

SEVEN CUPS FINE TEAS



*Seven Cups Owner Zhuping Hodge visits the **Purple Bamboo Shoot** tea maker in China.*

An authentic, traditional Chinese teahouse, 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 teahouse team members are happy to offer a personalized recommendation.

Reserve Your Teahouse Special Event

Great for parties and special events (birthdays, bridal and baby showers, graduations, cultural experience days, client or employee events, etc.). Light snacks served with tea (1 snack per person included).

TASTE OF CHINA

Discover the wonders of Chinese tea as you taste a selection of high-quality teas featuring different origins and processing methods. Great for casual gatherings of friends and special celebrations.

\$25 per seat (minimum 6, maximum 25), 18% minimum gratuity not included, up to 90 minutes

CHINESE TEA CEREMONY

Experience a traditional Chinese tea ceremony hosted by Zhuping Hodge. Discover the uses of traditional Chinese teaware as Zhuping shows you how to deeply experience and taste one famous type of tea, cultivate a relaxed atmosphere, and explains the benefits of tea as well as answers any questions you might have.

\$38 per seat (minimum 6, maximum 25), 18% minimum gratuity not included, up to 60 minutes

PRIVATE TEA LESSONS

Learn about the culture, history, processing methods, health benefits, and preparation of China's famous teas. Zhuping Hodge has followed the most famous Chinese tea scholars and masters, studying tea from books as well as in the fields. Come to class with questions and be prepared to taste many Chinese teas. Students will practice techniques for brewing and evaluating loose-leaf teas at home.

\$200 per session (up to 4 seats, add \$50 for each additional seat over 4) up to 90 minutes



Learn more. Scan or visit
[www.sevencups.com/
seven-cups-tea-house](http://www.sevencups.com/seven-cups-tea-house).

Online Tea Shop | sevencups.com
Wholesale | (866) 997-2877
International Brokerage | teabrokerage.com

GREEN TEA

Standard*
service

Shifeng Dragon Well (<i>Shifeng Longjing</i>) Zhejiang the most famous green tea in China, made from old seed-grown heirloom tea bushes in the original Longjing gardens of Shifeng Mountain, deep complex flavor, unusually nutty aroma	20
Big Buddha Dragon Well (<i>Da Fo Longjing</i>) Zhejiang named after local Big Buddha Temple, early spring harvest, hand-fried to flatten into distinct "bookmark" shape, smooth lingering flavor with toasted soybean and floral aroma	15
Purple Bamboo Shoot (<i>Guzhu Zisun</i>) Zhejiang grown in a natural bamboo forest, young spring leaves have a faint purple color, made by a rare female tea maker in Guzhu, the first tribute tea 1200 years ago, clean fresh and sweet	14
Spring Green Spiral (<i>Bi Luo Chun</i>) Jiangsu tiny feathery tea buds and leaves yield a gentle yet full sweet flavor, an early spring tea with a distinct strong fruity-floral aroma, grown in a lake island garden full of flowering fruit trees	20
Early Harvest Anji (<i>Ming Qian Anji Baicha</i>) Zhejiang the early spring harvest of Anji County's famous Baicha tea bush with pale green leaves, very high levels of nutritious amino acids, mild smooth flavor and complex floral aroma	15
Spring Rain Harvest Anji (<i>Yu Qian Anji Baicha</i>) Zhejiang the late spring harvest picked a week later than Early Harvest Anji, with a stronger flavor that is full yet smooth and mild with a floral aroma, rich in nutritious amino acids	12
Monkey King (<i>Tai Ping Houkui</i>) Anhui dramatic large flat leaves yield a brilliant clear green brew, soft and clean flavor, fresh bamboo aroma, unusual shape created through a unique labor-intensive hand-crafting process	14
Sunflower Seed (<i>Lu'an Gua Pian</i>) Anhui unique single open young leaves subjected to a bold flame roasting process that produces a strong, thick brew with a very clean and deep flavor and spring forest aroma	14
Sweet Dew (<i>Mengding Ganlu</i>) Sichuan initially strong but mellowing long-lasting flavor, mineral undertones and roasted corn aroma, made nearby local Sweet Dew Temple in Sichuan Province where tea culture first started	12
Feather Peak (<i>Mengding Maofeng</i>) Sichuan full-flavored everyday green tea with a roasted chestnut and wildflower fragrance, harvested by hand, complex and balanced with pure and crisp early spring tea flavors	11
Yellow Mountain (<i>Huangshan Maofeng</i>) Anhui from the famous beautiful Yellow Mountains, hand-picked and grown at high elevation, with a gentle, mild, and persistent sweetness of flavor and fresh floral fragrance	12
Misty New Top (<i>Mao Jian</i>) Hubei grown in mountains near Yangtze River in a cold and misty climate, tightly twisted dark narrow leaves that yield a brew with complex mineral flavor, a sweet grass finish and fresh rice aroma	10
Clouds and Mist (<i>Yun Wu</i>) Anhui grown in gardens covered by clouds, full green flavor from whole leaf pluckings, robust but not heavy or excessively grassy, a popular everyday green tea in China	10
Buddha's Eyebrow (<i>Fo Mei</i>) Anhui grown organically by a Buddhist temple, fresh, robust, and rich flavor without bitterness, a great affordable everyday tea for those who love strong flavor	10
Shade Grown Matcha (<i>Mo Cha</i>) Zhejiang powdered green tea whisked to a froth, shade-grown to increase sweetness, smoothness, and nutrition	10

One pot per person for all service types. Any tea can be made to order hot or iced.

* **Standard service** - provides a glass or porcelain teapot that you can have refilled with hot water for more infusions of the same leaves.

BLACK TEA

Standard*
service

Tongmu Lapsang Souchong (<i>Tongmu Zhengshan Xiaozhong</i>) Fujian light traditional pine smoke, clean dried fruit flavor with a sweet finish, made in the style of the world's first black tea from Tongmu Village invented 450 years ago	13
Drunken Peach (<i>Zui Qun Fang</i>) Fujian unsmoked early spring tea from black tea's hometown Tongmu, intoxicating floral and fruit-like aroma of ripe peaches, sweet dense and persistent flavor, leaves from heirloom bushes	12
Lapsang Souchong Strong Smoke (<i>Yan Xiaozhong Hong Cha</i>) Fujian strong signature pine smoke aroma, most popular and familiar Lapsang tea, spring leaves smoked with pine wood during roasting, campfire aroma with full flavor and sweet finish	10
Sunrise Keemun (<i>Qimen Caixia</i>) Anhui complex and sweet brew named for its red sunrise color, very floral, rare hand-picked whole leaf early spring buds and leaves, unique flavor from local heirloom Keemun tea bushes	12
Breakfast Keemun (<i>Qimen Zao Cha</i>) Anhui standard chopped-leaf Keemun black tea with characteristic full and slightly spicy flavor with a sweet finish, very popular in breakfast blends, a great everyday black tea	10
Anji Black (<i>Anji Hong</i>) Zhejiang unconventional black tea made from the same tea bushes as Anji Baicha green tea, sweet and honeyed mellow flavor with malted grain aromatics and a rosy amber brew	10
Old Tree Yunnan (<i>Laoshu Dianhong</i>) Lincang, Yunnan made from botanical ancestor of tea plant found only in the deep forests of Yunnan, high in nutrients and naturally lower in caffeine, rich wildflower aroma, sweet finish, not heavy or astringent	15
Golden Buds (<i>Jinya</i>) Lincang, Yunnan antioxidant-rich hand-picked single tea buds that turn golden when skillfully processed, full sweet flavor and rich floral aroma with a cocoa powder character even when brewed cold	14
Golden Peacock (<i>Jin Kongque</i>) Lincang, Yunnan roasted yam aroma, handmade with one bud and one leaf for rich fullness, good everyday tea with full sweet Yunnan flavor, no bitterness, from an area where people raise lucky peacocks	11
Gongfu (<i>Dianhong Gongfu</i>) Lincang, Yunnan a classic black tea with full Yunnan flavor and a long floral finish, good for brewing hot or cold, popular in breakfast blends, "gongfu" refers to being made with skill and effort	10

BLOOMING TEA

Rose Jasmine Blooming Tea (<i>Moli Xianzi</i>) Anhui 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	12
Chrysanthemum Green Blooming Tea (<i>Jin Shang Tian Hua</i>) Anhui spring green tea base with a column of large white chrysanthemum flowers in the middle, topped with a piece of tong xin cao herb, light yet full balanced floral and herbal flavors	12

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WHITE TEA

Standard*
service

Silver Needle (<i>Baihao Yinzhen</i>) Fujian delicate fragrance like fresh flowers, clean, sweet and smooth juicy flavor, made entirely of young tea buds with concentrated nutrients, made from original white tea cultivar in Fujian	18
White Peony (<i>Bai Mudan</i>) Fujian earliest spring harvest with young tea buds and leaves, very smooth and fruity flavor, rich floral aroma, popular everyday white tea	12
Longevity Eyebrow (<i>Shou Mei</i>) Fujian herbaceous and complex, mature and young leaves harvested in spring yield full flavor with darker notes and no astringency, popular everyday white tea hot or iced	10
White Tieguanyin (<i>Tieguanyin Baicha</i>) Fujian crisp green fruit aromatics with vegetal and nutty flavors and an almost buttery fullness, made from the famous Tieguanyin wulong cultivar and possesses its mellow and layered finish	10
White Dragon Whiskers (<i>Bai Long Xu</i>) Lincang, Yunnan single hand-picked tea buds with high nutritional content, particularly smooth and persistent flavor, rich complicated floral aroma from growing in forest environment	14
White Moonlight (<i>Yue Guang Bai</i>) Pu'er City, Yunnan unique withering process by slow shaded air-drying develops an unusually smooth flavor, complex wildflower aromatics and deep sweet fruity flavors with a honey sweetness	12

YELLOW TEA

Yellow tea is a rare style similar to green, but with an additional processing step called 'menhuang' where the freshly fired leaves are wrapped in small bundles and delicately slow-roasted before drying. This reduces grassiness and increases florals.

Junshan Island Needle (<i>Junshan Yinzhen</i>) Hunan 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	20
Mogan Yellow Buds (<i>Mogan Huangya</i>) Zhejiang 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 maker, complicated yellow tea processing	15

SCENTED TEA

Snow Drop Jasmine (<i>Bi Tan Piao Xue</i>) Sichuan lingering and robust jasmine aroma, young spring tea buds and leaves mixed with jasmine petals resemble snowflakes on a pond, rich green tea with powerful floral aromatics	12
White Cloud Jasmine (<i>Baiyun Xiangpian</i>) Sichuan late spring harvest green tea, robust flavor with delicate floral notes, goes well with rich foods, the most common style of jasmine tea worldwide, affordable everyday jasmine tea	10
Silver Dragon Jasmine Pearls (<i>Yinhao Longzhu</i>) Fujian especially smooth light flavor with a sweet finish and lasting gentle jasmine aroma, nutritious young tea sprigs hand-rolled into a pearl shape, one of our most popular high end teas	13
Jasmine Pearls (<i>Moli Longzhu</i>) Fujian hand-rolled into a pearl, strong, smooth, and lingering jasmine fragrance, scented with fresh jasmine flowers, the most popular style of jasmine tea	11

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WULONG TEA

Gongfu** Standard*
service service

Wuyi Mountain Rock Wulong

Big Red Robe (Da Hong Pao) Fujian the most famous Chinese wulong, bold red infusion, complex mineral body, sweet finish, from the birthplace of wulong in Wuyishan, slow traditional charcoal roasting	20	16
Golden Water Turtle (Shui Jin Gui) Fujian named for legendary longevity turtle, rich floral aroma, clean, smooth, dark flavor with sweet finish, slow traditional charcoal roasting, one of the four famous rock wulong	18	15
Iron Monk (Tie Luo Han) Fujian named for the iron monks who found the tea bush, robust deep flavor, rich complexity developed by heavy roast over bamboo charcoal, one of the four famous rock wulong	18	15
White Rooster Crest (Bai Ji Guan) Fujian named after White Rooster legend, bright yellow fresh leaves, rich amino acids, lightest-roasted of the four famous wulong, clean, delicate flavor, gentle wildflower aroma	18	15
Sparrow's Tongue (Que She) Fujian made by one of Wuyishan's oldest tea families, floral aroma, light roast, smooth clean flavor, enduring aftertaste, narrow fresh leaves look like a sparrow's open beak	~	14
Old Bush Narcissus (Laocong Shuixian) Fujian full yet soft layered flavor from deep-rooted mature tea bushes on average 60+ years old, complex nutrition, woody aromatics, persistent minerality and sweetness	~	13
Little Red Robe (Xiao Hong Pao) Fujian named for its aroma similar to Big Red Robe, rich layered flavor and florals preserved with a light roast, combines traditional charcoal roasting and oven roasting techniques	~	12
Eight Immortals (Ba Xian) Fujian named for Eight Immortals in Chinese myth to bring good health, rich and deep lingering floral aroma, strong flavor without bitterness, traditional charcoal drying process	~	12
Cassia Bark (Rougui) Fujian named after its character similar to cassia bark, bold, balanced, persistent flavor without heaviness, shows rock wulong's signature roast, a popular daily rock wulong tea	~	10
Narcissus (Shuixian) Fujian rich fragrance like narcissus flowers, deep full flavor, most popular local rock wulong in Wuyishan, oven dried for less roastiness, loved by new and veteran wulong drinkers	~	10

Anxi County Wulong

Traditional Tieguanyin (Chuantong Tieguanyin) Fujian twisted into the traditional wulong leaf shape of a dark dragon, low-heat long roasting gives a sweet, complex candied nut aroma, from the famous Tieguanyin tea bush	~	10
Golden Tieguanyin (Jin Guanyin) Fujian made in the common rolled green pearl style of Tieguanyin, harvested on a sunny day for strongest aroma, light but full flavor, intense citrusy-floral aromatics, sweet finish	~	12
Monkey Picked (Ma Liu Mi) Fujian smooth clean flavor, floral aroma, named for the legend that monkeys were taught to pick tea from Tieguanyin bushes growing on cliffsides, popular daily Tieguanyin tea	~	10

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** **Gongfu service** - Traditional Chinese tea service made in a special unglazed teapot. Your server will brew the tea and tell you about it.

WULONG TEA

Gongfu** Standard*
service service

Phoenix Mountain Dan Cong Wulong

Magnolia (<i>Yu Lan Xiang</i>) Guangdong very full lingering aroma like magnolia, made from old tea trees for a complex full-bodied flavor and less astringency, traditional finishing roast over lychee wood charcoal	~	13
Honey Orchid (<i>Mi Lan Xiang</i>) Guangdong medium roasted for toasty dark flavors that contrast and complement a pronounced orchid-like flowery finish and classic sweet fruit notes	~	12
Sweet Potato (<i>Fanshu Xiang</i>) Guangdong a sweet and savory tea with a very distinct aroma like slow-roasted Chinese sweet potatoes, slightly earthy with a starchy vegetable sweetness that lingers	~	12
Sky Feather (<i>Fenghuang Dan Cong</i>) Guangdong captures essence of the Dan Cong style in a blend of Fenghuang's best tea bushes, powerful complex floral aroma with orchid, toasty yet clean and full, honey aftertaste	~	10

PUER TEA

Sheng (Raw) Puer

Sheng puer is an old style of rustic sun-dried green tea from Yunnan, with a strong yet highly complex flavor and rich floral aroma. As it ages, puer tea softens in flavor and becomes more medicinal according to traditional Chinese herbalism.

Youle Mountain (<i>Youleshan</i>) Xishuangbanna, Yunnan complex deep flavors that change through infusions, hand-picked by climbing tall old trees up to 15 feet tall in the deep rainforest, coating sweetness, mineral, floral aroma	18	15
Rock Head (<i>Yan Zi Tou</i>) Lincang, Yunnan a very mild sheng puer, clinging mossy flavors, buttery honeysuckle aromatics, grown in rocky mountain soil that yields deeply mineral flavors reminiscent of rock wulong	~	15
Naka Sheng (<i>Naka Sheng</i>) Xishuangbanna, Yunnan light traditional sheng puer made from highland old-growth trees in Naka Village, delicately layered dynamic savory, spicy and sweet flavors, unique baked apple aromatics	~	12
Snow Mountain (<i>Daxueshan</i>) Lincang, Yunnan very robust flavor, a strong traditional sheng puer from a recently discovered old-growth high-mountain garden, apricot-colored infusion, persistent enduring richness	~	11
Purple Spring Tea (<i>Zijuan Chuncha</i>) Jinggu, Yunnan unique Zijuan dark purple variety of forest-grown tea, high in anthocyanins, soft complex flavor, building floral richness, savory fruit and green vegetal, clean finish	~	12
Black Stripe (<i>Hei Tiao Zi</i>) Lincang, Yunnan smooth flavor, full floral-fruity aroma, made from forest-grown tea trees that have purple leaves when young, harvested young before leaves fade to green in later spring	~	12
Little Golden Melon (<i>Xiao Jin Gua</i>) Lincang, Yunnan young spring buds and leaves compressed into traditional melon-shaped cake for transport and storage, full flavor and wildflower aroma with sweet finish	~	10

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Shu (Cooked) Puer

Shu puer is sheng puer that has gone through the extra step of being piled together by the ton and ripened by microbes for 60+ days, darkening it to a smooth and earthy flavor. This is sometimes referred to as *hei cha* "dark tea."

Jujube 2004 (<i>Tai Lian Fangzhuan</i>) Lincang and Xishuangbanna, Yunnan naturally aged 20+ years, exemplary fruity dried jujube date aroma that develops over time in large-leaf shu puer, clean and sweet rich flavor as soft as fine-spun cotton	20	16
Flower Petal (<i>Yi Ban Xin Xiang</i>) Lincang, Yunnan distinctive delicate floral character that develops over several steeps, aged large-leaf shu puer with a persistent floral, woody and sweet finish, vibrant orange brew	~	14
Caravan Leader Cake (<i>Ma Guo Tou</i>) Pu'er City, Yunnan favorite of tea caravan traders, slow 3 month shu puer processing, gold-medal winning clean, deep, and rich flavor, lightly fruity and lingering finish, rich red infusion	~	13
Aged Old Tree Cake (<i>Cha Tao</i>) Lincang, Yunnan a very smooth and clean handmade shu puer, high-quality leaf from old-growth tea trees, ripened with a unique small-batch technique, rich and complex savory flavors	~	12
Palace Puer (<i>Gongting</i>) Pu'er City, Yunnan 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	~	12
Home Store Puer (<i>Jia Cang</i>) Pu'er City, Yunnan classic dark earthy shu puer, smooth sweet and robust, made by piling tons of sheng puer together to darken for 2+ months, popular stored at home for daily use and aging	~	12
Woodland (<i>Shanye Tian</i>) Pu'er City, Yunnan rich notes of sweet earth and moss, made from tea trees grown in forest gardens, a clean and mellow flavor, lingering sweetness accented with notes of fresh wood	~	10
Purple Leaf Palace Puer (<i>Zijuan Gongting</i>) Pu'er City, Yunnan unusually clean and sweet without earthiness, complex enduring mineral aftertaste, rich in nutrients, made with small young buds and leaves from dark purple tea plants	~	13
Sweet Dragon Ball (<i>Shu Longzhu</i>) Pu'er City, Yunnan clean and sweet, high-quality tender leaves from old-growth trees create impressive complexity, rich deep flavor with lingering finish, hand-rolled into a large pearl shape	~	11
Date Fragrance (<i>Zao Xiang</i>) Jinggu, Yunnan aged shu puer with classic sweet date aroma, subtly fruity and earthy finish, easy-drinking rich red brew, lingering sweetness coats the mouth, single-serve brick	~	10
Sticky Rice Tuocha (<i>Nuomi Xiang</i>) Pu'er City, Yunnan Jingmai shu puer blended with a local herb that has a sweet aroma just like freshly cooked sticky rice, compressed into a mini bowl tuocha shape, soothing and sweet	~	11

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HERBAL TEA (Caffeine Free)

Standard*
service

Eight Treasures (Ba Bao Cha) Sichuan full-flavored fruity traditional blend of nine herbs: jujube date, longan, goji, ginseng, hawthorn fruit, tangerine peel, chrysanthemum, Chinese licorice, and young bamboo leaf, used for immune system support, a unique blend made for Seven Cups by a master Sichuan herbalist	13
Osmanthus Flowers (Gui Hua) Fujian 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	12
Eagle Tree Tea (Lao Ying Cha) Sichuan young eagle tree leaves made as a cooling herbal tonic from the old Three Gorges area, mildly astringent, refreshing airy sweetness, strong camphor fragrance, unique 'orchid musk' aroma	12
Rose Buds (Mei Gui Hua) Fujian 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	11
Snow Chrysanthemum (Xue Ju) Xinjiang 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	11
Baby Chrysanthemum (Tai Ju) Zhejiang clear yellow-green mild brew from young chrysanthemum flowers harvested just before blooming, same cooling properties as snow chrysanthemum	10
Hibiscus Flowers (Fu Rong Hua) Lincang, Yunnan 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	10
Goji Berries (Goji) Ningxia 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	12

*Herbs can be added to other teas in smaller amounts as an Herbal Boost.
(Excludes Eight Treasures).*

Suggested Herbal Boost Blends

Silver Needle White Tea + Goji Berries our most popular, two powerful sources of antioxidants combined into a delicious cooling blend	23
Big Buddha Dragon Well Green Tea + Osmanthus Flowers an old traditional blend for Longjing tea, refreshing, fragrant, and cooling	21
Golden Peacock Black Tea + Rose Buds a warming combination of black tea and rose buds, an herbal blend to improve circulation	16
Woodland Shu Puer Tea + Snow Chrysanthemum a very smooth, balanced traditional blend of warming shu puer and cooling chrysanthemum	15
Baby Chrysanthemum Herbal Tea + Goji Berries (Caffeine Free) a caffeine-free herbal blend, light and cooling	15

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SNACK MENU

Single
serving

Goji Berry Haluwa (Gluten-Free)

Dried fruit & nuts in ghee and honey with goji berries. (1 piece, 75g)

Ingredients: Raisins, cranberries, figs, apricots, cashews, almonds, raw cocoa, cardamom, honey, ghee (clarified butter), goji berries. (Gluten-free)



6

Mung Bean Cake with Red Bean Paste (Gluten-Free)

Lightly sweetened mung bean paste with a sweet red bean filling inside. Comes in different seasonal shapes. (1 piece, 75g)

Ingredients: Red bean paste, mung beans, tapioca starch, olive oil, organic canola oil, sugar, natural coloring. (Gluten-free, vegan, dairy-free)



5.5

Matcha Mochi (Gluten-Free)

Tea mochi with fresh grape and mesquite honey syrup. (1 piece, 75g)

Ingredients: Sticky rice flour, rice flour, grapeseed oil, sugar, organic green grapes, organic matcha, brown sugar, mesquite honey. (Gluten-free, dairy-free)



5.0

Dried Fruit and Nut Plate (Gluten-Free)

The most common Chinese dessert; a blend of dried fruits and nuts.

Ingredients: Organic figs, cherries, organic Turkish apricots, organic mango bites, organic pitted dates, raw almonds. (Gluten-free, vegan, dairy-free)



5.5

Tea Egg (Gluten-Free)

A traditional savory snack simmered in a broth of teas and spices. (1 egg)

Ingredients: Egg, tea, cassia bark, Sichuan peppercorn, star anise, ginger root, fennel seeds, bay leaf, salt. (Gluten-free, no soy sauce, no MSG)



2.5

Almond Orange Cookies (Gluten-Free) | Gallery of Food Bodega

Light and sweet almond cookies with a hint of orange zest. (2 pieces)

Ingredients: Egg whites, lemon juice, almond flour, powdered sugar, salt, baking powder, orange zest, almond extract, vanilla extract. (Gluten-free)



4.0

Chocolate Mesquite Cookies (Gluten-Free) | Gallery of Food Bodega

Sonoran mesquite cookies with chocolate, pepitas and apricot. (2 pieces)

Ingredients: Black cocoa powder, bittersweet chocolate, mesquite flour, egg whites, dried apricots, pumpkin seeds, powdered sugar. (Gluten-free)



4.0

SNACK MENU

Single
serving

Triple Ginger Scone | Rosebud Bakery

Whole-grain scone with fresh, ground, and candied ginger. (1 piece)

Ingredients: Organic flour (all-purpose, White Sonoran Wheat), butter, brown sugar, organic cream, fresh grated ginger, ground ginger, crystallized ginger, cinnamon, cardamom, baking powder, salt, vanilla, raw sugar.



3.5

Black Sesame Shortbread White Chocolate Cookies | Rosebud Bakery

Savory ground black sesame shortbread & white chocolate. (2 pieces)

Ingredients: Toasted black sesame seeds, sugar, butter, organic all-purpose flour, vanilla, salt, white chocolate, toasted white sesame seeds.



4.5

Coconut Cardamom Shortbread Cookies | Rosebud Bakery

Sweet & salty with toasted coconut and citrusy cardamom. (2 pieces)

Ingredients: Organic all-purpose flour, sweetened coconut, unsweetened coconut, butter, cardamom, salt.



4.5

Rosemary Shortbread Cookies | Rosebud Bakery

A classic shortbread cookie with aromatic fresh rosemary. (2 pieces)

Ingredients: Organic all-purpose flour, butter, organic rosemary, sugar, salt.



4.5

Strawberry Black Sesame Cookies | Rosebud Bakery

Sweet and savory soft cookies with Chinese five-spice. (2 pieces)

Ingredients: Butter, sugar, egg, organic flour, freeze-dried strawberries, baking powder, baking soda, salt, vanilla, Chinese five-spice, black sesame.



4.0

Molasses Ginger Cookies | Rosebud Bakery

Soft, chewy ginger cookies with nuggets of candied ginger. (2 pieces)

Ingredients: Organic flour (all-purpose, White Sonoran Wheat), eggs, butter, molasses, sugar, brown sugar, fresh grated ginger, crystallized ginger, ground ginger, cinnamon, allspice, salt, baking soda, raw sugar.



4.0

Made by our local Tucson partners:

Rosebud Bakery (rosebudbakeryaz.com)

Gallery of Food Bodega (galleryoffood.com)