

TEA HOUSE MENU

All teas \$5 per pot

GREEN TEA 绿茶

(medium caffeine content)

Green tea 绿茶

Renowned for its antioxidant properties and health benefits, green tea has a bittersweet taste. It was first brewed for Emperor Shennong in 2737BC.

Jasmine green tea 茉莉花绿茶

Pearls of jasmine blossom scent a green tea base. This soothing tea is subtly sweet and very fragrant. The health benefits of jasmine green tea are purported to be many. It is said to be good for digestion, the heart, immunity, and is said to help prevent cancer. Jasmine is the most famous scented tea in China.

OOLONG TEA 乌龙

(medium caffeine content)

Tie Guan yin 铁观音

Named after the Chinese Goddess of Mercy, Guan yin, Tie Guan Yin is a sweet, floral Chinese oolong tea which evokes the aroma of orchids. It is said to be good for digestion, the heart and the immune system.

Ginseng oolong 人参乌龙茶

Known as the king's tea, ginseng oolong tea has a flavorsome balance of oolong sweetness and ginseng tartness. Ginseng oolong is said to help lower cholesterol, alleviate indigestion and prevent fatigue or stress.

BLACK TEA 红茶

(high caffeine content)

Lychee black tea 荔枝红茶

This Chinese black tea has a delicate honey-like taste, scented with the sweet peel of the tropical lychee fruit. It is said to help beautify the skin, promote digestive health and balance and harmony. It is also known to revitalize, invigorate and energize the senses.

PU ERH TEA 普洱

(high caffeine content)

Pu erh tea 普洱茶

The medicinal pu erh tea is mainly produced in the mountainous Yunnan province. The leaves are delicately sweet, with an aroma reminiscent of autumn leaves. This caffeinated tea is said to improve mental alertness and reduce cholesterol.

FLOWER TEA 花茶

(caffeine free)

Rose tea 玫瑰花茶

Rose buds and petals give a sweet, fragrant aroma. This tea is said to be great for the complexion and is a natural source of vitamin C.

Chrysanthemum tea 菊花茶

With a mild taste and floral aroma, this tea is said to aid in the prevention of sore throats and colds. It is also said to increase alertness and is often used as a pick-me-up.

Osmanthus tea 桂花茶

A deep, smoky tea with a unique sweet fruity aroma, osmanthus tea is known for its rich aroma. Proponents claim it helps to decrease appetite, improve complexion and remove toxins from the body.

Jasmine flower tea 茉莉花茶

A soothing, mild tea with a fresh, long-lasting fragrance and pure refreshing taste, jasmine tea has a calming scent. It is said to help reduce stress and ease depression, lower blood pressure and relax the mind and body.

Honeysuckle tea 金银花茶

This light floral scented tea has a hint of vanilla and is said to boost immunity, maintain blood sugar levels and fight off colds and flus.

FRUIT TEA 果茶

(caffeine free)

Fruit mix tea 花果茶

This healthy Chinese fruit tea is a sweet mix of strawberries, hibiscus flowers, apples, rosehip and lemongrass. With its rich fruity flavor and full body it is both refreshing and energy boosting. It is said to ward off colds and other illnesses by keeping the immune system strong and healthy.

Lemon tea 柠檬茶

This sweet and sour drink is said to come with a host of health benefits. It is known for its cleansing properties and is said to energize the body, refresh the mind and improve mental clarity.

Goji berry tea 枸杞茶

Naturally sweet, with a hint of tart berry, the goji berry has earned a reputation as a super food. It has been grown and used as tea in China and Tibet for more than 1000 years. Rich in antioxidants, this nutritionally-dense berry is said to promote eyesight, balance hormonal systems, boost the immune system, improve circulation and protect the liver.

Date tea 枣片茶

This sweet-smelling tea is believed to have many health properties. It is said to be beneficial for stress, digestion, soothing sore throats, protecting the liver, reducing cholesterol and is said to help prevent cancer.

Hawthorn tea 山楂茶

This slightly bitter fruit tea is most widely known for its medicinal uses. It is said to strengthen heart function, lower cholesterol and promote blood circulation.

OTHER TEA 其它

(caffeine free)

Barley tea 大麦茶

The perfect substitute for a coffee, barley tea has a pleasant nutty taste and a smoky aroma. It is said to help cleanse and detox the body and to reduce stress.

Peppermint tea 薄荷茶

Peppermint tea is a classic, refreshing favourite. It's an antioxidant and is said to aid indigestion, allergies, relieve colds and nausea, and boost the immune system.

Brown sugar and ginger tea

(different varieties/extra ingredients available:

original or available with date, rose, osmanthus, goji berry) 红糖姜茶 (原味, 红枣, 玫瑰, 桂花, 枸杞).

Nothing warms the body like a healthy warm tea. The sweetness is balanced out with the heat of ginger.

Ginger has a wide range of antioxidant properties and can help digestive disorders.

Enjoyed your tea? Take a taste of the Chinese Garden home with you and create your own tea experience. Loose leaf teas are available for purchase.

All of our quality teas are imported from China.



YUM CHA 饮茶

Two piece mix and match \$5

Set menu \$20

Choose seven items (buns or dumplings) and a pot of tea.

(v) = vegetarian

Chinese steamed buns 蒸包

BBQ pork bun 叉烧包

Steamed bun filled with a savoury, but slightly sweet filling of roast pork.

Vegie and mushroom bun (v) 素菜蘑菇包

Steamed bun filled with mushrooms and seasonal vegetables.

Red bean bun (v) 豆沙包

Steamed bun filled with a mild, sweet red bean paste.

Custard bun (v) 奶黄包

Steamed bun filled with lightly sweet, creamy custard.

Chinese dumplings 蒸饺

(served with sweet soy sauce)

Pork dumpling 白菜猪肉饺

Dumpling filled with minced pork meat and finely chopped vegetables.

Vegetable dumpling (v) 蔬菜素饺

Dumpling filled with seasonal vegetables.

Treasure dumpling 虾饺

Prawn dumpling decorated with a slice of pork sausage.

TEA SNACKS 茶点零食

Sweet snacks 甜味 \$1 – \$1.50

A selection of sweet Asian snacks is available at the tea shop counter.

Savoury snacks 咸味 \$3 – \$4

A selection of savoury Asian snacks is available at the tea shop counter.

Fortune cookies 吉卜饼 \$1

A crisp cookie with a lucky message hidden inside.

Extras 其它

English breakfast tea 新西兰红茶 \$4/pot
with milk

Plunger coffee 咖啡 with milk \$4

FESTIVAL FOOD 节庆食品

Zongzi 粽子

Sticky rice dumpling wrapped in bamboo leaves with a variety of fillings:

- Pork 肉粽
- Pork and chestnut 猪肉栗子
- Red bean 豆沙
- Pork and yolk 蛋黄猪肉

Only available during the Legend of Qu Yuan Festival period (May/June)

Moon cakes 月饼

A tasty pastry crust with a variety of filling options:

- Red bean 豆沙
- Date 枣泥
- Chestnut 栗子
- Green tea 绿茶
- Lotus 莲蓉

Only available during the Moon Festival period (September)