshing blend! The sweet essence of mango is blended with pineapple, mallow petals and fresh flavors of green tea.	
<b>Crime of Passion</b>	\$4.00
A memorable tea that brings together the tropical essence of the passion fruit, papaya, sunflower blossoms and green tea.	
<b>Dragonwell</b> {Organic} (Pure)	\$9.50
One of China's most famous teas! It is prized for its delicate chestnut flavor, sword-shaped form and captivating aroma.	
<b>Genmaicha</b>	\$4.00
A tea with the character of popcorn. It is made with sencha and toasted rice kernels.	
<b>Jasmine Green</b> {Organic}	\$5.00
Intoxicatingly fragrant! It is handcrafted and scented with jasmine blossoms using a 1,000 year-old traditional technique.	
<b>Jasmine Pearl</b> {Organic}	\$11.50
A pick-me-up tea! It is made with tender leaves and buds which are hand-rolled and scented with jasmine blossoms using a 1,000 year-old traditional technique.	
<b>Kyoto Cherry Rose</b> {Organic}	\$4.50
A blend of sencha tea with aromatic rose petals and the essence of sweet cherries.	
<b>Long Island Strawberry</b> {Organic}	\$4.00
A sweet and uplifting blend of green tea leaves, papaya and strawberries.	
<b>Mango Sunburst</b>	\$5.50
A blend of green tea, marigold blossoms, lemon peels, mango bits, safflower, and natural essence of mango and citrus fruits.	
<b>Moroccan Mint</b> {Organic}	\$4.00
A cool and refreshing blend of gunpowder green tea and organic peppermint.	
<b>Sencha Superior</b> (Pure)	\$6.00
A popular Japanese style green tea that yields a clean vegetal flavor. It is manufactured through deep steaming of early spring tea leaves and produces a higher concentration of vitamins and anti-oxidants than pan-fired style green teas.	
<b>Strawberry Melange</b>	\$5.50
An irresistible blend of green tea with strawberries, rose petals and jasmine blossoms.	



# Black Tea

## HIGH CAFFEINE

<b>Almond Biscotti</b>	<b>\$4.50</b>
A popular blend of black tea leaves with roasted almonds and soothing vanilla.	
<b>Black Currant</b>	<b>\$4.50</b>
An aromatic blend of black tea with the leaves and fruit of the black currant bush.	
<b>Darjeeling 2nd Flush</b> {Organic/Fair Trade} (Pure)	<b>\$8.00</b>
Made with new grown tips of the tea plant after the first harvest of the year. It is strong in character and offers a clean finish with muscatel tones.	
<b>Earl Grey</b> {Organic/Fair Trade}	<b>\$5.00</b>
A full-bodied blend of black tea leaves with the natural oil of the bergamot fruit.	
<b>English Breakfast</b> {Organic/Fair Trade} (Pure)	<b>\$3.50</b>
A robust, full bodied and bright tea made from the blending of pure Indian teas.	
<b>French Blend</b>	<b>\$4.00</b>
Unwind with your favorite book and enjoy our most fragrant blend. It is a fusion of black tea leaves with jasmine blossoms, lavender blossoms and natural vanilla.	
<b>House Ceylon</b> {Organic} (Pure)	<b>\$4.00</b>
A full leaf tea from Sri Lanka that is smooth and rich. It delivers a low astringency brew.	
<b>Keemun Superior</b> (Pure)	<b>\$12.00</b>
The world's best black tea! Produced in Anhui, China and recognized for its deep aroma, complex flavor and distinct silky smooth finish.	
<b>Lapsang Souchong</b> {Organic} (Pure)	<b>\$6.00</b>
Made in China's Wuyi Mountains and smoked over burning pine wood to produce its signature smoky flavor and aroma. Add a drop of milk for enhanced smoky flavor.	
<b>Lychee</b>	<b>\$4.50</b>
A blend of black tea leaves with the sweet essence of lychee.	
<b>Mango Blossom</b>	<b>\$4.75</b>
A blend of black tea, rose, sunflower blossoms, cornflower and the essence of mangos.	
<b>Masala Chai</b> {Organic}	<b>\$5.50</b>
An intensely spicy and warming infusion of black tea leaves, green cardamom, cinnamon, black pepper, licorice root, ginger, clove, peppermint and star anise.	
<b>Passion Fruit</b>	<b>\$4.75</b>
A sensual blend of black tea with marigold and and natural passion fruit essence.	
<b>Peach Apricot</b>	<b>\$4.00</b>
A blend of black tea, peach pieces and the natural essence of peaches and apricots.	
<b>Pina Colada</b>	<b>\$4.50</b>
Give yourself an island experience with this tropical tea. An infusion of black tea leaves, pineapple bits, coconut flakes, marigold and cornflower blossoms.	
<b>Pomegranate Cranberry</b>	<b>\$5.50</b>
Black tea leaves, pomegranate, cranberries, raspberries, and peony petals create this tasteful cup.	
<b>Puerh Leaves</b> {Organic} (Pure)	<b>\$6.00</b>
Hand picked in Yunnan's ancient tea forests and processed loose for easy blending and brewing. Known as a weight control aid and a detoxifier.	



# Black Tea

## HIGH CAFFEINE

- Puerh Ginger** {Organic} \$6.50  
A detoxifying combination of puerh leaves and ginger pieces. Formulated to soothe and regulate digestion as well as detoxify the body and promote weight loss.
- Red Fruit Delight** \$5.00  
A full-bodied and fruity blend of black tea, cherries, strawberries and raspberries.
- Rose** \$4.00  
A floral blend of black tea leaves and rose petals that is reminiscent of a rose garden.
- Soursap** \$4.00  
A blend of black tea leaves with the natural essence of the soursap fruit.
- White Chocolate Mousse** \$4.00  
Indulge yourself with this blend of black tea leaves and white chocolate pieces.
- Yunnan Golden Buds** {Organic/Fair Trade} (Pure) \$6.00  
Hand-picked in Yunnan's ancient tea forests. It is made of big golden buds and brews a smooth, full-bodied earthy infusion.

# Oolong Tea

## MODERATE CAFFEINE

- Earl of Oolong** \$12.00  
Formulated to arouse your senses. A beautiful blend of Taiwanese whole leaf oolong with the delicate oil of bergamot. The fragrance of this cup will leave you in a trance.
- Nantou's Lilac** (Pure) \$10.00  
A tea reminiscent of lilacs from the misty mountain tops of Nantou, Taiwan. It is made of top leaves and upper stem of the tea plant that is tightly rolled and moderately oxidized to produce the multitude of flavors and floral aromas.
- Monkey Picked Tie Guan Yin** (Pure) \$20.00  
The perfect tea for those who appreciate the maturity and sensitivity that comes with tea. These tightly rolled leaves produce a bewildering scent of fruits and flowers that lingers. The name comes from a legend that monkeys were once trained by monks to collect leaves from branches of wild tea trees on steep mountainsides. Today, the term "monkey picked" simply means the highest grade Tie Guan Yin.
- Snow Pear** (Pure) \$9.00  
Favored by green tea lovers, this delicate oolong is smooth and is refreshingly subtle.
- Wuyi** {Organic} (Pure) \$4.50  
A handcrafted and highly oxidized tea from the Wuyi Mountains of Northern Fujian. It is smooth with a classic roasted aroma.

*"There is no trouble so great or grave  
that cannot be much diminished by a nice cup of tea."*

*Bernard-Paul Heroux*

# Signature Blends

CAFFEINE CONTENT VARIES

**Belmora** {Organic} (Moderately Caffeinated) \$9.00

Dedicated to our friend Jocelyn, owner of Belmora Salon & Spa. This special blend consists of green tea, white tea, rooibos, strawberries, pineapple bits, coconut and jasmine. We developed it especially for tea drinkers with time for only 1 cup of tea a day. Each cup contains the essential vitamins and antioxidants of red, white and green tea.

**Detox** {Organic} (Caffeine-Free) \$7.00

Formulated to aid the body's natural cleansing functions. We've blended juniper berries, burdock roots, ginger pieces, chaste tree berries, dandelion roots, and licorice roots.

**Harmony** {Organic} (Caffeine-Free) \$7.00

A natural herbal remedy to control minor symptoms of premenstrual discomfort. A blend of raspberry leaves, chamomile, chaste tree berries, juniper berries and linden.

**Immunitytea** {Organic} (Caffeine-Free) \$8.00

Don't give in! Whether it's the cold, flu or just not feeling well, this special blend of botanicals can help. It consists of echinacea, chamomile, peppermint, ginger, lemongrass, lemon verbena and cardamom.

**Rest Tea** {Organic} (Caffeine-Free) \$7.50

Trouble sleeping? Rest easy at night with a cup of this blend of green rooibos, red rooibos, chamomile, jasmine, lavender, lemon myrtle, linden, and a hint of peppermint.

**Secret Garden** (Moderately Caffeinated) \$8.00

A seductive blend of white tea, green tea, cherries, apricots, mango, orange peels, papaya, strawberries, pineapples and red currants.

**Strawberry White** {Organic} (Slightly Caffeinated) \$8.00

A blend of white tea buds, strawberry pieces, papaya pieces and a touch of green tea.

*Kaleisia at a tea farm in China*



*Camelia Senesis*  
(the tea plant)





## Health Benefits of Tea

For centuries, tea has been recognized for its multitude of health benefits. The healing properties come from tea's antioxidants, nutrients, and caffeine content. Researchers have reported that drinking 2-5 cups of tea a day can...

- \* Strengthen the immune system
- \* Reduce the risk of cancer
- \* Increase brain functions
- \* Prevent dental cavities
- \* Reduce the risk of heart attacks
- \* Increase metabolism
- \* Improve digestive health
- \* Boost longevity

The stimulating affect associated with caffeine in tea is different than coffee. Tea is complemented with L-theanine, which modifies the stimulating effect of tea to give you lasting and stable energy.

## Storing Your Tea

Tea is vulnerable to air, light, heat, odor, and moisture. When exposed to any of these variables, tea loses freshness and flavor.

## Do's and Don'ts of Making Tea

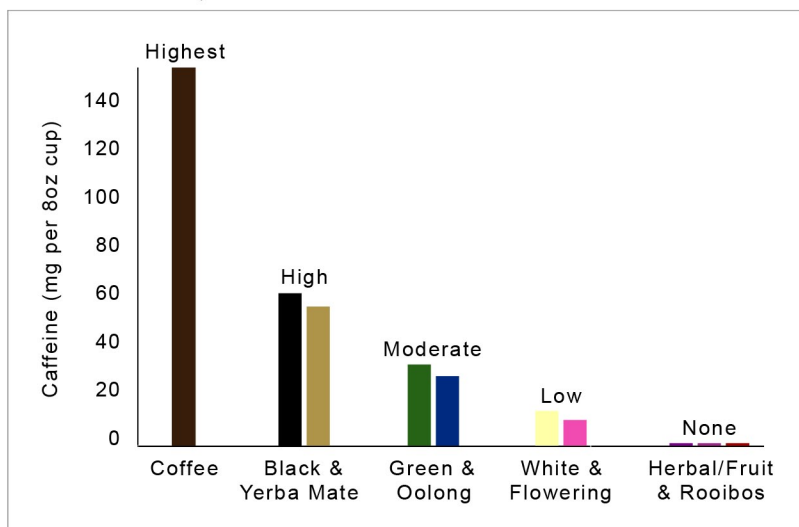
### Do...

- \* Add more tea leaves to create a stronger taste
- \* Let your palate guide you
- \* Make 2nd brews with the same leaves
- \* Buy less and often to ensure freshness of leaves

### Don't...

- \* Oversteep your tea
- \* Restrict yourself to one type of tea
- \* Use boiling water for green/white/oolong teas
- \* Drink tea dust from low quality bagged teas

## Caffeine Comparison Chart





www.thetealounge.com