



Seven Cups of Tea

The first cup kisses away my thirst,
and my loneliness is quelled by the second.
The third gives insight worthy of ancient scrolls,
and the fourth exiles my troubles.
My body becomes lighter with the fifth,
and the sixth sends word from immortals.
But the seventh—oh the seventh cup—
if I drink you, a wind will hurry my wings
toward the sacred island.

— Lu Tong (795-835)
(trans. Christopher Nelson)

TEA REGIONS



- KEY**
- Green
 - Yellow
 - White
 - Scented
 - Wulong
 - Black
 - Puer

Hunan Province
Jun Shan Yin Zhen

Jiangsu Province
Bi Luo Chun

Sichuan Province
Meng Ding Gan Lu (Sweet Dew)
Zhu Ye Qing (Green Bamboo)
Meng Ding Huang Ya (Yellow Buds)
Bi Tan Piao Xue (Snow Drop Jasmine)
Mo Li Xiang Pian (White Cloud Jasmine)

Henan Province
Xin Yang Mao Jian

Zhejiang Province
Shi Feng Long Jing (Shi Feng Dragon Well)
Da Fo Long Jing (Big Buddha Dragon Well)
Ming Qian An Ji Bai Cha
Yu Qian An Ji Bai Cha
Gu Zhu Zi Sun (Purple Bamboo Shoot)
Gao Shan Yun Wu (Misty New Top)
Fo Mei (Buddha's Eyebrow)
Gong Xi Zhu Cha (Gunpowder)
Jian Cha (Shade-Grown Sencha)
Mo Gan Huang Ya (Mo Gan Yellow Buds)

Yunnan Province
Dian Hong Jin Ya (Golden Buds)
Jin Kong Que (Golden Peacock)
Dian Hong Gong Fu
Gong Ting Puer (Palace Puer)
Sheng Tai Chen Xiang (Premium Puer)
Jia Cang Puer (Home Store Puer)
Da Ye Shu Xiang (Large Leaf Black Puer)
You Le Shan (You Le Mountain Puer)
Da Xue Shan (Snow Mountain Puer)
Puer Cakes - many kinds
Puer Bricks - many kinds
Mini Tuochas - several kinds



Fujian Province
Bai Hao Yin Zhen (Silver Needle)
Bai Mu Dan (White Peony)
Shou Mei
Yin Hao Long Zhu (Silver Dragon Jas. Pearls)
Mo Li Long Zhu (Jasmine Pearls)
Da Hong Pao (Big Red Robe)
Shui Jin Gui (Golden Water Turtle)
Tie Luo Han (Iron Monk)
Rock Huang Guan Yin (Yellow Guan Yin)
Imperial & Premium Rou Gui
Lao Cong Shui Xian (Old Bush Narcissus)
Premium Shui Xian (Narcissus)
Ba Xian (Eight Immortals)
Gao Shan Tie Guan Yin (High Mtn. TGY)
Ma Liu Mi (Monkey Picked)
Chuan Tong Tie Guan Yin (Old Style TGY)
Li Li Xiang
Lapsang Bohea
Lapsang Souchong Strong Smoke

Guangdong Province
Dan Cong
Jiang Hua Xiang (Ginger Blossom)
Feng Huang Shui Xian (Phoenix Narcissus)
Mi Lan Xiang (Snow Orchid)
Huang Zhi Xiang (Yellow Sprig)

Anhui Province
Tai Ping Hou Kui
Liu An Gua Pian
Imperial & Premium Huang Shan Mao Feng
Gao Shan Lu Feng (High Mtn. Green Phoenix)
Yin Gou Mei (Silver Fish Hook Eyebrow)
Shou Gong Qimen (Handmade Keemun)
Premium Qimen (Premium Keemun)
Breakfast Qimen (Breakfast Keemun)


Taiwan
Qilaishan Long Wu (Dragon's Fog)
Alishan Gao Shan Cha (High Mountain)
Alishan Jin Xuan

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Map design by Cora Branson



GREEN TEA

Zhejiang Province (descriptions on pages 8 & 9)	1 Person	2 People
Shi Feng Long Jing (Shi Feng Dragon Well)	\$7.45	\$14.20
Ming Qian An Ji Bai Cha ☞	\$7.45	\$14.20
Gu Zhu Zi Sun (Purple Bamboo Shoot)	\$6.85	\$13.00
Da Fo Long Jing (Big Buddha Dragon Well) ☞	\$5.95	\$11.30
Yu Qian An Ji Bai Cha ☞	\$5.95	\$11.30
Gao Shan Yun Wu (Misty New Top) ☞	\$4.50	\$8.80
Fo Mei (Buddha's Eyebrow) ☞	\$3.85	\$7.30
Gong Xi Zhu Cha (Gunpowder) ☞	\$3.85	\$7.30
Jiangsu Province (description on page 9)	1 Person	2 People
Bi Luo Chun	\$7.45	\$14.20
Anhui Province (descriptions on page 10)	1 Person	2 People
Tai Ping Hou Kui ☞	\$7.45	\$14.20
Liu An Gua Pian ☞	\$6.85	\$13.00
Imperial Huang Shan Mao Feng ☞	\$6.20	\$11.80
Premium Huang Shan Mao Feng ☞	\$4.50	\$8.80
Gao Shan Lu Feng (High Mountain Green Phoenix) ☞	\$3.85	\$7.30
Yin Gou Mei (Silver Fish Hook Eyebrow) ☞	\$3.85	\$7.30
Sichuan Province (descriptions on page 11)	1 Person	2 People
Meng Ding Gan Lu (Sweet Dew) ☞	\$6.20	\$11.80
Zhu Ye Qing (Green Bamboo) ☞	\$6.20	\$11.80
Henan Province (description on page 11)	1 Person	2 People
Xin Yang Mao Jian	\$5.95	\$11.30
Japanese Style Green Tea (descriptions on page 11)	1 Person	2 People
Shade-Grown Matcha ☞ (includes one Japanese sweet)	\$9.95	---
Jian Cha (Shade-Grown Sencha) ☞	\$3.85	\$7.30

 This symbol denotes teas with organic certification. Our other teas are also sustainably grown, but many of our teas come from small producers who do not have organic certification.

YELLOW TEA (descriptions on page 12)

	1 Person	2 People
Jun Shan Yin Zhen ☞	\$7.45	\$14.20
Mo Gan Huang Ya (Mo Gan Yellow Buds) ☞	\$6.85	\$13.00
Meng Ding Huang Ya (Yellow Buds) ☞	\$6.20	\$11.80

WHITE TEA (descriptions on page 12)

	1 Person	2 People
Bai Hao Yin Zhen (Silver Needle) ☞	\$5.95	\$11.30
Bai Mu Dan (White Peony) ☞	\$4.50	\$8.80
Shou Mei ☞	\$3.85	\$7.30

SCENTED TEA (descriptions on page 13)

	1 Person	2 People
Bi Tan Piao Xue (Snow Drop Jasmine)	\$5.95	\$11.30
Yin Hao Long Zhu (Silver Dragon Jasmine Pearls)	\$5.30	\$9.95
Mo Li Long Zhu (Jasmine Pearls)	\$4.50	\$8.80
Bai Yun Xiang Pian (White Cloud Jasmine)	\$3.85	\$7.30

DISPLAY TEA (descriptions on pages 13 & 14)

	Glass Pot for One
Shen Long (Mystical Dragon) ☞	\$9.50
Yu Tu (Jade Rabbit) ☞	\$7.45
Jin Yu (Golden Fish) ☞	\$7.45
Shuang Xi Lin Meng (Double Happiness) ☞	\$6.20
Hai Bei Tuo Zhu (Pearls Rising) ☞	\$6.20
Hua Xin Mu Dan (Chrysanthemum Peony) ☞	\$5.95
Lu Mu Dan (Green Peony) ☞	\$5.95

WULONG TEA (OOLONG) (descriptions on pages 14-17)

	1 Person	2 People
ROCK WULONG		
Da Hong Pao (Big Red Robe) *	\$9.85	---
Huang Guan Yin (Yellow Guan Yin) *	\$9.50	---
Shui Jin Gui (Golden Water Turtle) *	\$8.50	---
Tie Luo Han (Iron Monk) *	\$8.50	---
Imperial Rou Gui *	\$8.50	---
Lao Cong Shui Xian (Old Bush Narcissus)	\$5.95	\$11.30
Premium Rou Gui	\$5.30	\$9.95
Premium Shui Xian (Narcissus) ☞	\$5.30	\$9.95
Ba Xian (Eight Immortals) ☞	\$5.30	\$9.95

* These famous wulong teas are served in small Yi Xing pots with fragrance & drink cups.

WULONG TEA (OOLONG) (descriptions on pages 14-17)

	1 Person	2 People
DAN CONG WULONG		
Jiang Hua Xiang (<i>Ginger Blossom</i>) *	\$12.85	---
Feng Huang Shui Xian (<i>Phoenix Narcissus</i>) ☞	\$5.95	\$11.30
Mi Lan Xiang (<i>Snow Orchid</i>)	\$4.50	\$8.80
Huang Zhi Xiang (<i>Yellow Sprig</i>)	\$4.50	\$8.80
ANXI WULONG		
Gao Shan Tie Guan Yin (<i>High Mountain Tie Guan Yin</i>)	\$5.30	\$9.95
Chuan Tong Tie Guan Yin (<i>Old Style Tie Guan Yin</i>)	\$5.30	\$9.95
Ma Liu Mi (<i>Monkey Picked</i>)	\$4.50	\$8.80
Li Li Xiang	\$4.50	\$8.80
TAIWAN WULONG		
Qilaishan Long Wu (<i>Dragon's Fog</i>) *	\$9.85	---
Alishan Gao Shan Cha (<i>High Mountain</i>) *	\$9.85	---
Alishan Jin Xuan	\$5.30	\$9.95

* These famous wulong teas are served in small Yi Xing pots with fragrance & drink cups.

BLACK TEA (descriptions on pages 18 & 19)

	1 Person	2 People
LAPSANG, FUJIAN PROVINCE		
Lapsang Bohea ☞	\$5.95	\$11.30
Lapsang Souchong Strong Smoke ☞	\$3.85	\$7.30
QIMEN, ANHUI PROVINCE		
Shou Gong Qimen (<i>Handmade Keemun</i>) ☞	\$6.85	\$13.00
Premium Qimen (<i>Premium Keemun</i>) ☞	\$4.50	\$8.80
Breakfast Qimen (<i>Breakfast Keemun</i>) ☞	\$3.85	\$7.30
YUNNAN PROVINCE		
Dian Hong Jin Ya (<i>Golden Buds</i>)	\$5.95	\$11.30
Jin Kong Que (<i>Golden Peacock</i>)	\$4.50	\$8.80
Dian Hong Gong Fu ☞	\$3.85	\$7.30

PUER TEA (descriptions on pages 19-22)

Loose Leaf	1 Person	2 People
You Le Shan (<i>You Le Mountain Ancient Tree Green Puer</i>)	\$5.60	\$10.65
Da Xue Shan (<i>Snow Mountain Green Puer</i>)	\$4.90	\$9.35
Gong Ting Puer (<i>Palace Black Puer</i>)	\$4.50	\$8.80
Sheng Tai Chen Xiang (<i>Premium Black Puer</i>)	\$4.50	\$8.80
Jia Cang Puer (<i>Home Store Black Puer</i>)	\$3.85	\$7.30
Da Ye Shu Xiang (<i>Large Leaf Black Puer</i>)	\$3.85	\$7.30

PUER TEA (descriptions on pages 19-22)

Green Puer Cakes	1 Person	2 People
Jing Mai Teng La Zi Juan (<i>Purple Tea Buds Green Puer Cake</i>) *	\$12.85	---
Bu Lang Wang Zi (<i>Prince Tribute</i>)	\$5.95	\$11.30
Yue Guang Bai (<i>White Moonlight</i>)	\$4.50	\$8.80
You Le Mountain Ancient Tree	\$4.50	\$8.80
Seven Cups Sheng Bing	\$4.50	\$8.80
Little Golden Melon TuoCha	\$4.50	\$8.80
Jing Gu Xiao Fang Zhuan (<i>Small Square Brick</i>)	---	\$8.80
Da Ye Xiao Qing Tuo (<i>Big Leaf Mini TuoCha</i>)	\$4.25	\$8.10
Nuo Mi Xiang Xiao Qing Tuo (<i>Sweet Rice Fragrance Mini TuoCha</i>)	\$4.25	\$8.10
Black Puer Cakes	1 Person	2 People
1995 Black Puer Brick *	\$18.75	---
Seven Cups Shu Bing	\$4.50	\$8.80
Black TuoCha	\$4.50	\$8.80
Ma Guo Tou	\$4.50	\$8.80
Zao Xiang Brick (<i>Date Fragrance</i>)	\$4.50	\$8.80
Lao Cang Xiao Shu Tuo (<i>Old Warehouse Mini TuoCha</i>)	\$4.25	\$8.10
Zao Xiang Xiao Shu Tuo (<i>Date Fragrance Mini TuoCha</i>)	\$4.25	\$8.10

* These special puers are served in small Yi Xing pots with fragrance & drink cups.

SPECIAL BLENDED TEA (descriptions on page 23)

	1 Person	2 People
Osmanthus & Big Buddha Dragon Well Green	\$5.95	\$11.30
Osmanthus & Monkey Picked Wulong	\$4.70	\$8.95
Rose & Li Li Xiang Wulong	\$4.70	\$8.95
Rose & Dian Hong Gong Fu Black	\$4.70	\$8.95
Wild Chrysanthemum Buds & Home Store Black Puer	\$4.70	\$8.95
Genmaicha (<i>Shade-Grown Sencha & Toasted Rice</i>)	\$4.70	\$8.95
Moroccan Mint (<i>Gunpowder Green & Mint</i>)	\$4.50	\$8.80
Chinese Herbal Boost - add an herb to any other tea	\$1.00	\$2.00
<i>Rose Buds, Wild Chrysanthemum Buds, Osmanthus Flowers, or Goji Berries</i>	each	each

CHINESE HERBAL TEA (descriptions on page 24)

	1 Person	2 People
Seven Cups Eight Treasures	\$4.50	\$8.80
Osmanthus Flowers	\$4.50	\$8.80
Wild Chrysanthemum Buds	\$3.85	\$7.30
Rose Buds	\$3.85	\$7.30
Hibiscus	\$3.85	\$7.30
Bitter Tea (<i>choose Sichuan Small Leaf or Guang Xi Large Leaf</i>)	\$3.85	\$7.30
Chinese Herbal Boost - add an herb to any other tea	\$1.00	\$2.00
<i>Rose Buds, Wild Chrysanthemum Buds, Osmanthus Flowers, or Goji Berries</i>	<i>each</i>	<i>each</i>

ICED TEA

Seasonally Available - ask your server for details

GREEN TEA

Green tea is an unoxidized tea originating in China and has the longest history of any tea. It has been praised for centuries for its healing and soothing properties. In general, there are four types of green tea based on how the tea master stops the oxidation process. The traditional way is hand frying. Picked during early spring, the tea buds and young leaves are fried in a large wok. These teas are considered the best quality and contain the highest nutrition (e.g. Shi Feng Long Jing, Sweet Dew). The most popular way to process green tea is by baking (e.g. Misty New Top, Silver Fish Hook, Gunpowder) which allows processing of larger quantities of tea. The third way is by steaming (e.g. Sencha). The fourth way is drying by sunshine. This tea is mostly consumed by locals and is rarely on the market. If you would like to try this flavor we recommend drinking young green puer cakes. While green tea is produced in over eighteen Chinese provinces, there are a few famous green tea areas from which we have selected our fine green teas. Since there are many types of green tea, take time to find the best aroma and flavor based on your personal preference.

Zhejiang Province

SHI FENG LONG JING (SHI FENG DRAGON WELL) \$7.45 (1 person) \$14.20 (2 people)

The most famous green tea in China is Long Jing (Dragon Well) that grows in the hills around the West Lake area of Hangzhou. In fact, Long Jing has over a hundred-year history as a Tribute Tea and was previously only served to emperors and high officials. While Long Jing is very popular, Shi Feng Long Jing is considered the highest quality and is from the original home of Long Jing, Shi Feng. It requires great skill to hand fry the tea buds and fresh leaves to create Long Jing's unique flat shape. At Seven Cups, we are privileged to be the first foreign company to offer Shi Feng Long Jing directly from famous tea master Weng Shang Yi. He has been making handmade Tribute Tea for more than sixty years. We hope that you will enjoy the full-bodied flavor of this remarkable tea.

MING QIAN AN JI BAI CHA ☞ \$7.45 (1 person) \$14.20 (2 people)

An Ji Bai Cha has become the most sought after green tea today due to its limited production and its history with famous Song Dynasty emperor, Song Hui Zhong. As a great artist and passionate tea lover, he wrote a book about tea and devoted a whole chapter to Bai Cha, though he did not mention the source. Lu Yu, the famous tea sage during the Tang Dynasty, described the An Ji area as a treasure of tea, but did not mention the tea. It took 900 years for tea scholars and tea masters to put the two together and discover an ancient Bai Cha bush. It has taken since 1980 to propagate enough bushes to produce a commercial crop. Take time to appreciate the clean, green tea liquor and its full aromatics. The skinny, flat tea buds and leaves are rich in amino acids creating a mild and slightly sweet flavor that gives you an overall calming feeling.

Note: "Ming Qian" refers to the first tea picking of the year before the Qing Ming festival (April 5th).

GU ZHU ZI SUN (PURPLE BAMBOO SHOOT) \$6.85 (1 person) \$13.00 (2 people)

Lu Yu, the famous tea master, was instrumental in promoting tea and tea culture during the Tang Dynasty (619-907 AD.) In addition to writing the first book about tea, in 846 AD he built the first Tribute Tea factory for the emperor in Gu Zhu Mountain in Zhejiang Province. It was his belief that Gu Zhu Zi Sun was the very best tea, and it became a Tribute Tea for over a thousand years. Initially this tea was steamed into cakes and then ground into a powder to drink. It was not until 1368 AD that this tea was brewed using whole leaves. This tea is grown in a forest, and the fallen leaves from other plants fertilize the tea bushes. Our Gu Zhu Zi Sun is made from only early spring buds and fresh leaves resulting in a fresh clean flavor and lingering sweet aftertaste. Take time to notice the tea leaves floating on the water similar to elegant Chinese orchids.

Zhejiang Province

DA FO LONG JING (BIG BUDDHA DRAGON WELL) ☞ \$5.95 (1 person) \$11.30 (2 people)

This certified organic tea is produced in one of the cradles of Chinese Buddhism, Xin Chang County in eastern Zhejiang Province. It is harvested before Qing Ming season with a picking of one plump bud with one or two leaves. The green, slightly yellow leaves are flat and smooth, straight and even, yielding a bright green brew. Enjoy its floral aroma and mellow taste.

YU QIAN AN JI BAI CHA ☞ \$5.95 (1 person) \$11.30 (2 people)

Like our Ming Qian An Ji Bai Cha, this certified organic tea is rich in amino acids with a clean flavor. Since it is picked later in the season, it has a stronger flavor and greener color than our Ming Qian An Ji Bai Cha. This is a very popular tea for those who want to appreciate the health benefits of green tea but with a mild, gentler flavor than teas produced from more mature leaves. *Note: "Yu Qian" refers to the second tea picking before the Gu Yu festival (April 20th).*

GAO SHAN YUN WU (MISTY NEW TOP) ☞ \$4.50 (1 person) \$8.80 (2 people)

Tea grown at higher elevations has more sweetness, and our Gao Shan Yun Wu grows on a misty mountain in Zhejiang province. This certified organic tea is our most popular everyday green tea. Since it is made from the same tea bush as Da Fo Long Jing, it has a rich taste similar to fresh, cooked vegetables. The fresh young leaves create a clean jade green color and mild refreshing flavor.

FO MEI (BUDDHA'S EYEBROW) ☞ \$3.85 (1 person) \$7.30 (2 people)

Eyebrow tea is the most popular style of green tea in China. Tea masters knead the leaves to twist them before baking them in an oven, which gives the tea its characteristic eyebrow shape. Our Buddha's Eyebrow is grown in the mountains of Eastern China, where monks in the local temple drink it every day. The tea's rich, robust taste is never bitter.

GONG XI ZHU CHA (GUNPOWDER) ☞ \$3.85 (1 person) \$7.30 (2 people)

Gunpowder tea is named because the round, dried leaves resemble their explosive namesake. The traditional strong flavor has been popular throughout the Middle East and North Africa for centuries. You can easily appreciate the robust taste and roasted chestnut aroma. We also enjoy this tea with mint or as an iced tea.

Jiangsu Province

BI LUO CHUN \$7.45 (1 person) \$14.20 (2 people)

Bi Luo Chun became very popular during the Ming Dynasty (1368-1644 AD) and then later as a Tribute Tea during the Qing Dynasty (1644-1911 AD). There are many stories about how this tea was named, but the important characteristics are the deep green color (bi) and the curled dried tea shape similar to a snail (luo). In addition, it must be harvested during the early spring (chun), resulting in its white, feathery appearance. We selected this tea from Xi Shan (a small island within Tai Lake) because of the influence of the numerous fruit trees that grow on the island. The fruit trees provide shade for the tea bushes, resulting in a mildly sweet flavor, fruity aroma, and very high nutrition.

GREEN TEA

Anhui Province

TAI PING HOU KUI ☞

\$7.45 (1 person) \$14.20 (2 people)

This famous green tea, from the town of Tai Ping, has a very unusual shape; the long, flat leaves with crosshatch markings are created by special hand processing unique to this tea. The standard for its picking is one bud per two leaves resulting in a clean, green tea color and high fragrance. Appreciate the rich flavor without bitterness, even with many infusions.

LIU AN GUA PIAN ☞

\$6.85 (1 person) \$13.00 (2 people)

Originally this tea was called Gua Zi Pian or “sunflower seed” because of its shape. Over the years, the name has been shortened to Gua Pian causing some to mistakenly call this tea “melon seed.” By either name, this is a special tea for its harvesting and processing techniques. Our Liu An Gua Pian is handmade in the traditional way, not made by machine. The deep green long leaves are thin and soft, creating a rich flavor without bitterness. The tea has a clean bright green color, complex floral aroma, and a long finish.

IMPERIAL HUANG SHAN MAO FENG ☞

\$6.20 (1 person) \$11.80 (2 people)

Our Imperial Huang Shan Mao Feng is completely hand processed using traditional techniques to craft an incomparable tea first made famous during the Qing Dynasty (300 years ago). To create this tea, one slightly opened bud and one leaf are harvested during a 5-7 day period during Qing Ming within the picturesque Yellow Mountains. This green tea has a yellow hue reminiscent of ancient ivory. Take time to enjoy the magnolia aroma and light apricot tea color. This traditional tea has a mild and slightly sweet flavor perfect for those who want a high quality green tea without a strong taste.

PREMIUM HUANG SHAN MAO FENG ☞

\$4.50 (1 person) \$8.80 (2 people)

Huang Shan Mao Feng tea is well known for its freshness and mild flavor relative to other green teas, and our Premium Huang Shan Mao Feng is no exception. One bud and two leaves are picked in the middle of April resulting in bigger buds and leaves that produce a fresh green color. While our Imperial Huang Shan Mao Feng has a mild flavor, this tea has a stronger flavor and is perfect for a good quality everyday green tea.

GAO SHAN LU FENG

\$3.85 (1 person) \$7.30 (2 people)

(HIGH MOUNTAIN GREEN PHOENIX) ☞

Gao Shan Lu Feng (High Mountain Green Phoenix) was first made during the 18th century in southern Anhui province, near the borders of Zhejiang and Jiangxi provinces. This area is known as the Tea Golden Triangle, as it has a long history of green tea production. The techniques of hand-frying and charcoal-roasting tea originated in this area, which is the most popular way to make high-end Chinese green tea today. The name of this fine, everyday tea is derived from the color and shape of the tea leaves. The dry leaves are a beautiful dark jade green, and when they are infused the leaves open up into the shape of a phoenix tail. The color of the tea liquid is bright spring green, and the aroma takes the tea drinker on a walk through a spring garden. The flavor is complex, with a light sweetness.

YIN GOU MEI (SILVER FISH HOOK EYEBROW) ☞

\$3.85 (1 person) \$7.30 (2 people)

Mei Cha (Eyebrow Tea) is the most popular type of green tea in China because of its rich taste. Other Mei Cha (Eyebrow Tea) is picked and cut by machine to create even shapes for grading, but this technique often leads to a heavy bitter flavor. Our Yin Gou Mei is unique in that it is hand picked during the early spring. Thus, the processed tea is longer than normal and resembles fish hooks. Once brewed, notice the beautiful jade tea color, fresh aroma and robust flavor without bitterness.

GREEN TEA

Sichuan Province

MENG DING GAN LU (SWEET DEW) ☞

\$6.20 (1 person) \$11.80 (2 people)

Meng Ding Mountain in southwestern China close to the border of Tibet is famous not only as the hometown of pandas but also as where tea was first cultivated at Gan Lu Si (Sweet Dew Temple). This tea was cultivated at this Taoist temple over two thousand years ago, hence the name Gan Lu (Sweet Dew). It has been a tribute tea since the Tang Dynasty. This handmade tea uses only tender tea buds picked in early spring, which are then carefully curled during tea production. While the tea buds are very tiny, the unique character of the tea bush yields a highly nutritious tea with a bright green tea color and fresh rich flavor, even using a small quantity of tea. Enjoy the sweet chestnut aroma and lingering sweet aftertaste.

ZHU YE QING (GREEN BAMBOO) ☞

\$6.20 (1 person) \$11.80 (2 people)

This is a very popular high quality green tea due to its bamboo forest fragrance, which gives you an overall refreshing feeling. This handmade tea is made entirely of tea buds picked during the early spring, yielding a clean bright color and rich fresh flavor that fills your mouth.

Henan Province

XIN YANG MAO JIAN

\$5.95 (1 person) \$11.30 (2 people)

Henan Province is the northernmost area suitable for tea cultivation. Since the climate is colder, the harvest is later than other green teas, and the leaves are smaller. In addition to small leaves, you will notice its deep dark green color and straight thin leaves. While this tea is considered one of China's famous teas, it has a shorter history beginning during the end of the 19th century. Our Xin Yang Mao Jian is harvested during the middle of April with a picking standard of one bud to two tender leaves, creating its floral fragrance, clean bright color and lingering rich taste.

Japanese Style Green Tea

SHADE-GROWN MATCHA ☞ (INCLUDES ONE JAPANESE SWEET)

\$9.95 (1 person)

Matcha is commonly used in well-known Japanese tea ceremonies, and is often paired with sweets. This thick, pleasantly bitter tea is from powdered matcha, a gyokuro-style green tea, which is vigorously whisked into hot water. A light froth of green foam covers the surface of this high-grade tea served in a porous ceramic bowl (chawan). Our organic matcha comes from shade-grown tea, providing more sweetness and a smoother taste. Combining strong matcha and the delicate sweetness of wagashi (Japanese sweets) is considered the epitome of harmony in Japanese tea culture. This is also a perfect way to calm the mind and stimulate the senses.

JIAN CHA (SHADE-GROWN SENCHA) ☞

\$3.85 (1 person) \$7.30 (2 people)

Sencha is a popular green tea in Japan. The main difference between Sencha and other green tea is that during production the oxidation is stopped by steaming rather than by roasting or frying. This economical certified organic tea from Zhejiang Province is shade-grown for greater sweetness and a smoother taste. Sencha is popular with those who enjoy both a fresh grassy aroma and mild taste.

YELLOW TEA

Yellow tea is legendary for its healing properties. While this cooling tea is very rich in antioxidants, there are only a few types of yellow tea made due to its complicated and tedious production process. As a lightly oxidized tea, Yellow tea has a mild flavor without the grassy smell associated with green tea, and is much more gentle on the stomach.

JUN SHAN YIN ZHEN 🌿

\$7.45 (1 person) \$14.20 (2 people)

Jun Shan Yin Zhen is the most famous yellow tea in China. This Tribute Tea grows on a small island (Jun Shan) within Dong Ting Lake in Hunan Province. Yin Zhen means Silver Needle, which means that only single buds are picked for this tea. To make this tea, the tea master must work non-stop for three days. The climate and soil create a rich fruity aroma and light sugarcane taste. The small growing area and skill required in processing this traditional tea results in a very limited annual production.

MO GAN HUANG YA (MO GAN YELLOW BUDS) 🌿

\$6.85 (1 person) \$13.00 (2 people)

Mo Gan Shan is the highest mountain in De Qing county, Zhejiang Province. In addition to this rare tea, this area is recognized for the creation of a famous Chinese sword “Mo Xie Gan Jiang” over 2,500 years ago. Most tea masters are men, but our Mo Gan Huang Ya is made by a female tea master. Only a few older countryside tea makers know how to make this complex tea, which requires several people to work together for at least 11 hours. This high altitude tea grows in a remote forest area and is picked early in the spring. Its flavor is similar to green tea, but with a rich floral aroma and mild sweet taste.

MENG DING HUANG YA (YELLOW BUDS) 🌿

\$6.20 (1 person) \$11.80 (2 people)

This rare yellow tea from Sichuan province has been a tribute tea for centuries. It is only made from tea buds picked during the early spring to create a nutritious tea with a lightly sweet and mild flavor. This complex tea requires two days of continuous labor to complete. It is ideal for people who like green tea for its nutrition and flavor but want to avoid the stomach upset that can occur from drinking green tea.

WHITE TEA

True white tea is made from the Da Bai Hao (Big White Hair) bush that grows only in a small area in central Fujian. The tea is dried naturally using sunlight or low temperatures to preserve the polyphenols and antioxidants. This results in a nutritious, cooling tea with a gentle aroma and bright, mellow taste that is both subtle and sweet. White tea has the mildest flavor of all tea varieties and is very popular in China to reduce inflammation, support the respiratory system and promote dental health. To make white tea, the pickers pick the bud and the leaf together and then separate it into the three general grades creating the types of white tea: Silver Needle, Bai Mu Dan (White Peony), and Shou Mei.

BAI HAO YIN ZHEN (SILVER NEEDLE) 🌿

\$5.95 (1 person) \$11.30 (2 people)

Our certified organic Silver Needle is the highest grade of white tea made early in the spring. It is composed entirely of tea buds rich in nutrition. It has a very fresh floral aroma and slightly sweet taste. While the flavor is mild, it has a depth that will leave you enjoying the many nuances of this fine tea. Even though green tea is the most popular tea in China, many of the world’s best-known tea experts consider high grade white tea to be even finer than green tea.

BAI MU DAN (WHITE PEONY) 🌿

\$4.50 (1 person) \$8.80 (2 people)

Bai Mu Dan, or “White Peony”, is made with one bud and two leaves from the Da Bai Hao cultivar of tea bush. It undergoes a slow, careful sun drying process which removes 70% of the moisture and can take as long as 40 hours to complete. Once dry, the leaves resemble a peony flower. Rich in nutrition, Bai Mu Dan yields several apricot-colored infusions with a fruity aroma and a lightly sweet flavor.

SHOU MEI 🌿

\$3.85 (1 person) \$7.30 (2 people)

Shou Mei is often paired with rich food, as it helps to cool the body. Our certified organic Shou Mei is mostly whole leaves with some tea buds creating a fresh, mildly fruity aroma. The tea liquor is golden green with an initial sharp flavor that quickly changes to a soft, rich taste. Shou Mei also makes a great iced tea.

SCENTED TEA

Scented, or flower tea, is tea that has been infused with certain flowers several times during tea production. While the flowers are removed, the wonderful aroma and delicate taste remains. There are many types of scented tea, but jasmine has become very popular due to its soothing quality.

BI TAN PIAO XUE (SNOW DROP JASMINE) \$5.95 (1 person) \$11.30 (2 people)

The full translation of Bi Tan Piao Xue is “Snow Drop in Emerald Pond.” When this jasmine green tea is brewed in a transparent glass, the tea buds fall to the bottom while the white jasmine petals float on the surface of the glowing green water. This vision recalls snowflakes falling into an emerald pool. Snow Drop has very limited production, using high-quality, early spring tea buds and delicate jasmine flower buds. Snow Drop Jasmine is one of the highest quality jasmine teas in China. The gentle fragrance and flavor linger until the last cup.

YIN HAO LONG ZHU (SILVER DRAGON JASMINE PEARLS) \$5.30 (1 person) \$9.95 (2 people)

Our pearl-shaped jasmine tea comes from Fujian province, the origin of jasmine tea. Tea masters use tea buds harvested early in the spring, which gives the pearls a rich, sweet flavor and a more silvery appearance. The tea is hand-rolled to form tiny white pearls, then dried before being infused with fresh jasmine flowers multiple times over several weeks. The fresh, pure jasmine fragrance accompanies the drinker to the last cup.

MO LI LONG ZHU (JASMINE PEARLS) \$4.50 (1 person) \$8.80 (2 people)

Like our Silver Dragon Jasmine Pearl, this tea comes from certified organic white tea bushes, but is processed later in the spring resulting in a stronger flavor and a lingering fragrance. Enjoy its rich aroma while beautiful pearls gently unfurl. This is our most popular jasmine tea.

BAI YUN XIANG PIAN (WHITE CLOUD JASMINE) \$3.85 (1 person) \$7.30 (2 people)

This style of tea is the most common jasmine tea worldwide. While most jasmine tea producers use commercial green tea, White Cloud Jasmine blends gently shaped tea buds with very fresh young leaves infused at least three times with fresh jasmine flowers. The downy white appearance of the Sichuan tea buds gives this tea its name and rich robust flavor.

DISPLAY TEA

Our display teas come from Mr. Wang Feng Sheng, the inventor of display teas. To craft these beautiful teas, young green leaves are hand-sewn together into a rosette, often with other floral treasures sewn into their core. It’s a pleasure to marvel at the incredible workmanship of weaving fine tea leaves into miniature works of art.

SHEN LONG (MYSTICAL DRAGON) ☞ \$9.50 (1 person)

The dragon is a powerful creature in China, capable of bringing good luck to the people, and was believed to bring rain for the crops by carrying it from the ocean. The dragon king’s palace is deep in the ocean, and our Mystical Dragon display tea appears as a dragon floating in the sea. Organic green tea is used with zhu si (a Chinese herb) and shan zao (hawthorn fruit) to create a delightful tea that stimulates the appetite and digestion, and soothes the lungs.

YU TU (JADE RABBIT) ☞ \$7.45 (1 person)

The jade rabbit, according to a Chinese myth, lives in the moon and brings luck and companionship to the lonely woman, Chang E, who also lives there. Our Jade Rabbit display tea is made from organic green tea, tong xin cao (a Chinese herb), jasmine flower, and jin lian hua (golden lotus flower). Tong xin cao is used in Chinese medicine to improve circulation, and this tea also has detoxifying and soothing properties.

JIN YU (GOLDEN FISH) ☞ \$7.45 (1 person)

The golden fish, with its long and flowing tail, is considered to be lucky by the Chinese people. Meditators in China often raise these fish to enjoy their calming nature. Our Golden Fish display tea is made from organic green tea and a Chinese herb called tong xin cao, which is used in Chinese medicine to aid circulation. This tea has a clean, light green tea color and a mild, sweet taste.

DISPLAY TEA

SHUANG XI LIN MENG (DOUBLE HAPPINESS) ☞

\$6.20 (1 person)

When dry, this display tea looks unusual, somewhat like a football. When brewed, both sides open to reveal a beautiful red flower, which pops up over a stunning fresh green backdrop. When Mr. Wang designed this tea, he wanted to wish the drinker double good luck. A picking standard of one open leaf and one bud gives this tea a rich flavor with no bitterness, and the Qian Ri Hong flower lends a light sour plum flavor to the cup. The richness lasts at least 7 infusions.

HAI BEI TUO ZHU (PEARLS RISING) ☞

\$6.20 (1 person)

When you infuse this tea, the leaves open like an oyster's shell, revealing plum blossom buds that look like a string of pearls. Chinese use plum blossom buds to aid digestion. A picking standard of one bud to one leaf, wrapped with one piece of Huang Shan tribute chrysanthemum and a string of eight plum blossom buds, gives this tea a clear apricot liquor and delightful cinnamon flavor. Enjoy it over at least 7 infusions!

HUA XIN MU DAN (CHRYSANTHEMUM PEONY) ☞

\$5.95 (1 person)

Chrysanthemum is a very popular herb in China for its cooling properties. Many Chinese use this combination as an herbal remedy. Green tea from Huang Shan Mao Feng blends with gentle chrysanthemum flavor to make a soothing, easy-to-drink tea. The flavor lasts 6 or more infusions.

LU MU DAN (GREEN PEONY) ☞

\$5.95 (1 person)

This display tea is an original design from 1986 by renowned tea master Wang Feng Sheng, the inventor of display teas. The name "Green Peony" comes from the fact that the tea leaves are large and full, reminiscent of peony flowers. The peony was China's national flower for many dynasties, and is considered to bring good luck.

WULONG TEA (OOLONG TEA)

Wulong tea was first invented by the people of Wu Yi Shan in Southern China, and it was named based on the shape of the dried leaves. Tea makers noted that the dried tea looked like a 'Black Dragon' and the name was born. It is considered the most complicated tea produced and requires both great skill and experience to craft the enormous range of flavors, fragrances and liquor colors. In fact, while wulong is an oxidized tea considered to be between green and black tea, it can range in oxidation from 15%-75%. Wulong tea is grown in three regions of Southern China (Fujian, Guangdong and Taiwan) creating four distinct types: Rock Wulong, Dan Cong Wulong, Anxi Wulong and Taiwan Wulong.

Rock Wulong

Wu Yi Shan, Fujian Province

DA HONG PAO (BIG RED ROBE)

\$9.85 (Yi Xing Pot)

Da Hong Pao is the most famous wulong tea. It is cultivated from the oldest (over 350 years) and most valuable plantation. In fact, this plantation only has 5 original bushes left which are constantly guarded. The tea color is bright red with a sweet aroma that penetrates and lingers deep within. The taste is robust without bitterness. The complex blend of its sweet, rich aftertaste gives Da Hong Pao its unique character.

HUANG GUAN YIN (YELLOW GUAN YIN)

\$9.50 (Yi Xing Pot)

This tea comes from a hybrid cross between Huang Jin Gui and Tie Guan Yin tea bushes. Yellow Guan Yin was first hybridized in the 1990's in the Wu Yi mountains, and expresses both the high aroma of the Huang Jin Gui bush and the complex flavor of the Tie Guan Yin bush. The smooth flavor is due to the rich soil of the Wu Yi mountains. This new tea is becoming very popular in China, and the Chinese Tea department has recently been promoting it to tea farmers as an excellent new high end tea. Yellow Guan Yin is rich in amino acids, having a sweet flavor and a long finish, with no heaviness.

WULONG TEA (OOLONG TEA)**SHUI JIN GUI (GOLDEN WATER TURTLE)****\$8.50 (Yi Xing Pot)**

This tea is one of the four famous ancient rock wulong teas. Its name comes from a story, in which some exceptional tea bushes were being grown by a farmer at the top of a hill. A torrential storm washed some of the bushes downhill, and the bushes together with the soil around the roots looked like a water turtle sliding down the hill. The bushes ended up on a temple's land. The farmer wanted the bushes back, but the monks refused. The court ruled in favor of the monks, saying that an act of nature moved the tea bushes. The monks named these bushes Golden Water Turtle, because they felt this tea was as valuable as gold. This medium roasted tea has a dark chocolate aroma and sweet floral aftertaste that never goes bitter. Compared to other medium roasted teas, which have a heavy concentrated taste, Shui Jin Gui gives you a clean slippery feeling that allows you to appreciate the character of this ancient bush.

TIE LUO HAN (IRON MONK)**\$8.50 (Yi Xing Pot)**

This tea has the longest history of the famous four ancient rock wulong teas. Its tea bush resembles a willow tree with thick shiny leaves and large veins that create a rich complex tea. A Chinese legend says that this tea was discovered by a monk when he was practicing meditation and kung fu. Our Tie Luo Han is lightly roasted so you can appreciate the robust flavor and unique floral aroma. The special character of this tea is in its complex aftertaste.

IMPERIAL ROU GUI**\$8.50 (Yi Xing Pot)**

Imperial Rou Gui is a Zheng Yan Cha, meaning it grows in the central part of the Wu Yi Mountains known for its mineral rich soil. The name comes from the Chinese herb we call cassia, which has a fragrance similar to cinnamon. This tea is lightly roasted over charcoal so you can easily appreciate the cassia aroma with a hint of orchid and honey. Enjoy the lovely fragrance over many infusions. Like other famous rock wulong teas, you will notice the mineral flavor never goes bitter and leaves a pleasant, sweet aftertaste.

LAO CONG SHUI XIAN (OLD BUSH NARCISSUS)**\$5.95 (1 person)****\$11.30 (2 people)**

Shui Xian is a popular tea bush grown towards the edge of Wu Yi Shan. Due to its popularity, farmers cut back the bushes to allow for higher yield of tea. The Lao Cong (Old Bush) Shui Xian, which is closer to the center of Wu Yi Shan, has been allowed to grow over forty years. These older bushes create a slippery feeling in your throat similar to a good puer.

PREMIUM ROU GUI**\$5.30 (1 person)****\$9.95 (2 people)**

Like our Imperial Rou Gui, this tea also grows in the central part of the Wu Yi Mountains known for its mineral rich soil. The traditional medium roast of this tea creates a strong full-bodied flavor with a hint of dark chocolate. The lingering aftertaste leaves a slightly sweet taste and characteristic cassia aroma. This is our most popular rock wulong.

PREMIUM SHUI XIAN (NARCISSUS) ☼**\$5.30 (1 person)****\$9.95 (2 people)**

This tea originally came from Jian Yang not far from the Wu Yi Mountains and has been transplanted to Wu Yi Shan. Premium Shui Xian is often called Narcissus because of its wonderful floral aroma reminiscent of blooming narcissus flowers. The robust flavor fills the mouth with a lingering aftertaste. This is a great tea for new rock wulong tea drinkers due to its fragrance, rich taste and low price.

BA XIAN (EIGHT IMMORTALS) ☼**\$5.30 (1 person)****\$9.95 (2 people)**

Drinking this tea is like flying in heaven's garden and this feeling gives Eight Immortals its namesake from the famous Chinese myth. This certified organic tea has a strong sweet floral fragrance that fills the room once brewed. Unlike a subtle flower essence, the character of this tea bush is a concentrated scent with a sharp heavy taste similar to Dan Cong Wulong tea. Since it grows in the mineral rich soil of Wu Yi, it has a strong taste without any bitterness. This tea is great for tea drinkers looking for a strong flavor and high aroma.

WULONG TEA (OOLONG TEA)

Dan Cong Wulong Chaozhou, Guangdong Province

JIANG HUA XIANG (*GINGER BLOSSOM*)

\$12.85 (Yi Xing Pot)

Ginger Blossom is a Dan Cong Wulong tea grown in the Phoenix Mountain range in Guangdong Province. Ginger Blossom leaves should be whole, with a roasted look that is lightly tinged with a soft green color. This tea holds a gentle aroma that develops while the leaves slowly uncurl during brewing. The leaves from these ancient trees uncurl slowly because of the hand processing and high mineral content. This yields many more infusions as the leaves release their flavor and nutrition more slowly than machine processed varieties.

FENG HUANG SHUI XIAN (*PHOENIX NARCISSUS*) ☞

\$5.95 (1 person) \$11.30 (2 people)

Feng Huang Shui Xian comes from a type of tea bush that can have many long branches, producing a high yield. These bushes are considered “wild” bushes because they are grown from seed and not cultivated from cuttings like many other tea bushes. These “wild” bushes can grow to be very large and tall with a wide canopy like a tree. Our Phoenix Narcissus is grown in Fujian province, but is made like a Dan Cong wulong. Unlike rock wulong, no charcoal is used when processing this tea, so as to not cover up the natural aroma of the tea. This tea’s leaves can be infused many times, with less bitterness than other Dan Cong teas. The tea liquor has a high sheen, with a rich aroma that immediately attracts you and lingers. This organic tea produces a bright yellow tea color, with a red edge to the softening leaves. This tea has a rich taste, and whole mouth feel.

MI LAN XIANG (*SNOW ORCHID*)

\$4.50 (1 person) \$8.80 (2 people)

Snow Orchid is our most popular Dan Cong tea. The strong oxidation and roasting allows the special character of this tea to remain stable for at least two years. Appreciate the dry leaves that smell like the local orchids blooming in winter for which this tea is named. After brewing, the clean honey tea color will yield a robust flavor that fills the mouth and leaves a complex lingering aftertaste. The Chaozhou people, from whom this tea comes, are famous for their rich diet and frequently pair this tea with meals to improve digestion.

HUANG ZHI XIANG (*YELLOW SPRIG*)

\$4.50 (1 person) \$8.80 (2 people)

This tea is made from the Huang Zhi Xiang bush that has been cultivated from the oldest Dan Cong bush (700 years old). Its special character is the light gardenia aroma. This lightly oxidized tea has a light honey yellow tea color and sweet, mellow flavor. This is a great tea for new Dan Cong Wulong tea drinkers because of its high fragrance, light flavor and affordable price.

Anxi Wulong Anxi County, Fujian Province

GAO SHAN TIE GUAN YIN

\$5.30 (1 person) \$9.95 (2 people)

(*HIGH MOUNTAIN TIE GUAN YIN*)

Most commercial Anxi tea is grown around 400 meters, but this high-altitude tea is grown far from the city at an elevation of 800 meters (2600 feet) on mist-covered mountains. The result is a tea rich in amino acids with a complex fragrance and slight hint of citrus. The tea master is very careful to keep the leaves whole to create a smooth flavor that never turns bitter. This is a special tea made only from leaves of the tie guan yin bush.

CHUAN TONG TIE GUAN YIN

\$5.30 (1 person) \$9.95 (2 people)

(*OLD STYLE TIE GUAN YIN*)

Our Old Style Tie Guan Yin is, in part, a throw back to the way this tea was produced before the beginning of this century. The “Old Style”, professionally referred to as “Long Xiang Xing” or “concentrated aroma style”, makes good use of medium to heavy oxidation and long roasting in contrast to the newer, greener and lighter roasted “Qing Xiang Xing” or “light aroma style.” Although this tea doesn’t retain the traditional flat shape of Long Xiang Xing, it offers a stunning example of Tie Guan Yin’s classic flavor profile.

WULONG TEA (OOLONG TEA)**MA LIU MI (MONKEY PICKED)****\$4.50 (1 person) \$8.80 (2 people)**

Like our High Mountain Tie Guan Yin, this tea grows in high altitude gardens and is made using only leaves from tie guan yin bushes. This tea is both lightly oxidized and roasted to create a fresh floral aroma. It is a great choice for those looking for a mild taste with a pleasant fragrance. The name of this tea comes from a famous tale passed on in the oral tradition. It tells of tea bushes growing in the high mountains favored by the people but very dangerous to pick. The local farmers decided to train monkeys to harvest the tea leaves. Of course, the monkeys were not careful pickers and would grab both new and old leaves. The result was a blend of leaves that created a tea with a special character and light flavor known today as Monkey Picked. We love the stories and myths that surround Chinese tea culture, but we assure you no monkeys were involved in making this tea.

LI LI XIANG**\$4.50 (1 person) \$8.80 (2 people)**

This tea is made from the Tie Guan Yin bush and means, “each leaf is fragrant.” While this tea is lightly oxidized, it has a stronger roast than our Monkey Picked tea. This creates golden tea liquor with a light fruity aroma and full-bodied taste. The interesting flavor and affordable price make this a great everyday mild wulong tea.

Taiwan Wulong**QILAI SHAN LONG WU (DRAGON'S FOG)****\$9.85 (Yi Xing Pot)**

Qilaishan is a high mountain region most famous for its sheer rock cliffs and, more recently, high altitude tea. It is extremely difficult to cultivate tea in this region but the environmental conditions are ideal for growing highly fragrant nutritious tea leaves. Qilaishan Long Wu (Dragon's Fog) grows in rocky soil with little water creating a clean sweet taste. The tea color is bright green with a long lasting mild aroma. While the flavor is mild, note the lingering smooth aftertaste that points to the complexity of this unique Taiwanese Wulong.

ALISHAN GAO SHAN CHA (HIGH MOUNTAIN)**\$9.85 (Yi Xing Pot)**

This tea comes from the Qing Xin Wulong bush that grows 1500 meters (4900 feet) above sea level in the fog-shrouded mountains. The clouds and high altitude create a nutritious tea rich in chlorophyll and amino acids. While the dry leaves have a sweet honey fragrance, the brewed aroma shifts to resemble light sugarcane. The tea color is a bright honey-green color. The clean flavor is robust without heaviness, and it never turns bitter. Our Alishan Gao Shan Cha is an excellent example of high quality Taiwanese Wulong tea. A treat for connoisseurs!

ALISHAN JIN XUAN**\$5.30 (1 person) \$9.95 (2 people)**

Like Alishan Gao Shan Cha, this tea comes from a nature preserve in southwestern Taiwan famous for its scenic beauty and high altitude tea gardens. The Jin Xuan tea bush is a hybrid designed with the green tea drinker in mind. The light oxidation creates a mild fresh flavor similar to green tea making it an excellent choice for new wulong tea drinkers. Enjoy the bright, clean tea liquor and light taste. You will note a buttery essence that slowly emerges over several brews.

BLACK TEA

Black tea, sometimes known as English Breakfast tea or Red tea, is the most commonly consumed tea in the world. At Seven Cups we only sell full-leaf black tea from Yunnan, Anhui and the legendary Lapsang farm in the Wu Yi Mountains. In fact, black tea originated in the Wu Yi Mountains. These teas are finally being acknowledged in China as genuinely top quality teas in their own right. They are hand-picked and laboriously hand processed, achieving the exact amount of oxidation to produce the unique rich, robust black tea flavor and beautiful amber red color. Black tea is usually taken with milk, sugar or other flavorings (a tradition that was initiated to hide poor flavor) but we recommend enjoying our teas pure. You'll never look at black tea the same way again.

Wu Yi Mountain Lapsang Tea Tongmu Village, Fujian Province

LAPSANG BOHEA ☞ **\$5.95 (1 person) \$11.30 (2 people)**

Bohea (Boo-he) is the world's first black tea created by innovative tea farmers in the small village of Tongmu in northeastern China. This certified organic tea comes directly from the original Lapsang Farm in the Wu Yi Mountains. It is made from young tea buds and fresh leaves creating a deep amber liquor, and a clean, sweet flavor known as longan, the trademark of Bohea tea.

LAPSANG SOUCHONG STRONG SMOKE ☞ **\$3.85 (1 person) \$7.30 (2 people)**

This smoky certified organic Lapsang Souchong is the most popular and familiar Lapsang tea. It comes directly from the original Lapsang Farm in the Wu Yi Mountains. This tea is crafted with the same traditional techniques used hundreds of years ago. Lapsang Souchong is the tea made famous by the British royal family and by Sir Arthur Conan Doyle's fictitious character, Sherlock Holmes. The aroma of the dry leaves conjures up a campfire, but the taste has a lightly sweet, lingering finish.

Qimen Black Tea (Keemun Black Tea) Qimen County, Anhui Province

SHOU GONG QIMEN (HANDMADE KEEMUN) ☞ **\$6.85 (1 person) \$13.00 (2 people)**

Qimen, sometimes called Keemun in the West, is the only red tea (called black tea in the West) that is considered by Chinese to be a "Famous Tea". It comes from the Huangshan area (Yellow Mountain) in southern Anhui. This area has been renowned for its green tea for centuries; in fact three of the "Famous Teas" come from this area. Our Shou Gong Qimen is a good example of a traditional hand made Qimen Hong Cha. It is sweet, spicy, and has the complexity that Qimen tea is famous for. The aroma of Qimen tea is so rich it has its own name in Chinese.

PREMIUM QIMEN (PREMIUM KEEMUN) ☞ **\$4.50 (1 person) \$8.80 (2 people)**

This certified organic tea is a traditional qimen made from young, late spring leaves. Take time to enjoy the dark amber tea color and lightly orchid scent. The flavor is full-bodied without the heaviness associated with some black tea. The pure clean flavor of this tea is representative of good quality Qimen.

BREAKFAST QIMEN (BREAKFAST KEEMUN) ☞ **\$3.85 (1 person) \$7.30 (2 people)**

This certified organic tea is a very popular everyday tea. Enjoy the intense red tea color, rich strong taste and lightly fruity aroma by itself or try it blended with your favorite flavorings.

Yunnan Black Tea

DIAN HONG JIN YA (GOLDEN BUDS) **\$5.95 (1 person) \$11.30 (2 people)**

Dian Hong Jin Ya is grown in the Lin Cang area, which is famous for its puer tea. Our Golden Buds comes from tea trees that were cultivated from ancient tea trees, giving the tea a rich, full-bodied character. The fine fuzz on each bud is a testament to the tea maker's skill. Golden Buds has a floral aroma that fills your mouth. The flavor is smooth with a delicate sweetness, due to the high percentage of tea buds in this tea. This is truly a remarkable tea.

BLACK TEA

JIN KONG QUE (GOLDEN PEACOCK)**\$4.50 (1 person) \$8.80 (2 people)**

Golden Peacock comes from Jing Mai, an area that is famous for growing some of the best puer tea. At an elevation of 1400-1600 meters (4600-5250 feet), these ancient tea trees grow in a lush forest and are influenced by a wide variety of other plants. This handmade black tea has a rich, sweet flavor and a roasted yam aroma, without even a hint of bitterness.

DIAN HONG GONG FU ☞**\$3.85 (1 person) \$7.30 (2 people)**

The title Gong Fu roughly means skilled and in the specific context of tea leaves, the title refers to the time consuming production of unbroken black tea. Full and beautifully shaped, the large leaves of Dian Hong Gong Fu brew to a bright red cup color and a flavor strong enough to take milk or sugar but nuanced enough to be appreciated on its own.

PUER TEA

Puer tea is a very special category of tea only from southwestern China. In ancient times, this tea was traded in the small town of Puer, hence the name. The traditional way to process puer tea is to use sun dried green tea (maocha) compressed into cakes to make it easy to store and transport. While the tea cakes were being transported through rough terrain to the markets of Tibet, India and Laos, it naturally fermented creating a smoother taste legendary for supporting digestion. It takes many years to naturally ferment green puer; however, in recent times, tea masters have found how to ferment the green maocha in a very short time to create the desired black puer tea taste and aroma. In general, green puer tea has a strong robust taste with a hint of smokey flavor. Its complex aftertaste fills the mouth. Conversely, black puer tea has a smooth slippery flavor and lightly sweet aftertaste. Both can be infused over five times while maintaining their original fragrance and taste. Maocha is a blend of tea leaves compressed into traditional shapes like round cakes, bricks, tuocho and melon-shaped, each with their own unique history. More recently, loose puer tea has become available allowing tea drinkers to appreciate the many different grades and flavors of puer tea.

Yunnan Province

Loose Leaf Puer**YOU LE SHAN****\$5.60 (1 person) \$10.65 (2 people)****(YOU LE MOUNTAIN ANCIENT TREE GREEN PUER)**

You Le Mountain is one of the 6 Famous Mountains for puer. The tea from this area is known for its rich complex taste and long finish. In this area there are still a lot of ancient trees, between 100 and 300 years old. This tea is about 70% tea buds with some tender young leaves. The taste is smooth with a sweet aftertaste. The aroma of the dry leaves sets the standard for the maocha that comes from ancient trees. The brewed tea smells like fresh lotus. During the Qing Dynasty this tea was made into large melon shaped balls as tribute to the Emperor.

DA XUE SHAN (SNOW MOUNTAIN GREEN PUER)**\$4.90 (1 person) \$9.35 (2 people)**

This tea comes from Yongde County, in the Daxueshan National Reserve, protected in 1986 at the foothills of the Himalaya Mountains. All of the tea comes from trees that are 300 to 400 years old. These trees were recently rediscovered when the surrounding Cizhu bamboo forest flowered and died. The aroma of the tea is rich and complex because it grows among sweet flowering azalea trees and other flowering trees in the forest. The color is bright gold and clear. The taste is rich and robust, with a quickly creeping sweetness. Many infusions can be made from these thick leaves.

GONG TING PUER (PALACE BLACK PUER)**\$4.50 (1 person) \$8.80 (2 people)**

This tea comes from Xishuangbana in the area around old Puer City from bushes 60 to 100 years old. The tea leaf size is very even and the pluckings were of young leaves and buds, in the style historically made only for the emperor's palace. The leaves are bright and brownish red when brewed. There is no flavor of composting and the flavor is rich with a sweet aftertaste. This tea is good for people who are new to puer.

PUER TEA

SHENG TAI CHEN XIANG (PREMIUM BLACK PUER) \$4.50 (1 person) \$8.80 (2 people)

This tea also comes from Xishuangbana in the area around old Puer City. The leaves are larger than those in Palace Puer, though it still has a lot of golden buds. The tea color is a very clear brownish red color. The flavor is rich, with a long lingering finish. Great care was used in the fermentation process and is evidenced by the tenderness of the leaf after brewing; over fermentation will make the tea dark and the leaves tough.

JIA CANG PUER (HOME STORE BLACK PUER) \$3.85 (1 person) \$7.30 (2 people)

This tea is from Xishuangbana in the area around old Puer City. The medium-sized leaves provide for a deep, robust flavor; the color is dark brown with reddish overtones. Aged puer tea has greater health benefits and a sweeter taste, so Chinese people like to store some puer tea at home for later use. Our Home Store Puer is made in the most popular style for everyday use and for storage. This tea is both sweet and rich without earthiness.

DA YE SHU XIANG (LARGE LEAF BLACK PUER) \$3.85 (1 person) \$7.30 (2 people)

This fermented loose leaf black puer tea uses very large tea leaves, twisted tightly to create a deeper flavor. This is an excellent tea for new black puer tea drinkers, with more sweetness and less earthiness than other black puers. The tea color is bright red, and the flavor is reminiscent of cooked jujube fruits (similar to dates).

Green Puer Cakes

JING MAI TENG LA ZI JUAN (PURPLE TEA BUDS) \$12.85 (Yi Xing Pot)

When Lu Yu wrote his famous book about tea 1200 years ago, he mentioned that the best tea bushes had purple tea buds. This type of tea bush was recently discovered in Teng La, a small area within Jing Mai in southern Yunnan province. The soil and climate of this area is perfectly suited to the purple tea bushes, producing a rich, floral aroma unmatched by tea grown in other areas. The aroma and flavor linger in the mouth much longer than with other puer teas. The rich amino acids and anti-oxidants create a smooth, mild flavor that is easy to drink all day.

BU LANG WANG ZI (PRINCE TRIBUTE) \$5.95 (1 person) \$11.30 (2 people)

The Bu Lang people live in the higher regions of the Jing Mai mountain range, and tea is extremely important to their physical and spiritual lives. We purchased this tea cake from the prince of the Bu Lang people, Su Guo Wei, and his signature can be seen on the wrapper of each cake. This tea was picked from 200-300 year old tea trees growing wild in the forest. The flavor is rich and robust, with the distinctive complexity of tea from ancient tea trees.

YUE GUANG BAI (WHITE MOONLIGHT) \$4.50 (1 person) \$8.80 (2 people)

The tea for this puer cake comes from high in the mountains of Jing Gu at an altitude of about 2200 meters (7200 feet) from 100-300 year old Da Bai Cha bushes. The 800 year old mother bush which provided the seeds for these bushes still stands, surrounded by the younger bushes. The picking standard for this cake is one bud to one leaf, and the tea material is very fuzzy. The freshly picked leaves are weathered under moonlight instead of sunlight, resulting in a longer weathering period and more oxidation before the tea is pressed into cakes. This gives a darker color and a rich aroma to the tea. The flavor is smooth and fruity, with a full-bodied texture. This is a great tea for new green puer drinkers.

YOU LE MOUNTAIN ANCIENT TREE \$4.50 (1 person) \$8.80 (2 people)

This cake was made early in March 2010, the driest year in 50 years. No rain fell from November 2009 to early 2010, which was highly unusual for this mountain. The tea buds came out a bit later than usual. Some buds were fatter and others thinner, while some leaves were greener and other more yellow, depending on how much moisture each particular tea tree was able to get. The drought created a very special cake, with deeper, more concentrated flavor than in normal years.

PUER TEA**SEVEN CUPS SHENG BING****\$4.50 (1 person) \$8.80 (2 people)**

A lot of care went into the basic ingredients in this cake. The first thing to consider in this tea is the picking and an effort to preserve the leaf configuration in the making process. The blend of maocha comes from three different locations. The first, Yong De, is known more for its black tea, this maocha was selected for its sweetness and fragrance. The maocha from Mengku was selected for its robust flavor and richness. The maocha from Lin Cong was selected for its body and complex aftertaste. Great care also went into getting the right compression so that it would age well. We are hoping this will be a very collectable cake. The taste is very approachable for a young cake and we are looking forward to tracking the taste as it ages.

LITTLE GOLDEN MELON TUOCHA**\$4.50 (1 person) \$8.80 (2 people)**

This small puer cake comes from ancient trees on Wu Liang Shan, a mountain in western Yunnan. The tea was picked in Spring with a picking standard of one bud to one leaf, and then dried in the sun, steamed until soft, and compressed into a special mold to make a melon-shaped cake. The complex floral aroma is due to the age of the tea trees (around 500 years old), and the flavor is rich and deep, with a lingering sweetness and no bitterness.

JING GU XIAO FANG ZHUAN (SMALL SQUARE BRICK)**\$8.80 (2 people)**

The tea material for this small cake is second and third grade leaves from springtime, and comes from Jing Gu, a famous tea growing region in southern Yunnan. The shape of the cake looks similar to a chocolate bar, with sections that may be broken apart into a convenient size for a large teapot. This tea is perfect for green puer drinkers who appreciate a strong robust taste with a zesty aroma.

DA YE XIAO QING TUO (BIG LEAF MINI TUOCHA)**\$4.25 (1 person) \$8.10 (2 people)**

This tea has a light aroma and rich, smooth flavor with a long finish through multiple infusions. The liquid is light and clear, and the infused leaves are color of bamboo leaves. The sweetness of this tea is noticeable on the back of the throat after a few sips.

NUO MI XIANG XIAO QING TUO**\$4.25 (1 person) \$8.10 (2 people)****(SWEET RICE FRAGRANCE MINI TUOCHA)**

This special little tuoche is made from sun-dried maocha, which is sorted before the dry leaves are steamed. Then the tea is blended with a local Yunnan herb called Nuo Mi Xiang Neng Ye, which means "Sweet Rice Tender Leaves", giving the tea the aroma and flavor of fresh cooked rice. The tea is then wrapped in small, cone-shaped cotton fabric bags and compressed into tuocheas. The fabric is removed and the tuocheas are left to dry. People of the Dai minority, who live in southern Yunnan close to the rainforest, use this herb to cool down during hot, humid days.

Black Puer Cakes**1995 BLACK PUER BRICK****\$18.75 (Yi Xing Pot)**

This tea was made by the now defunct Jing Gu tea factory. The Jing Gu Company set the standard for puer in China from 1970 to 1990. In 1990, the Jing Gu tea masters started to be lured away by emerging private companies. Eventually the Jing Gu company lost its standing. This tea is the last Jing Gu Standard brick. Even though we know this brick was made in the old Jing Hu factory, the company was no longer in business in 1995. All that remained was machinery and some of the original workers. The mao cha for this brick was primarily produced in the Jing Gu area, with additional mao cha from an unknown origin. This brick has a uniformity of leaf size which are bigger than the tenth grade. This tea has a distinct date fragrance with a clear, reddish color.

SEVEN CUPS SHU BING**\$4.50 (1 person) \$8.80 (2 people)**

This is one of our special order cakes. We helped in the production of the cake from the maocha selection to the cooking process, and even helped with the wrapper design. It took us a number of years to pull all of this together, and even though the production date is 2008, some of the maocha is older. The mao cha blending's goal was to produce a cake that is reminiscent of Chinese dates. We think that this is a great example of a well planned and executed cake.

PUER TEA

BLACK TOUCHA

\$4.50 (1 person) \$8.80 (2 people)

This tea comes from the famous puer-producing region of Jing Gu, and uses 5th and 6th grade leaves. The cake has already aged several years, which gives the tea a less earthy flavor with mild sweetness and hints of dried fruits. Black tuo cha, with its rich aroma and red amber color, is very soothing and easy to drink.

MA GUO TOU

\$4.50 (1 person) \$8.80 (2 people)

This puer cake was made from tea buds and tender leaves (grades 1 and 2) which were fermented two months before being pressed into cakes. Hu Hao Ming, a 3rd generation tea producer, likes to source the mao cha (tea material) by himself, and he crafted this puer to have less earthiness and more sweetness. The bright red color of the infused tea indicates very concentrated nutrition, and the flavor is full-bodied but not heavy, with a pronounced sweetness on the aftertaste.

ZAO XIANG BRICK (DATE FRAGRANCE)

\$4.50 (1 person) \$8.80 (2 people)

In China, the brick shaped puer tea is called Bian Xiao Cha or “Border Sale Tea” which refers to the fact that this style of puer was originally sold on the borders in Xinjiang, Tibet, and Mongolia. Chinese tea merchants have been selling tea in these border areas for more than 1,000 years. This black puer has already aged for several years. Older, larger leaves (6th-7th grade) were used to create a more cooked Chinese date fragrance and more robust flavor. The puer has a sweet finish and less earthy taste when compared to younger puer. The tea brews up a bright red color immediately. Leaves for the maocha were very carefully chosen so that when infused, the tender reddish brown leaves are revealed to be evenly sized; consistent leaf size is a good indication of proper quality control during blending.

LAO CANG XIAO SHU TUO

\$4.25 (1 person) \$8.10 (2 people)

(OLD WAREHOUSE MINI TUOCHA)

This tea has a clean, sweet aroma with none of the compost flavor of cheaper, commercial black puer. It brews up clear and red like wine, with a soft, smooth, rich flavor that fills the mouth. Right away you will taste black puer’s character. This is a wonderful puer to take with you when you travel, to enjoy and to help soothe and settle your stomach.

ZAO XIANG XIAO SHU TUO

\$4.25 (1 person) \$8.10 (2 people)

(DATE FRAGRANCE MINI TUOCHA)

This black puer has already aged for several years. Older, larger leaves (6th-7th grade) were used to create a more cooked Chinese date fragrance and more robust flavor. The puer has a sweet finish and less earthy taste when compared to younger puer. The tea brews up a bright red color immediately. Its lightly sweet, smooth flavor makes this tea very easy to drink.

SPECIAL BLENDED TEA**OSMANTHUS & BIG BUDDHA
DRAGON WELL GREEN TEA****\$5.95 (1 person) \$11.30 (2 people)**

We hand blend osmanthus flowers with certified organic Da Fo Long Jing (Big Buddha Dragon Well) to create a fresh aroma and interesting aftertaste. This old Chinese recipe was invented to increase the complexity of this very famous Long Jing tea.

OSMANTHUS & MONKEY PICKED WULONG**\$4.70 (1 person) \$8.95 (2 people)**

We hand blend osmanthus flowers with Monkey Picked Wulong to create a rich aroma and sweet floral flavor. This tea gives you a soothing calm feeling.

ROSE & LI LI XIANG WULONG**\$4.70 (1 person) \$8.95 (2 people)**

We hand blend plump rose buds with Li Li Xiang Wulong to create an intriguing tea with a light rose fragrance. This tea gives you a soothing comfortable feeling.

ROSE & DIAN HONG GONG FU BLACK**\$4.70 (1 person) \$8.95 (2 people)**

We hand blend plump rose buds with Dian Hong Gong Fu Black to create a rich garden aroma and lightly sweet flavor. This tea is a very popular remedy for improving circulation and relaxing muscles, especially for women during menstruation.

**WILD CHRYSANTHEMUM BUDS
& HOME STORE BLACK PUER****\$4.70 (1 person) \$8.95 (2 people)**

We hand blend wild chrysanthemum buds with popular loose leaf black puer. The combination highlights the floral aroma of chrysanthemum with the sweetness of puer tea. A very unique flavor unlike our other blended tea.

**GENMAICHA (SHADE-GROWN
SENCHA & TOASTED RICE)****\$4.70 (1 person) \$8.95 (2 people)**

This tea is a blend of our organic Shade-Grown Sencha with roasted brown rice (genmai). Popped brown rice adds a wonderful balance of toasty aroma to the refreshing green tea resulting in a smooth, mellow flavor. The original recipe for this tea comes from Buddhist monks trying to avoid the stomach upset that can occur from drinking multiple infusions of green tea on an empty stomach.

MOROCCAN MINT (GUNPOWDER GREEN & MINT)**\$4.50 (1 person) \$8.80 (2 people)**

Fine mint is blended with our certified organic Gunpowder Green tea and lightly sweetened with rock candy. A favorite of desert dwellers worldwide, this has a cooling effect that is especially refreshing during the hot summer months.

**CHINESE HERBAL BOOST add \$1.00 per herb (1 person) add \$2.00 per herb (2 people)
(ADD AN HERB TO ANY OTHER TEA)**

According to Chinese Medicine, tea is considered medicinal and has been used to treat ailments for thousands of years. It is common to add other herbs to tea increasing its healing properties. Rose Buds, Wild Chrysanthemum Buds, Osmanthus Flowers, and Goji Berries are the most popular herbal boosts.

CHINESE HERBAL TEA

SEVEN CUPS EIGHT TREASURES

\$4.50 (1 person) \$8.80 (2 people)

This unique hand blended tea is our most popular herbal blend. It consists of traditional Chinese herbs lightly sweetened with rock candy. The herbs include: Gui Yuan (longan) for the blood, Goji (wolfberries) for the liver and kidneys, Chinese Gan Cao (licorice) for the throat, ginseng for energy, dates to strengthen the blood, Shan Za (hawthorn fruit) for digestion, and chrysanthemum flower for the respiratory system.

OSMANTHUS FLOWERS

\$4.50 (1 person) \$8.80 (2 people)

Chinese mythology says that the only trees that grow on the moon are osmanthus trees. Osmanthus flowers create an herbal tea with a unique rich floral aroma and a sweet, lightly fruity flavor that gives you an overall calming feeling. This cooling tea is often used for the respiratory system and the liver.

WILD CHRYSANTHEMUM BUDS

\$3.85 (1 person) \$7.30 (2 people)

Our wild chrysanthemum flower buds are from a specific town in Zhejiang Province. The town is famous because its chrysanthemum buds are rich in flavor and have concentrated nutrition. While this is an herbal tea, the flavor is strong and has a lingering aftertaste. It is used primarily to soothe the respiratory system.

ROSE BUDS

\$3.85 (1 person) \$7.30 (2 people)

Rose buds are selected before they bloom to retain their nutrition and are used in tea to create a soothing rose aroma. They have been used in China for centuries to relax muscles and reduce pain, especially for women during menstruation.

HIBISCUS

\$3.85 (1 person) \$7.30 (2 people)

Hibiscus flowers have been used for centuries in Chinese herbal medicine for their cooling effect on the body. Hibiscus grows in warm areas such as southern China, and our hibiscus flowers come from Yunnan Province. The lightly sour flavor pairs nicely with honey, and is soothing to the stomach.

BITTER TEA (CHOOSE SICHUAN SMALL LEAF OR GUANG XI LARGE LEAF)

\$3.85 (1 person) \$7.30 (2 people)

This herbal tea is very popular in China to cool the throat and upper respiratory system from the effects of the common cold. Please select either Guangxi Kuding (Large Leaf Bitter Tea) which has a stronger bitter taste or Sichuan Kuding (Small Leaf Bitter Tea) with a smoother taste.

CHINESE HERBAL BOOST add \$1.00 per herb (1 person) add \$2.00 per herb (2 people) (ADD AN HERB TO ANY OTHER TEA)

According to Chinese Medicine, tea is considered medicinal and has been used to treat ailments for thousands of years. It is common to add other herbs to tea increasing its healing properties. Rose Buds, Osmanthus Flowers, and Goji Berries are the most popular herbal boosts.

TASTE OF CHINA

Our Taste of China offers larger groups a great opportunity to try a variety of teas and sweets. We serve you the best representation of our tea along with information about tea history and culture.

Example: a group of six would receive 3 large pots of tea and 6 Japanese sweets.

GREAT FOR BABY SHOWERS, BIRTHDAYS, & CELEBRATIONS!!

Maximum time for our Taste of China is 1½ hour with a minimum of six people.

Reservations are required.

\$8.50+tax/person (6 to 12 people)

\$6.95+tax/person (13 to 30 people)

CHINESE TEA CEREMONY

Seven Cups offers several varieties of Chinese Tea Ceremony. We offer the following tea ceremonies: Gung Fu Cha (Wulong), green tea, scented and puer. Each service includes one Japanese sweet per person.

Reservations are required for all tea ceremonies. “Children” are under 12.

(Small group 45 minutes, large group 1 hour)

\$15.00+tax/person (2 to 12 people)

\$12.75+tax/person (13 to 30 people)

\$10.50+tax/person (2 to 12 children)

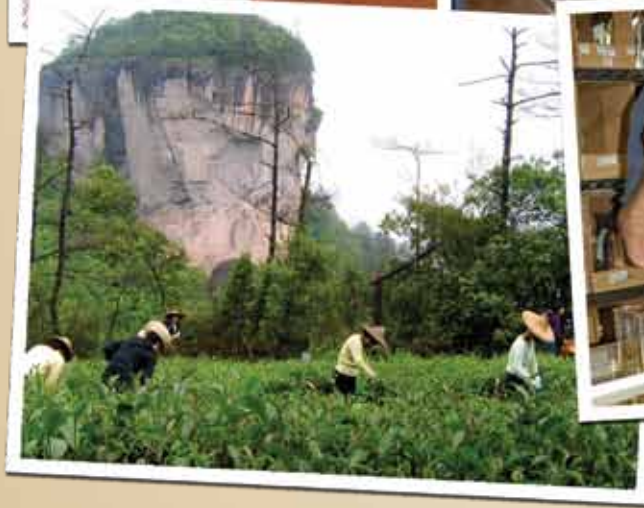
\$8.95+tax/person (13 to 30 children)

TEA CLUB MEMBERSHIP

Register now for our Seven Cups Tea Club Membership entitling you to a 10% lifetime discount on packaged tea & teaware purchases! Signing up is free. Whenever you purchase tea or teaware, just let us know you're a Tea Club Member to receive your discount.

TEA TASTINGS

Great free way to learn about different teas! Every Friday at 3:00 pm, come visit Zhuping for a short talk, tea tasting, and opportunity to ask questions and interact! Two teas are tasted and discussed. Come with questions!!





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