

# propertea

Manchester Cathedral

Welcome to Proper Tea's loose leaf tea menu. This menu's distinction comes from our passionate quest to provide the very best and broadest selection of loose leaf tea available in the UK. No Matter the level of your tea obsession, there will be something on this menu to suit your taste.

At Proper Tea our focus is on quality. We only brew with the finest, responsibly sourced tea leaves, herbs and flowers. We filter our water, measure the water temperature, and provide you with a brewing guide to the recommended steep time to ensure the best flavour is drawn from each infusion. Once brewed to your liking, make sure to pour all the water off the leaves into your decanting pot; this will stop your tea from over-brewing and becoming bitter, and will allow us to refill your teapot when you are ready.

## Cathedral Teas

### Proper Breakfast Tea £2.90

A robust blend of black teas for a strong, traditional breakfast tea

### Proper Peppermint Leaf (organic) £2.90

Whole peppermint leaf with a lively aroma and strong fresh flavour

## Black Tea

### Assam Breakfast £3.50

A pure Assam blend; strong, rich and malty, with a subtle sweetness

### Gossainbari Assam (2nd Flush) (organic) £4.20

A rich malty tea made using biodynamic vrikshayurveda principles

### Assam Gold £4.80

An exquisite full bodied malty tea with notes of dark fruit and spice

### Arya Darjeeling (2nd Flush) (organic) £4.20

A delicate yet robust tea, with a muscatel, honey-like sweetness

### Beijing Breakfast £4.50

A oaty sweet malty tea from a tiny farm by the Taoist mountain

## Earl Grey

### Tippy Earl Grey £4.20

A quality full bodied Ceylon black tea scented with bergamot oil

### Imperial Earl Grey £4.20

A smooth medium bodied black tea scented with bergamot oil

### Sunshine Earl Grey £4.20

Black tea scented with grapefruit and rose, with exotic flowers

### Rosy Grey £4.20

Ceylon black tea scented with bergamot, sprinkled with rose buds

### Darjeeling Earl Grey (organic) £4.50

Exquisite and delicate with golden green tips and sweet bergamot

## Flavoured Black Tea

### Indian Chai (organic) £4.20

Black tea with colourful spices for a flavoursome and sweet treat

### Red Lychee £4.20

A classic Chinese blend of black tea with a rich, fruity sweetness

### Vanilla Cacao £4.50

A smooth blend of malty black tea with cocoa nibs and vanilla

## Green Tea

### Jade Tip Mao Jian £4.20

An easy-drinking, fresh tasting green tea with a sweet floral finish

### Gen Mai Cha (organic) £4.20

A grassy Japanese tea baked with rice kernels for a nutty taste

### Jasmine Pearls £4.80

Hand-rolled spring green tea scented with fresh jasmine blossoms

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## White Tea

### White Peony £4.20

*A smooth tea with hints of nuttiness and a long sweet after-taste*

## Wulong Tea

### Honey Orchid (Mi Lan Dan Cong) £7.20

*A dark roasted wulong with arresting notes of honey and lychee*

### Iron Buddha (Tie Kuan Yin) £7.20

*A green wulong with intense floral aromas and delicate sweetness*

## Flowering Tea

### Jasmine Fairies Performing Flower Tea £6.50

*Artisan teas unravel to flaunt an array of dancing flowers*

## Infusions

### Peppermint Super Grade £4.20

*A striking and strong aromatic infusion with a lively flavour*

### Chamomile Whole Flowers (organic) £4.20

*A naturally soothing and calming infusion with an apple-sweet taste*

### Rooibos Super Grade (organic) £4.20

*A full bodied, strong, earthy infusion drunk for overall wellness*

### Whole Rose Buds (organic) £4.50

*A beautiful and aromatic, toxin clearing, mood-uplifting infusion*

### Green Mulberry £4.50

*A malty, grassy, sweet infusion, rich in minerals and antioxidants*

### Hibiscus (organic) £4.20

*A striking, deep scarlet infusion with a berry like, tart flavour*

*See over leaf for full descriptions of each tea.*

## Tea Explorer

*There isn't enough room to fit all of our loose leaf teas, concoctions and tisanes on this menu. So, if you're feeling a little adventurous and want to go 'off piste', check out our Tea Explorer list. This list will change regularly, and evolve as we discover new teas, and as different teas come into season.*

*In the Tea Explorer list you will find some exquisite Wulong and Pu-erb teas from China, Taiwan, and beyond. They come from small scale producers farming old trees that have great lineage. Some of them are very exclusive and we can only acquire small batches of those teas.*

## 50 Shades of Earl Grey

*If you like Earl Grey, we've dedicated an entire menu to the UK's most popular tea. We've searched far and wide to present you with a selection of the best examples and variations of Earl Grey available, as well as some other Earl Grey inspired treats. See our 50 Shades of Earl Grey menu, and find the right blend for you.*

## Tea Workshops

*With over five years experience serving loose leaf teas at our sister venue, Teacup Kitchen, and the development of this ever growing menu here at Proper Tea at Manchester Cathedral, we now host our own series of Tea Workshops run by our well travelled Tea Specialist.*

*If you've ever wondered what all the fuss is about, or if loose leaf tea is already an essential part of your daily routine, our workshops are for anyone wanting to know more about the world of tea, from the complete beginner to the tea mad!*

*For more information, enquire within, or visit*

*[www.propertedeveloper.com/workshops](http://www.propertedeveloper.com/workshops)*

*For bookings, tel: 0754 8156 264 or*

*email: [workshops@propertedeveloper.com](mailto:workshops@propertedeveloper.com)*

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## *Black Tea*

### **Assam Breakfast £3.50**

A quality blend of pure Indian Assam black teas with a rich malty flavour and a subtle sweetness. Perfect for those who love a strong, full-bodied cup of tea with milk

### **Gossainbari Assam (2nd Flush) (organic) £4.20**

A deliciously rich, malty Assam from the unique Gossainbari estate in India. The once waning estate was rejuvenated by adopting the practice of Vrikshayurveda – an ancient Indian science of agriculture. They use only natural and sustainable organic resources to fertilise the plants; even its factory is powered by solar energy. A high quality every day tea best enjoyed without milk

### **Assam Gold £4.80**

An exquisite, full-bodied, malty black tea with notes of dark fruit and spice. Assam teas are grown in the fertile soil brought down from the Himalayas by the famous Brahmaputra river. With its large leaf and ample golden tips, this is an example of one of the finest Assam teas, produced on the Attabarie estate. A winner with or without milk, but best take care to enjoy the subtleties

### **Arya Darjeeling (2nd Flush) (organic) £4.20**

The famed Indian Darjeeling teas are produced from succulent young leaves with a sprinkling of silvery tips. Known as ‘the champagne of teas’, the infused leaf brings out a delicate yet robust tasting tea with a smooth base and a subtle honey like, muscatel flavour for which the second flush is celebrated. This one is from the Arya estate which was founded by Buddhist monks over 100 years ago

### **Beijing Breakfast £4.50**

A sweet, malty tea from the famous Taoist mountain, Laoshan in Shandong. Produced using natural bio-farming methods on a tiny 14-acre estate, Mr Mou’s exquisite tea with its caramel oat-like sweetness is unique and hard to come by. Best enjoyed without milk

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## *Earl Grey*

### **Tippy Earl Grey £4.20**

A superb quality Ceylon black tea scented with bergamot and decorated with a sprinkling of blue cornflowers to create a rich, full bodied flavour and a striking appearance. Specially blended to complement the addition of milk

### **Imperial Earl Grey £4.20**

A superior version of the much loved classic Earl Grey. A medium bodied blend of Indian and Ceylon black teas, lifted with gentle hints of sweet citrus from the bergamot. Smooth and subtle, perfect for drinking without milk

### **Sunshine Earl Grey £4.20**

A colourful blend of China black tea infused with a refreshing burst of pink grapefruit and sweet rose. With its enchanting aroma, and sprinkling of exotic blue mallow and golden marigold flowers, this blend will enliven your senses and brighten up your day

### **Rosy Grey £4.20**

Ceylon black tea scented with bergamot oil, sprinkled with whole rose buds, rose petals, and royal blue cornflower petals; an elegant touch to a supreme quality Earl Grey base

### **Darjeeling Earl Grey (organic) £4.50**

This exquisite Earl Grey is made from a high grade, delicate and lively first flush Darjeeling from the Arya estate. It’s hand-blended in small batches with the finest bergamot oil from Sicily, giving it the signature Earl Grey flavour, without over-powering the bright notes of the Darjeeling. It looks as exquisite as it tastes, with its golden and green tips, and sprinkling of royal blue cornflower petals

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## *Flavoured Black Tea*

### **Indian Chai (organic) £4.20**

Assam black tea with the perfect blend of sweet and warming chai spices, for a flavoursome and aromatic treat. In India, chai is drunk following a meal as the spices help promote digestion and cleanse the body. It tastes great with or without milk, and if desired, add a little natural sweetener

### **Red Lychee £4.20**

This is a classic Chinese black tea recipe, said to have been a favourite of many emperors. Inspired by their love for the lychee fruit, the Chinese use it to scent black tea, capturing its natural sweetness. The result is a caramel smooth black tea with a delightful aroma

### **Vanilla Cacao £4.50**

A rich, malty blend of Indian Assam and Chinese Yunnan black tea, with Peruvian cocoa nibs and organic Madagascan vanilla. Once used by the Aztecs and Mayans to uplift mood, cocoa and vanilla complement the smooth, deep notes in the black tea base and add a velvety soft finish. A moreish tea with layers of flavour, perfect for a luxurious treat any time of day

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## *Green Tea*

### **Jade Tip Mao Jian £4.20**

This is a great tasting Mao Jian (Jade Tip) green tea, grown high in the cool misty mountain air in China. The dark, long, neat twists of green leaf give a brisk, clean, vegetal taste with dry grass back notes and a sweet finish. An every-day drinking green tea, enjoyed by the tea-novice and aficionado alike

### **Gen Mai Cha (organic) £4.20**

A satisfying tea with an unusual flavour created by the contrast of grassy green Sencha tea with toasted rice kernels. First drunk by monks and Japanese people for sustenance, Genmaicha is now revered for its unique springy fresh, yet nutty taste. The rice is baked with the tea leaves, and some 'pop' giving it its nickname, 'popcorn tea'

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### **Jasmine Pearls £4.80**

Our jasmine pearl tea is made from perfectly balanced spring green tea. Each pearl is hand-made by lightly rolling and wrapping fine, tender leaves and buds, drying and repeatedly scenting with fresh jasmine blossoms. When infused, they unravel to release a beautifully sweet aroma

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## *White Tea*

### **White Peony £4.20**

A succulent white tea composed of tightly curled buds with the top two tender young leaves. Picked and processed in spring, in Fujian province, China, the leaves undergo natural, ambient drying. This gives the tea its sweet muscatel aroma, soft melon notes, and smooth nutty flavour with a long lasting sweet aftertaste. White tea is high in antioxidants, and provides a gentle boost, any time of day

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## *Wulong Tea*

### **Honey Orchid (Mi Lan Dan Cong) £7.00**

This dark and intense oolong is ripe with orchid fruit sweetness. The large leaves are baked to a deep reddish brown, producing a rich liquor, bursting with peach, lychee and honey flavours. Enjoy through multiple infusions to experience the changing character of the tea

### **Iron Buddha (Tie Kuan Yin) £7.00**

One of the best-known Chinese oolongs, with a delicate yet complex flavour. The spring green lace-edged leaves are crinkled into tight balls, which unravel to release an intense floral aroma. The taste is a subtle balance of fresh orchid flowers with a sweet, creamy smoothness. Enjoy through multiple infusions to experience the changing character of the tea

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## Flowering Tea

### Jasmine Fairies Performing Flower Tea £6.50

This Jasmine Fairies blooming flower tea unravels to flaunt an array dancing blossoms. Each one is hand-made with fresh flowers tenderly sewn to silver needle buds by skilled Chinese artisans, to create a unique display. The Mao Feng green tea has a mild taste, complemented by sweet floral aromas. They're naturally very low in caffeine, and high in antioxidants. Our flower teas are individually wrapped and sealed at source for maximum freshness, and each one can be steeped more than three times without tasting bitter

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## Infusions

### Peppermint Super Grade £4.20

Striking and strong, this peppermint infusion has a fresh and brisk flavour with a hint of sweetness. Mints have long been used to cleanse the palate, aid digestion, clear the airways, and combat stress. By using the whole leaf and stem rather than just broken leaf fragments, this infusion draws out all the essential oils, for full depth of flavour, aroma, and health benefits. Soothing, refreshing, and de-stressing; perfect any time of day

### Chamomile Whole Flowers (organic) £4.20

Chamomile has been used for centuries for its liver cleansing and immune system boosting properties. Infusing whole flower heads gives a strong, clean flavour with a natural apple-sweet aftertaste. A soothing drink to enjoy any time of day, and perfect in the evening to calm and relax for a good night's sleep

### Rooibos Super Grade (organic) £4.20

Rooibos is the perfect caffeine free alternative to black tea. It gives a strong, full bodied infusion, with an earthy, mildly sweet taste. It grows exclusively in South Africa, where it is drunk daily for overall wellness, and noted for its anti-ageing, metabolism enhancing, and liver protecting qualities. Enjoy with or without milk

### Whole Rose Buds (organic) £4.50

These exquisite whole rose buds look beautiful in a glass teapot. More than just a pretty infusion, rose has long been used in Indian and Chinese medicine to clear toxins from the body and uplift mood. A soothing, subtly sweet and floral tea; perfect any time of day

### Green Mulberry £4.50

A caffeine free, vitamin, mineral, and antioxidant rich infusion made from the leaves of the white mulberry plant. This is a superior quality green mulberry tea sent to us directly from the Ziamese sisters in north-east Thailand, who use only the most aromatic strain of green mulberry with the highest concentration of nutrients. Revered in traditional medicine, this truly is a wonder drink, said to be the scholars' choice in China. A malty brew with fresh grassy notes and a delicious sweet aftertaste

### Hibiscus (organic) £4.20

Plump, juicy hibiscus flowers are handpicked and sun-dried to make this striking deep scarlet infusion. Believed to have high vitamin C content, hibiscus infusions are drunk daily in Egypt. It is often sweetened to bring out the fruity berry flavours and balance the tart notes

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