

SEVEN CUPS FINE TEAS

An authentic traditional Chinese tea house, Seven Cups has been open since April 18, 2004. We offer high quality loose leaf Chinese teas made to order, hot or iced, and a light sweet and savory snack menu.

All of our teas are produced using organic farming techniques. We work directly with their producers, traveling each year to supervise production conditions of the teas we source, in order to bring you the most sustainable and ethically produced tea in China. We frequently work with small family held farms who may not be able to afford the cost of official certification, but who nonetheless practice sustainable and organic traditional farming methods.

New to tea? Looking for something specific? Want to try something different?
Let us know -- our tea house team members are happy to offer a personalized recommendation.



SERVICES OFFERED

Online Tea Shop | sevendcups.com

Wholesale | (866) 997-2877

International Brokerage | teabrokerage.com

Educational tea classes available online

WANT TO LEARN MORE?

Sign up for our newsletter to get discounts, stories on tea, and notifications when each new harvest of tea arrives. Scan the QR code below to sign up:



GREEN TEA

Single serving price

Shi Feng Dragon Well (<i>Shi Feng Long Jing</i>) the most famous green tea in China, handmade from original Long Jing variety tea bushes that are 70+ years old, deep complex character with rich flavor and an unusually nutty aroma	10
Big Buddha Dragon Well (<i>Da Fo Long Jing</i>) characteristic Long Jing smooth lingering flavor, roast chestnut and floral aroma, early spring harvest with uniformly sized leaves and a flattened 'bookmark' shape	8
Purple Bamboo Shoot (<i>Gu Zhu Zi Sun</i>) grown in a natural bamboo forest, traditionally handmade, clean and fresh and sweet, young spring leaves have a faint purple blush, was the first tribute tea 1200 years ago	8
Spring Green Spiral (<i>Bi Luo Chun</i>) small feathery tea buds and leaves yield a gentle yet full sweet flavor, an early spring tea with a distinct strong fruity-floral aroma from growing in a lake island garden of flowering fruit trees	10
First Pluck An Ji (<i>Ming Qian An Ji Bai Cha</i>) very pale green leaves, rich in nutrients with unusually high levels of amino acids, mild smooth flavor and complex floral aroma, one bud and one leaf pluckings from the first spring harvest	10
Second Pluck An Ji (<i>Yu Qian An Ji Bai Cha</i>) full yet mild flavor and floral aroma, an affordable nutritious everyday high end tea rich in amino acids, made with one bud and two leaf pluckings from the second spring harvest	8
Monkey King (<i>Tai Ping Hou Kui</i>) dramatic large flat leaves yield a brilliant clear green brew with a soft and clean flavor, fresh bamboo aroma, made in a labor-intensive hand-crafting process that creates its unique shape	9
Sunflower Seed (<i>Lu An Gua Pian</i>) unique fully opened young leaf pluckings subjected to a bold flame roasting process that produces a strong, thick brew with a very clean and deep flavor and spring forest aroma	9
Sweet Dew (<i>Meng Ding Gan Lu</i>) initially strong but mellowing long lasting flavor with mineral notes and a roasted corn aroma, made with local tea cultivar from southwest Sichuan Province where tea was first cultivated	8
Feather Peak (<i>Meng Ding Mao Feng</i>) full flavored affordable everyday green tea with a roasted chestnut and wildflower aroma, harvested by hand, complex and balanced with pure and crisp early spring tea flavors	7
Yellow Mountain (<i>Huang Shan Mao Feng</i>) lightly sweet, clean, and smooth mild flavor accompanied by a fresh floral aroma, a delicate spring green tea great for everyday	7
Misty New Top (<i>Mao Jian</i>) tightly twisted narrow leaves that yield a brew with complex minerality and notes of toasted grain with a sweet grass finish and a fresh rice aroma	6
Clouds and Mist (<i>Yun Wu</i>) very smooth and green full flavor from whole leaf pluckings, robust but not heavy or excessively grassy, a popular everyday green tea in China	6
Buddha's Eyebrow (<i>Fo Mei</i>) rich flavor without bitterness, fresh and grassy, highest grade international commercial standard, late spring harvest, a great affordable everyday tea	6
Shade Grown Matcha (<i>Mo Cha</i>) Japanese style powdered green tea whisked to a froth, shade grown to increase sweetness and smoothness	7

WHITE TEA

Single serving price

Silver Needle (*Bai Hao Yin Zhen*)

delicate fragrance like fresh flowers, clean and sweet smooth juicy flavor, entirely tea buds with concentrated nutrients, made from original Da Bai Hao white tea cultivar from Fujian 9

White Peony (*Bai Mu Dan*)

earliest spring harvest with young tea buds and leaves, very smooth and fruity flavor, rich floral aroma, popular everyday white tea 8

Longevity Eyebrow (*Shou Mei*)

herbaceous and complex yet affordable, harvested in spring, mature leaves and occasional buds yield full flavor with uncharacteristic darker notes reminiscent of black tea 6

YELLOW TEA

Jun Island Needle (*Jun Shan Yin Zhen*)

the most famous of this rare tea style, highly floral sugarcane aroma, very complex flavor with mineral undertones and notes of sweet corn, antioxidant-rich tea buds from heirloom bushes 10

Mo Gan Yellow Buds (*Mo Gan Huang Ya*)

lingering wildflower aroma, deep flavor and honeyed finish, grown in a high altitude mountain garden, one of the few teas made by a female tea master, complicated yellow tea processing 9

SCENTED TEA

Snow Drop Jasmine (*Bi Tan Piao Xue*)

early spring green tea made from a rich-flavored Sichuan tea cultivar, scented multiple times with fresh jasmine buds, rich long floral finish, jasmine petals resemble snowflakes on a pond 8

White Cloud Jasmine (*Bai Yun Xiang Pian*)

later spring harvest Sichuan green tea with jasmine petals, robust flavor and persistent jasmine aroma that lasts through many infusions, the most popular style of everyday jasmine tea 6

Silver Dragon Jasmine Pearls (*Yin Hao Long Zhu*)

an especially smooth light flavor with a sweet finish and lasting gentle jasmine aroma, nutritious young sprigs hand-rolled into a pearl shape, one of the most popular high end teas 9

Jasmine Pearls (*Mo Li Long Zhu*)

full flavor with a bright jasmine aroma, bold yet smooth with a lasting floral character, an everyday pearl style jasmine tea that unfurls from a compact sphere into a tea sprig as it infuses 7

DISPLAY TEA

Rose Jasmine Blooming Display Tea (*Mo Li Xian Zi*)

delicate green tea leaves sewn into a blossom shape unfurl to reveal a double chain of jasmine topped with a young rosebud, clean green tea flavor with a pinch of floral aromatics 9

Chrysanthemum Green Blooming Display Tea (*Jin Shang Tian Hua*)

spring green tea base with a column of large white tribute chrysanthemum flowers in the middle topped with a piece of tong xin cao herb, light yet full balanced floral and herbal flavors 9

WULONG TEA

Single serving price

Wuyi Mountain Rock Wulong

Big Red Robe (<i>Da Hong Pao</i>)	12
the most famous Chinese wulong, bold red infusion with a complex mineral body and sweet finish, from the birthplace of wulong in Wuyishan, slow traditional charcoal roasting technique	Gong fu service
Golden Water Turtle (<i>Shui Jin Gui</i>)	12
strong dark chocolate aroma, sweet floral finish, clean and smooth dark flavor yet not heavy or bitter, months-long slow traditional charcoal roasting, one of the four famous rock wulong	Gong fu service
Iron Monk (<i>Tie Luo Han</i>)	12
very robust deep flavor and rich complexity developed by heavy roasting over bamboo charcoal, mother bush discovered by a warrior iron monk, one of the four famous rock wulong	Gong fu service
White Rooster Crest (<i>Bai Ji Guan</i>)	12
vibrant orange brew with a full yet smooth taste, bright yellow fresh leaves with spiky edges like a cockscomb, light roast preserves floral character, one of the four famous rock wulong	Gong fu service
Mystery Red (<i>Qi Dan</i>)	9
orchid floral aroma and sweet finish from leaves that are faint red-purple when young, unique subtle character that develops slowly, descended from one of the oldest bushes in Wuyishan	
Sparrow's Tongue (<i>Que She</i>)	9
light roast preserves the rich and unusual floral aroma, smooth clean full flavor with a distinct enduring aftertaste, late spring harvest, named for the delicate and narrow shape of its leaves	
Little Red Robe (<i>Xiao Hong Pao</i>)	9
light roast preserves the bright floral aroma unique to the cultivar, combined traditional and modern roasting techniques for rich complex layered flavor without a heavy toasted smell	
Cassia Fragrance (<i>Rou Gui</i>)	8
an affordable daily rock wulong for bold, balanced persistent flavor without heaviness, a popular robust tea cultivar for its rich flavor and cassia aroma, often used in Big Red Robe blend	
Old Bush Narcissus (<i>Lao Cong Shui Xian</i>)	9
old growth tea bushes on average 60 years old provide more layered full yet soft flavor and complex nutrition, woody and toasted grain aromatics, persistent minerality and sweetness	
Eight Immortals (<i>Ba Xian</i>)	8
signature rich and deep floral aroma that lingers, full strong flavor without bitterness, brief finishing charcoal drying roast to develop sweetness while retaining high aromatics	
Premium Narcissus (<i>Shui Xian</i>)	7
deep full flavor with a rich floral aroma resembling narcissus flowers, most popular local rock wulong cultivar in Wuyishan, oven dried for less roastiness, great for new wulong drinkers	

Anxi County Wulong

Traditional Tie Guan Yin (<i>Chuan Tong Tie Guan Yin</i>)	8
sweet and complex, candied nut aroma, lighter roasted than rock wulong but processed in the same traditional long dark twisted leaf style, made from the unique Tie Guan Yin tea cultivar	
Golden Guan Yin (<i>Jin Guan Yin</i>)	9
harvested on a sunny day for strongest aroma and complexity, clean smooth and buttery with intense fruity-floral aromatics, modern pearl style with greener leaves and light full flavor	
Monkey Picked (<i>Ma Liu Mi</i>)	7
smooth clean flavor and floral aroma, later spring harvest than Golden Guan Yin, named for the legend monkeys were taught to pick tea from Tie Guan Yin bushes growing on cliffsides	

WULONG TEA

Single serving price

Phoenix Mountain Dan Cong Wulong

Magnolia Fragrance (<i>Yu Lan Xiang</i>)	9
very full lingering floral aroma like magnolia, made from older tea trees that have less astringency and complex full-bodied flavor, traditional finishing roast over lychee wood charcoal	
Yellow Sprig (<i>Huang Zhi Xiang</i>)	8
mellow body, medium roast and buoyant gardenia aroma, early harvest for minimal bitterness, descended from oldest Phoenix Mountain Dan Cong mother bush over 600 years old	
Snow Orchid (<i>Mi Lan Xiang</i>)	7
heavily roasted for a bold dark flavor with a lingering floral finish like orchid flowers, a popular everyday wulong with more caffeine for study and alertness	

BLACK TEA

Tongmu Lapsang Souchong (<i>Tongmu Zheng Shan Xiao Zhong</i>)	9
traditionally made with delicate pine smoke, clean longan flavor with a sweet finish, from the village where black tea was originally invented 450 years ago, spring tea buds and leaves	
Lapsang Souchong Strong Smoke (<i>Yan Xiao Zhong Hong Cha</i>)	7
strong signature pine smoke aroma, popular in England, a familiar everyday bold smoky black tea made from full-flavored mature spring leaves, crafted with traditional techniques	
Sunrise Keemun (<i>Qimen Caixia</i>)	8
complex and sweet vermilion brew, very floral, hand picked unbroken early spring buds and leaves, unique flavor due to local cultivar from Qimen (Keemun) County in Anhui Province	
Breakfast Keemun (<i>Qimen Zao Cha</i>)	6
standard chopped leaf Keemun black tea with characteristic full and slightly spicy flavor with a sweet finish, very popular in breakfast blends, an affordable everyday black tea	
Old Tree Yunnan (<i>Lao Shu Dian Hong</i>)	9
forest grown ancestral tea tree variety found only in southwest Yunnan, rich in nutrients and naturally lower in caffeine, rich wildflower aroma with a sweet finish, not heavy or astringent	
Golden Buds (<i>Dian Hong Jin Ya</i>)	9
antioxidant-rich hand picked tea buds that turn golden when skillfully processed into black tea, full sweet flavor with no bitterness, cocoa powder aroma even when brewed cold	
Golden Peacock (<i>Jin Kong Que</i>)	7
handmade with one bud and one leaf for rich fullness, roasted yam aroma, good everyday tea with full sweet Yunnan flavor, no bitterness, from an area where peacocks signify good fortune	
Gong Fu (<i>Dian Hong Gong Fu</i>)	6
popular black tea with full Yunnan flavor and long floral finish, good for brewing hot or cold, leaves left whole instead of chopped, 'gong fu' refers to being made with skill and effort	

PUER TEA

Single serving price

Sheng (Raw) Puer

You Le Mountain 2007 (*You Le Shan*)

complex deep flavors without bitterness that change through many infusions, gentle floral character, old time tribute tea from old trees from one of Yunnan's six famous tea mountains 8

Snow Mountain 2012 (*Da Xue Shan*)

very robust and rich flavor, apricot colored infusion and floral aromatics, ideal for those seeking a strong traditional sheng puer, from a mountain with many old forest grown tea trees 7

Purple Spring Tea 2019 (*Zi Juan Chun Cha*)

unique Zi Juan dark purple variety of forest grown tea, pale purple infusion, high levels of anthocyanins and other nutrients, full deep flavor, soft clean finish, unusual strong floral aroma 12
Gong fu service

White Moonlight 2019 (*Yue Guang Bai*)

unique 'dark' withering process by slow natural air-drying develops an unusually smooth flavor similar to white tea, complex wildflower aromatics and deep sweet fruity flavors 9

White Dragon Whiskers 2019 (*Bai Long Xu Gong Cha*)

single hand-picked tea buds with high nutritional content, particularly smooth and lingering flavor, rich complicated floral aroma from growing in forest environment, former tribute tea 9

Little Golden Melon Tuocha 2014 (*Xiao Jin Gua*)

full flavor, wildflower aroma, compact bowl-shaped tuocha cake is typically strong cheap tea but this cake uses high quality one bud and one or two leaf Snow Mountain spring pluckings 6

Sweet Mountain Cake 2015 (*Da Shan Tian*)

particularly small leaves that are yellow-green in color and have a distinctive sweet aftertaste following the full yet soft flavor, a good milder traditional sheng puer for new puer drinkers 8

Black Stripe Cake 2016 (*Hei Tiao Zi*)

smooth flavor, high floral-fruity aroma, made from forest grown tea trees that have a few purple leaves with green veins and stems when young, plucked before leaves fade to green 7

Purple Leaf Cake 2008 (*Hei Zi Juan*)

spring harvest of Zi Juan dark purple variety which has fully purple leaves and stems when young, easy-to-drink smooth and complex flavor with mineral notes and lingering sweet finish 9

PUER TEA

Single serving price

Shu (Cooked) Puer

Palace Puer 2012 (*Gong Ting*)

made with small young buds and tender leaves with rich nutrition, deep smooth and sweet flavor, oldest 150 year old puer in China made in this tribute style for the emperor's court 8

Home Store Puer 2012 (*Jia Cang*)

darker and more earthy, smooth sweet and robust flavor from medium-sized mature leaves, popular for everyday use and storage at home to develop a sweetness and health benefits 6

Purple Leaf Palace Puer 2018 (*Zi Juan Gong Ting*)

unusually clean and sweet without earthiness, complex mineral aftertaste, rich in nutrients, made with small young buds and leaves from the unusual Zi Juan dark purple variety tea plant 9

Purple Leaf Shu Puer 2011 (*Zi Ye Shu*)

rich dark flavor but still mellow and smooth with developing sweetness, made with high quality one bud and two leaf spring pluckings from older forest grown purple leaf tea plants 7

Date Fragrance Mini Tuocha 2013 (*Zao Xiang Xiao Shu Tuo*)

popular and convenient travel size single serving 5-6g tuocha, sweet fruity flavor with an aroma like dried jujube dates, classic dark and smooth shu puer flavor 7

Sweet Dragon Ball 2016 (*Shu Long Zhu*)

traditional 7-8g serving for rich deep shu puer flavor with lingering finish, clean and sweet, high quality tender leaves from old trees create impressive complexity, hand rolled into a ball 7

Caravan Leader Cake 2012 (*Ma Guo Tou*)

slow 90 day shu puer processing of young one bud and one leaf pluckings for a gold medal winning clean, deep, and rich flavor, lightly fruity and lingering finish, rich red colored infusion 8

Tai Lian Brick 2004 (*Tai Lian Fang Zhuan*)

one of the oldest puers in our collection, large leaves with a very clean sweet finish, naturally aged in good storage conditions, older puers considered more potent in Chinese herbalism 12
Gong fu service

HERBAL TEA (Caffeine Free)

Single serving price

Seven Cups Eight Treasures (<i>Ba Bao Cha</i>)	
full fruity traditional blend of eight herbs: jujube date, longan, goji, ginseng, hawthorn fruit, tangerine peel, chrysanthemum, and young bamboo leaf, used for immune system support	8
Rose Buds (<i>Mei Gui Hua</i>)	
young rose buds with mild floral herbaceous flavor, considered warming in traditional Chinese herbal medicine, used for centuries for improving circulation and relieving muscle cramps	7
Hibiscus (<i>Fu Rong Hua</i>)	
refreshing lightly sour flavor, made from large purple Chinese hibiscus flowers with a colorful bright red-pink infusion, high in vitamin C, excellent hot or iced	6
Osmanthus (<i>Gui Hua</i>)	
lush floral aroma from tiny golden yellow flowers that blossom in autumn, smooth and lightly sweet clean flavor, cooling Chinese herb used for reducing inflammation	8
Snow Chrysanthemum (<i>Xue Ju</i>)	
dark red color but very smooth flavor with sweet finish, rich nutrition from growing at cold high altitudes, used as a cooling herbal medicine to treat eyes, liver, reduce inflammation	7
Wild Chrysanthemum Buds (<i>Ye Ju Mi</i>)	
young flower buds harvested before opening for concentrated nutrition, potent herbal flavor and smell, same cooling properties as snow chrysanthemum	6
Tea Flowers (<i>Cha Hua</i>) <i>Low Caffeine</i>	
a soft and honeyed brew from the rare flowers of the Tie Guan Yin cultivar tea plant, only produced in very clean organic environments, a cooling herbal used to treat the lungs and skin	8
Bitter Tea (<i>Ku Ding Cha</i>)	
large leaf Guangxi bitter tea produces a bitter flavor that develops a lightly sweet aftertaste, considered strongly cooling in Chinese herbalism, used to treat sore throat, congestion, acne	6
Goji Berries (<i>Go Ji Zi</i>)	
very mild sweet flavor, famous for high levels of antioxidants and amino acids, a popular berry from northwestern China often used in tea and soups, berries can be eaten after infusing	7

Any of these herbs (excluding Eight Treasures) may be added as an herbal boost to any other tea for 1/2 the price of the herb

SNACK MENU

Single serving price

Goji Berry Haluwa

A healthy treat made from dried fruit and nuts with ghee.

Ingredients: Raisins, cranberries, figs, apricots, cashews, almonds, raw cocoa, cardamom, and honey mixed into a ghee (clarified butter) binder and topped with plump goji berries.

(Gluten-free)



5

Vanilla Mung Bean Cake

Lightly sweetened mung bean paste with a touch of vanilla, dried cranberries, and dried cherries.

Ingredients: Mung beans, dried cranberries, dried cherries, mung bean starch, olive oil, clarified butter, sugar, vanilla extract.

(Gluten-free)



4

Matcha Mung Bean Cake

Lightly sweetened mung bean paste with organic matcha powder.

Ingredients: Mung beans, mung bean starch, olive oil, clarified butter, sugar, matcha powder.

(Gluten-free)



4

Mung Bean Cake with Red Bean Paste

Lightly sweetened mung bean paste with a red bean paste filling.

Ingredients: Red bean paste, mung beans, mung bean starch, olive oil, clarified butter, sugar, natural coloring.

(Gluten-free)



4

Dried Fruit and Nut Plate

A blend of naturally sweet unsweetened dried fruits, the most common Chinese dessert. Includes organic figs, organic cherries, apricots, mango, pitted dates, and raw almonds.

(Vegan, gluten-free)



5

Kuro Edamame (Black Soybeans)

These lightly salted special soy beans offer an enticingly wholesome, richer flavor than typical green edamame.

(No GMO or MSG, vegan, gluten-free, sugar-free)



4

Tea Egg

A popular snack traditionally eaten for breakfast or enjoyed while traveling, simmered in a broth of loose tea, cassia bark, Sichuan peppercorn, star anise, ginger root, and cinnamon.

(No MSG, no soy sauce, gluten-free)



2



The 2016 Tea Tour visiting rock wulong producer Huang Shiying (left front).



New buds and leaves sprouting in the spring in the organic Mogan tea garden.



Tea master Lü Yiming teaching Austin to fry Dragon Well.



The Anji Baicha mother bush in Anji County, Zhejiang Province, is over 300 years old.



Zhuping teaching a class on puer tea at the Tucson teahouse.