

Made in a Japanese glass teapot & served beautifully on
a bamboo tray and your choice of teacup or mug.

Breakfast Tea (Fairtrade)

Rich, smooth blend of the most aromatic teas from Tanzania, and Assam. The Assam provides the strength of flavour and colour, The Tanzanian the rich aroma. A traditional breakfast tea which, despite its name, is perfect all day long. Bright, light and crisp. **Great Taste Award *Gold Star Winner 2008.**

Darjeeling Pussimbing (Fairtrade)

100% Premium leaf second flush Darjeeling from the 'Pussimbing' tea garden in the foothills of the Himalayan mountains. Quite simply one of the worlds finest Darjeeling teas. A perfect afternoon cuppa. Fragrant, Crisp, Mild.

Camomile (Organic)

A herbal tea infusion of 100% pure Camomile blossom. certified Organic. A herbal infusion made from the dried flowers of the camomile plant. Excellent for calming and soothing the mind and body, thus perfect at any time of the day. Camomile has also been noted as beneficial for health problems ranging from toothaches, headaches and stomachaches to nervousness and insomnia. **Great Taste Award ***Gold Star Winner 2008.**

Red Berry

A tisane of elderberries, blackberries, strawberries, raspberries, apple, rose hip peel and hibiscus blossoms. A colourful selection of fruits and berries and absolutely bursting with fresh, rich, berry taste. Perfect served hot or as an iced tea. **WON GOLD* 2007 Great taste awards.**

Mango Tango

Premium Black leaf with real mango pieces and sunflower blossoms. An exotic experience of tropical mango with a spicy China-Ceylon blend enriched with bright yellow sunflower blossoms. Pleasantly fruity, appealing to the eye, and light and refreshing on the tongue - perfect hot or as an iced tea.

Green Tea Sencha (Fairtrade, Organic)

Highly aromatic Chinese Fairtrade green leaf tea. the cup is light yellow and has an intense sweet bouquet. Certified organic. Ocean, Green, Clean.

Green Rooibos Citrus (Organic)

Green Rooibos with lemon grass and citrus. No caffeine as with all rooibos teas. A zesty, uplifting brew. This green version of rooibos contains even higher levels of antioxidants. **Gold* great taste awards 2007**

Belfast Brew (Fairtrade)

A traditional hearty Irish breakfast tea. Finest whole-leaf, golden tipped, black tea blend. Smooth notes of a Tanzanian with the spiced underscore of a malty Assam – produces a deep, dark, coppery cup. Perfect any time of day. A true shipbuilder's tea! **Great Taste Award **Gold Star Winner 2008.**

Earl Grey Blue Flower (Fairtrade, Organic)

Certified organic premium black leaf tea, natural oil of bergamot with cornflowers. A subtle blend of soft, slightly spicy Assam tea with a natural delicate bergamot flavour and vibrant blue cornflowers.

Whole Peppermint

Quite possibly the best peppermint tea in the world. Whole peppermint leaves create an incredibly fresh, purifying cup. Tingly, Minty & Fresh. **Great Taste Gold 1* Award Winner 2008.**

Apple Loves Mint

The warmth of apple and the freshness of mint finished off with stunning baby rose buds. Apple tart, citrus & fresh.

Spiced Citrus

Spiced Citrus tea was originally designed as a Christmas tea. It was bought back after popular demand as so many had it as a gift and wanted to drink it throughout the year. Black tea, apple, orange pieces, cinnamon, cloves, cardamom and pink pepper. Winter warming wonder.

Wellness Green Tea Ginseng

Fresh, healthy and tasty Japanese green tea with ginseng, ginger and juicy pineapple pieces to taste.



Many teas meet these standards!

Speciality Teas £2.00

China Jasmine Dragon Phoenix Pearls

This rarity consists of oolong tea leaves infused 8-10 times with the natural scent of jasmine flowers. The young leaves are then hand-rolled into the shape of a pearl which slowly unfurls as it infuses. An exquisite fragrance and flavour of fresh jasmine. These leaves are of such high quality they should be infused for a second or even a third cup. **Great Taste Award *Gold Star Winner 2008.**

Suki Flowering Tea

Flowering teas are a visually stunning sight, all our flowering teas are hand tied with fresh green tea buds and beautiful aromatic flowers. They are both refreshing and delicious. A beautiful display of hand tied green tea wrapped around a stunning Amaranth flower. A mesmerising sight with a soft pink infusion and cleansing wild flower taste.

Matcha Green Tea

Normally we only consume the water from green tea and throw away the leaves in the bag. With Matcha you consume the leaves. Matcha is a concentrated green tea powder made from very finely ground green tea. It is the oldest variety of shade grown green tea and has been part of the Buddhist culture for over 800 years. It is particularly high in antioxidants, the neutralizer of free radicals in the body. Matcha contains 1573 mole Trolox Equivalents (TE) per gram compared to 95 in cranberries, 93 in blueberries and 253 in Gojiberries. It's a great energy booster.

Ask about our extra 'magical' teas !!



Health Benefits of Tea

As many of us are seeking a more positive, healthy lifestyle the benefits of tea and herbal infusions or 'tisanes' cannot fail to escape us. For centuries health properties of the tea plant, or Camellia Sinensis, have been extolled by the Chinese and Japanese. The Chinese Emperor, Shen Nung, who is reported to have discovered drinking tea, stated that it gave him, '*Vigour of the body, contentment of mind, and determination of purpose.*' What more could you need?!

Tea not only soothes and relaxes you. Here's what else it can do:

All tea varieties are naturally rich in anti-oxidants (although the white and greens are reported to be slightly higher) which are important in the fight against the free-radicals in your body. These free-radicals can damage tissues, cells and genes causing heart attacks, strokes, bacterial or viral infections, rheumatic arthritis or cancer. In fact, studies have shown if you drink more than 2 cups of tea a day, you can decrease the risk of heart disease by 44% and certain types of cancer by 50%!

Tea is also a rich source of vitamins and minerals. Here's what the latest reports show:

- Tea contains manganese, which is essential for bone growth and body development (one cup per day will supply the amount you need).
- Tea also contains fluoride which is good for our teeth and gums.
- Being rich in potassium, tea is a vital source for maintaining fluid levels in your body, as it is hydrating in its own right.
- Tea may also reduce the risk of a heart attack or stroke as it acts as a blood-thinning agent.
- Tea also has anti-inflammatory and antibacterial properties which may suppress the appetite, reducing excess body fat. It's also virtually calorie and fat free - minus the sugar and milk of course.

Almost exclusively to the tea plant is the non-protein amino acid L-theanine which studies have shown reduces anxiety and helps you relax, boosting your body's defences and strengthening the immune system. Tea does contain caffeine (although far less than coffee) but the presence of L-theanine in all types of tea seems to counteract the caffeine effects and helps you unwind.

Herbal and Tisanes

Suki's herbals and caffeine-free varieties are also abundant in health benefits:

- In addition to tea, anti-oxidative substances are found in a range of other plants, with Mate, Rooibos and Mint being amongst the highest.
- Rooibos tea (also known as Red Bush) is a South African caffeine-free alternative literally teeming with vitamins, minerals and anti-oxidants. Rooibos has been prescribed for allergies and skin disorders, digestive problems, insomnia, colic in infants and even for nappy rash and 'fussy' children!
- Our finest Camomile and pure Moroccan Nana Mint will calm and soothe the mind and body whilst tackling digestive problems, headaches and even insomnia.
- Stinging Nettle tea has diuretic properties, fighting kidney and bladder infections. It is also said to improve your complexion and strengthen nails and hair.
- Whatever your tippie, you can be sure any of Suki's finest quality tea and herbal range are good for you. Besides, they taste great!

Tea is a cup of life