



Black Tea

All tea comes from the same species of plant, *Camellia sinensis*, native to both China and India. Most of the world's languages have one of two words for tea: *tea* or *chai*. Fully oxidized tea is called *black tea* after the leaf color, or *red tea* after the brew color. Oxidization imbues the tea with a richer, stronger body that blends easily with fruit, flowers, spices, or milks.

- Golden Yúnnán** ⚖️ 🌿 Dark, sweet tea from China's most southwestern province
- Masala Chai** ⚖️ 🌿 Cinnamon, cardamom, ginger, clove, and black peppercorns create the south Indian spice blend *masala*. Traditionally brewed nearly half and half with milk, it can also be taken black. Either way is sweet and spicy.
- Mount Hood Sunrise** 🍵 🌿 Passionfruit flavor makes this tea sweet and bright, while safflower, marigold, cornflower, and blue mallow blossoms give it floral complexity.
- Assam** 🌿 *C. sinensis* var. *assamica*, the only lowland tea plant, grows in the Brahmaputra floodplain below the feet of the Himalaya in northeast India. Its high-grade orange pekoe leaves produce a bold and full-bodied tea which is the foundation of the English Breakfast blend.
- Ginger Peach** 🌿 Indian nilgiri tea infused with organic peach extract, blended with spicy ginger
- Lapsang Souchong** 🌿 Large-leafed tea from the Wuyi mountains in Fujian, smoked over sappy pine branches for a distinctive smoky flavor. Pairs well with bacon.
- Nilgiri** 🌿 Grown from *assamica* variety of the tea plant in the mountains of Tamil Nadu in southern India, nilgiri has one of the strongest and purest flavors of any tea.
- French Breakfast** 🍵 Malty Indian black tea blended with lemon verbena, lavender, vanilla, natural honey, and clementine oil makes a gentle tea for dessert or breakfast.
- Rose Petal** 🍵 Rose blossoms flavor desserts from Iran to Taiwan, and bring a fragrant brightness to the light body of black keemun (祁門) tea from Anhui.
- Blackcurrant** Tart and piquant blackcurrant flavor gives this assam tea a European spin.
- Darjeeling** In the 1840s, a British surgeon used stolen tea seeds to plant Chinese tea in northeast India, in the Darjeeling district of West Bengal. Called *the champagne of teas*, this delicate black tea is slightly fruity and spicy.
- Earl Grey** Named for prime minister Charles Grey (r. 1830–34), the distinctive citrus flavor of this tea comes from the essential oil of bergamot (pronounce the final 't').

😊 *Please feel free to select your own teapot and teacups* 😊

Small pot (2-4 cups): \$4; **Medium** (4-6 cups): \$5; **Large** (6-8 cups): \$6. **Fine grade:** +\$0.75; **Premium:** + \$1.50

⚖️ Fair Trade 🌿 Organic 🍵 House Favorite

Medley. 7881 SW Capitol Highway, Portland 97219. Wifi: medley-guest | Chrysanthemum

@Medley MedleyTea.com facebook: Medley.cafe.teahouse

Small pot (2-4 cups): \$4; **Medium** (4-6 cups): \$5; **Large** (6-8 cups): \$6. **Fine grade:** +\$0.75; **Premium:** + \$1.50

⚖ Fair Trade

🌿 Organic

☕ House Favorite

- Earl Grey Lavender** Aromatic lavender blossoms complement Sri Lankan black tea infused with the classic bergamot orange essence.
- Eugene Breakfast** A local version of the traditional English Breakfast: a strong, rich, caffeine-heavy blend of Indian teas of both the *sinensis* and *assamica* varieties
- Orange Spice** Orange zest, clove, and cinnamon give this Indian black tea a spicy kick.
- Vanilla** Rich assam black tea and vanilla extract combine in this indulgent dessert tea.
- Decaf Ceylon** Full-bodied Sri Lankan black tea for a relaxing late afternoon outing

White Tea

White tea, full of anti-oxidants, is best of all teas at fighting disease. Lightly oxidized and minimally processed, it brews up to a pale gold, with a flavor deeper than green and more delicate than black tea.

- White Petal** ☕ Shade-dried tea tips from Fujian combine with Chinese osmanthus and delicate chamomile blossoms for a toasty and slightly creamy flavor profile.
- White Peony** ☕ Named after its light floral aroma, white peony contains no flowers, just delicate tea leaf shoots and tender young leaves.
- White Rose Lavender** ☕ Lavender, lemon verbena, and rose blossoms of pink and red are added to the light-bodied base of white peony tea leaves to create a delicate, fragrant, and visually appealing brew.

Green Tea

Steaming or pan-firing fresh tea leaves without first wilting them gives green tea its bright and verdant flavor, and preserves more of the tea's beneficial and heart-healthy compounds.

- Moroccan Mint** ⚖ 🌿 Green tea flavored with peppermint and jasmine
- Lemon Myrtle** ☕ 🌿 Indigenous Australians used lemon myrtle in traditional medicine for its potent antimicrobial properties. It lends a clean, sweet citrus flavor to green tea.
- Genmaicha** (玄米茶) ☕ 🌿 Sencha from Shizuoka, south of Mt Fuji, blends with crisped brown rice for a toasty, nutty flavor.
- Banacha** (番茶) 🌿 A refreshing autumn-harvested green tea sourced from Japan
- Jasmine Silvertip** ☕ Unlike other floral teas, jasmine teas contain no blossoms, but are infused with the fragrance of fresh night-blooming jasmine flowers in a process that may take five or six nights. These tender tea tips from Fujian have an ethereal flavor.
- Jasmine Pearls** ☕ Sweet and soothing jasmine tea, hand-rolled in Hunan.
- Dragonwell** (Lóngjīng; 龍井) ☕ Pan-fired and hand-flattened Zhejiang tea brews up sweet and gentle. The tea leaves are commonly used to flavor shellfish dishes in the local cuisine.
- Sencha** (煎茶) ☕ This simmered green tea is delicate in flavor, and is Japan's most popular tea.
- Snow Buds** ☕ A crisp and mellow tea of the *máofēng* (毛峰) cultivar type, grown and harvested in the Huangshan world heritage site in southern Anhui
- Twisted Leaf** ☕ A gentle and sweet slightly oxidized green oolong from central Taiwan

😊 *Please feel free to select your own teapot and teacups* 😊

Medley. 7881 SW Capitol Highway, Portland 97219. Wifi: medley-guest | Chrysanthemum
@Medley MedleyTea.com facebook: Medley.cafe.teahouse

Small pot (2-4 cups): \$4; **Medium** (4-6 cups): \$5; **Large** (6-8 cups): \$6. **Fine grade:** +\$0.75; **Premium:** + \$1.50

⚖ Fair Trade

🌿 Organic

☕ House Favorite

Oolong Tea

Oolongs (烏龍) are partially oxidized teas, which are also steamed or pan-cooked as green teas are, and are sometimes smoked over coals after drying. This method of tea preparation derives from the Min ethnic group in southeast China and Taiwan, the native range of the tea plant, where almost all oolongs are still produced. Oolongs fall somewhere between black and green tea, and their flavor evolves and improves with multiple steepings. We serve our oolongs in the terracotta pot traditional to Fujian and Guangzhou, with a glass decanter for multiple steepings.

- Wǔyí Oolong** (武夷) 🌿 Dark and fruity with hints of smoke, from Wuyishan in northern Fujian
- Osmanthus Oolong** ☕ Throughout its native range in southern China, the blossom of the sweet osmanthus tree is used to flavor jams, candies, and sweet cakes. With notes of peaches or apricots, osmanthus is a distinctive flavoring for our sweetest oolong.
- Charcoal Dawn Oolong** This charcoal-smoked Taiwan oolong with notes of nut and floral undertones is briefly fermented to soften its flavor.
- Four Seasons Oolong** Competition-winning green oolong from central Taiwan; nurtures creativity
- Jade Oolong** (翠玉) A larger-leafed tea from central Taiwan, lightly fermented and lightly toasted, balancing bright and floral notes of green tea with warm and nutty oolong flavor
- Iron Goddess Oolong** (Tiě Guānyīn; 鐵觀音) ☕ One of the most famous and popular types of oolong, from southeastern Fujian. Subtly nutty and fruity, it makes for an excellent introductory or standard oolong tea.

Pu'er Tea

Hailing from the Yí (彝) and Hani ethnic minorities in Yunnan province of southwest China, *pǔ'ěr* (普洱) tea is fermented for six to twelve months with microflora similar to yoghurt cultures, pressed into bricks or other shapes, and left to cure for nearly a year. The resulting tea brews up extremely dark and strong. We serve it in traditional cast-iron teapots. Pronounced *pu-ar*.

- Yúnnán Pǔ'ěr** ⚖ 🌿 Our traditional pu'er with its distinct, rich flavor
- Sticky Rice Pǔ'ěr** ☕ This sweet pu'er is flavored with the crushed petals of the sticky rice herb (糯米香; *Semnostachya menglaensis*), a rare flower from southern Yunnan which imparts a fragrance like glutinous or basmati rice, and a taste somewhat like taro.
- Chrysanthemum Pǔ'ěr** Winter-blooming and golden, chrysanthemums lend their flavor to this floral pu'er and their name to our wifi password.

😊 *Please feel free to select your own teapot and teacups* 😊

Medley. 7881 SW Capitol Highway, Portland 97219. Wifi: medley-guest | Chrysanthemum
@Medley MedleyTea.com facebook: Medley.cafe.teahouse

Small pot (2-4 cups): \$4; Medium (4-6 cups): \$5; Large (6-8 cups): \$6. **Fine grade: +\$0.75; Premium: + \$1.50**

🌱 Fair Trade

🌿 Organic

☕ House Favorite

Yerba Maté

The Guaraní people of the Paraguay river basin, who gave us the words *tapioca* and *jaguar*, have been drinking yerba maté for centuries as a tonic to cleanse the body and spirit. Packed with vitamins, minerals, amino acids, and antioxidants, yerba maté is a powerful beverage for healing and natural energy. Its caffeine cocktail helps focus the mind as well as coffee, but won't make you jittery. It's even good for your cholesterol.

Argentinian Yerba Maté 🌿 We do have bombillas, but we are at present unable to serve maté in its traditional gourd. Fortunately it is just as good from a cup and even better with a touch of honey or agave nectar.

Masala Yerba Maté 🌿 ☕ Cinnamon, cardamom, clove, ginger, and black peppercorns – the chai spices known as *masala* – impart deliciousness to this yerba maté.

Mint Yerba Maté 🌿 Spearmint and peppermint combine to flavor this yerba maté

Caffeine-Free Herbal Tisanes

Ginger 🌿 ☕ Spicy ginger is a delicious wonder drug good for every ailment, and more is almost always better. A strong brew, often taken with honey for flavor.

Chamomile Lavender 🌿 This calming, floral dessert tisane soothes the stomach and helps relieve headaches.

Peppermint 🌿 Cooling and refreshing, this brew eases cold symptoms and aids digestion.

Purple Leaf Tulsi 🌿 Also known as *holy basil*, this spicy infusion carries notes of pepper, basil, and mint. It is packed with antioxidants, balances different life processes, and is believed to promote longevity.

Rest Easy 🌿 Rooibos, chamomile, lemon verbena, and lavender blend together in a tisane that is sweet, smooth, mellow, and delicious.

Rooibos
(Afrikaans: *red bush*) This sweet red tisane is loaded with antioxidants and chemopreventive compounds including quercetin. South African traditional medicine uses it to alleviate allergies and clear up skin.

Bergamot Rooibos All the health benefits of rooibos with the flavor of earl grey tea

Chamomile Egyptian chamomile, toasty with notes of apple, soothes body and spirit.

Ginseng Rush This earthy blend confers natural positive energy and centers the drinker.

Hibiscus Sweet, tart hibiscus flower is rich in vitamin C and lowers blood pressure.

Honeybush A peachy sweet South African tisane redolent of honey and a bit of menthol

Lemongrass Mellow and lemony, its uses range from treating congestion and anxiety to seasoning soup. Sourced from Mexico.

Rose Verbena Lemon verbena, spearmint, and rose petals delicately balance to refresh.

Spearmint Calming spearmint is an ancestor of peppermint. It contains no menthol and can be used to treat an upset stomach or bloating. Summer-harvested from Eastern Oregon, this infusion has the lightest carbon footprint of any of our offerings.

😊 *Please feel free to select your own teapot and teacups* 😊

Medley. 7881 SW Capitol Highway, Portland 97219. Wifi: medley-guest | Chrysanthemum
@Medley MedleyTea.com facebook: Medley.cafe.teahouse