

Tchai-Ovna

house of tea

Welcome to Tchai-Ovna House of Tea. Tchai-Ovna is inspired by the teahouses (Cajovny) in Czech Republic. We offer over 80 different kinds of teas from all over the world in a setting that aims to reflect its multi-cultural origins, and is influenced by tea houses that may be found throughout the traditional tea-drinking nations. We also aim to host a diverse range of events in tea house as well as to provide a peaceful and relaxing space.

I wish you a relaxing and enjoyable time at the Tchai-Ovna. I hope you'll like it and continue coming back for possibly the best cuppa in Scotland!

Martin Fell



As a specialist teahouse, we believe that the preparation of the tea is very important; only if the tea is prepared correctly can the tea be truly appreciated. Each kind of tea has its own particular method and its own particular taste. This means there is a waiting time of 5 – 20 minutes depending on the kind of tea and how busy we are. So please sit down and unwind and be rest assured that the tea that will be brought to you will be of the highest quality. In the unlikely event of us forgetting the order, make haste to complain.

Please order at kitchen

A wee bit about tea

Why have so many teas? What is the difference between one kind and another? What are you really drinking? It is perhaps useful to know if you want to choose one of our often bewildering selection. However, we only have a small proportion of literally thousands of different kinds of tea. Every nation that is mentioned in this menu has many more varieties than those listed, some differing greatly in kind and style, and some with a subtle distinctiveness that leaves differentiation to the realms of the tea slurper elite. And of course there are other nations that we are working to have represented here.

Why drink tea? It is something which is associated with relaxation for centuries. There are many different tastes and recipes that you can experience, so experiment and find your perfect brew. It is also incredibly healthy. All tea is rich in Vitamins C,E and F, important for the body's immune system. Anti-oxidants in tea: ECGC which quickens the metabolic system; flavonoids which help process calories and natural toxins; the flavins in black tea are apparently anti-carcinogenic. Some say these antioxidants even slow ageing!

China

China is regarded as the home of tea. It is thought that it sprouted from the Bohea Mountains of the Fujien province in China, though some scholars claim its origins to be in the jungles of Assam, northern India. Legend has it that in 2737 BC one of China's first emperors happened upon it when some tea leaves happened to fall into his pot of boiling water. Today tea is still widely drunk in China and many different varieties are cultivated.

Japan

Tea in Japan is commonly referred to "Ocha", the O prefix signifying "that which is honoured". Tea's connection with religion and honour has always been close. For example the first reference to tea in Japan was when Emperor Shomu invited monks to his palace at Nara where he offered them the beverage having received some as a gift from the T'ang court in China. From around this time tea became the drink of the aristocracy and the monks. After a period of lapse, tea seeds were brought to Japan for cultivation along with the introduction of Zen Buddhism into Japan by the scholar Eisai, 1191. The method of cultivation, much influenced by that found in China at the time, has changed very little, involving a process where some types of tea are ground into powder then pressed into short strings.

One of the results of such a high degree of honour being placed on tea was that the Japanese Tea Ceremony "Ochaji" evolved in which every part of the process for the preparation and consumption of tea was refined.

Formosa (Taiwan)

According to some experts the tea produced here is of a better quality than mainland Chinese tea. It is particularly famous, though, for its high quality oolong teas, a number of which are represented in this menu.

Vietnam

Vietnam is in the same geographical region as the Chinese province of Yunnan, meaning that the mountainous jungle conditions are very favourable for tea growing. That the oldest known tea tree is in Vietnam (a venerable 1000 years old) testifies to its ancient tea culture. The teahouses (nhung tiem ban tra) are very popular in this country. These are in a typically south east Asian style, where a variety of teas are offered, served in large tea pots (binh tra) with handle-less cups (chun tra).

Pakistan

Tea or tchai is a very popular drink in Pakistan, enjoyed all year round it is very common to offer tchai as a welcome gesture in homes, offices or stores. Throughout the country, be you on a high mountain pass or lost in the narrow streets of the bazaar you will come across the tchai-khana (tea place). Tchai-khanas can range from mere tents just serving tea to large highly decorative places serving tea and a variety of traditional cuisine and function as community gathering points, where people relax on patterned carpets and gossip over cups (or glasses) of sweet, potent tchai.

Iran

Since 1900 tea has been produced in the southern part of the country, though it had already been popular in Iran for centuries. It is most commonly black, with a light reddish infusion though tea had already been popular in Iran for centuries., commonly flavoured with herbs and spices, such as cardamom and cinnamon. Brewed very strong Iranian tea necessitates lavish amounts of sugar.

India

Where did tea actually originate? This is perpetual debate among tea totalers, but surprisingly one in which the pride of India and China does not seem to be an issue. According to one Chinese legend (as well as Buddhist belief) it was a scholar, Gan Lu, who brought back some Assam tea seeds from India c. 3rd century. The Indian Buddhists maintain that tea was brought to India by the Buddha, after he was cured of his fatigue in his fifth year of meditation by unwittingly clutching some leaves from a nearby tree and chewing them. In the colonial times, Scottish spy Robert Fortune went undercover in China to discover the secrets of tea cultivation. After much study and many years he and another Scot, Bruce, brought tea to Darjeeling and the Empire and sowed the first seeds of what was to become regarded as the best of all teas. Whatever the history, suffice it to say India is absolutely tea crazy, and though it is one of the world's biggest producers it only exports a small proportion. Tchai and the Tchai wallah are virtually as important in India as air.

Ceylon (Sri Lanka)

Ceylon is one of the world's biggest producers of black tea. The Singhalese regard their tea as having a cooling effect on the body, so necessary in the hot climate. Traditionally tea is brewed very strong and drunk sweet with of milk, similar to neighbouring India.

Nepal

The Himalayan mountain kingdom of Nepal, home to many cultural wonders, has been a tea drinking nation for perhaps thousands of years. Tea here is often enjoyed with a good dose of yak's milk. The pure highland passes and valleys of Nepal provide ideal tea growing territory, similar to that of Darjeeling further to the east, thence the tea is of a very high standard, the natural methods employed in its cultivation making it recognisably Nepalese (one can almost feel the proximity of mountains and yaks when drinking it!)

North Africa/Arabia

A vast area where the desert sands threaten to parch the throats of those who challenge it. It is in these lands therefore, that tea becomes a life-blood; rehydration, nourishing and stimulating.

Africa East and South

Africa has some of the most productive tea nations in the world. Tea is usually grown at high altitudes of 6,500 to 10,000 feet above sea level. In Kenya it is cultivated in the eastern and central rift valley and some western parts of the country – and the tea is famous for its appealing red colour and full bodied taste. One interesting fact is that most tea drunk in Britain originates from Africa.

Afghanistan

Occupying geographically and historically the main trade route by land of Indian spices through Persia and on into Turkey Afghanistan has enjoyed a ready supply of herbs and spices including tea for hundreds of years. Green tea is more popular in Afghanistan, and often enjoyed without milk.

Turkey

Tea spread to Turkey from China during the Tang dynasty (618-906) as a result of Turkey being situated on the main east-west trade route. It became a strong tradition to drink tea and brew it using a samovar, though tea didn't start to be produced in Turkey's Rize region, until 1939.

Russia

Tea came first to Russia from Mongolia in 1614. To facilitate its transport it was crushed and pressed into tea bricks. Packed into boxes these tea bricks were transported in caravans of camels 11,000 miles across Manchura to reach Moscow and then St. Petersburg. Traditionally teas would be made using the samovar, though unfortunately we cannot do this for lack of space.

Tea Recipes

Tea is one of the most of versatile of drinks, lending itself well to improvisation and creativity. As you have read above one can flavour tea, scent tea, spice it or even cook with it. We are lucky enough to be able to provide just some of the specialities that can be found around the world, from Scotland to Taiwan. In addition the industrious staff of Tchai-Ovna are constantly at work researching, devising and concocting new recipes and innovations in the art of tea making in order to tantalise the senses of the tea drinker.

Flavoured and Spiced Teas

Flavoured teas are becoming increasingly popular. We pride ourselves on supplying naturally flavoured teas, which, like the Chinese scented teas (which can also be classified as flavoured teas) usually are made using flower petals and different blends – as well as fresh herbs and spices which we may add ourselves.

Black (red) tea – Hong Cha

In the Mandarin black tea is called Hong Cha, meaning red tea. This is fully fermented (oxidised). The process of making these teas involves drying, firing and full fermentation. The method of heating, the time of harvest and the quality of the soil all contribute to the unique taste of the teas. During the fermentation, complex chemical reactions occur within the leaf, affecting the taste and the concentration of certain nutrients, e.g. caffeine anti-oxidants are concentrated in the leaf.

Keemun Best £2.70 - China

This has an interesting dark taste, which is both natural and almost roasted whilst remaining slightly fruity. This is just one of a massive group of China red tea, and, as the name implies, one of the best. It has very low levels of caffeine.

Lapsang Superior £2.70 - China

This has a strong smoky flavour, which has tantalised tea tasters for generations. Apparently the smoky character originated from when tar from Chinese fishing nets melted into a cargo of tea that was subsequently shipped to Britain. People were so impressed with its distinctive taste that it became much sought after. However, it is more likely to have always been smoked, and in China this is still done in the traditional way, in pans over open fires.

Yunnan Black Tea £2.70 - China

The fresh taste of the mountains and plains of the Yunnan province is well complimented with a sustained natural slightly smokey floral flavour. The aroma and flavour of this golden brew appears to capture the essence of the tea

Organic Yunnan Pu-erh – £2.70- China

The cultivation of Pu Erh stems to the times of the package-horse reliant spice trade. The strange thing about this robust, full bodied, rich, earthy tea is that the more mature the tea leaves the better the tea. Amongst tea connoisseurs a good vintage Pu-erh is highly prized, sometimes stored for 50 years in the tea cellar!

Pu Erh Tuo Cha Silvery Strawberry - £3.20

Tuo Cha is a good quality Pu Erh which comes compacted and wrapped in white silk paper, hence the epithet. Up until the 17th century these and other kinds of compressed teas were used as currency. This tea is apparently good as an aid to weight loss.

Assam BOP – GTGFOP - Dikom £2.70

An incredibly good standard black standard grade tea, stimulating with a sweet floral aroma and taste, with which milk and sugar go well, though the subtlety of the flavour may be lost to some extent.

Darjeeling TGFOP - Puttabong - £2.70

This is made from good second grade leaf, which creates a more immediate “in your face” Darjeeling palatal effect. Milk and sugar may be added.

Darjeeling First Flush – Margaret’s Hope - £3.60

The queen of teas, it is made from the freshest tea leaves of the first spring harvest. Picture the crystal air of majestic snow-capped mountains, bubbling burns flowing through luscious vegetation surrounding tea gardens which are carved as steps into the mists of the Himalayan massive. A subtle sophistication of floral complexity gradually enriched by a pollinated sweetness.

Malawian Satemwa TGFOP £3.60

Malawi has long had close ties with Scotland, especially in regards to tea. Similar to the first tea plantations of Darjeeling, Scots were the very much the tea innovators of Malawi. Tea at Satemwa, a high altitude area with plenty of almost “Scottish” style dreich wet weather, first started to be planted by Maclean Kay of Ayrshire, and has remained in the Kay family until today. Satemwa is reputed as producing the highest quality of tea in Malawi. Likewise it is well known for its work for the community that live in and around the plantation.

Golden Nepal £3.60

As Nepalese tea is rarely seen outwith Nepal we feel honoured to have been able to add this black tea to our menu, especially since it is such a very good quality tea. Not only is it rare to come by but it has a rare taste, with all the flowery potency of a Darjeeling as well as a body, aroma and after taste which is quite unique, which suggests gentle incense floating over the pallet and awakening

Organic Fair Trade Breakfast Blend £2.70

Traditional blend of small leaf teas from Assam, Dooars and Darjeeling.

Ceylon BOP – Nuwara Elya £2.70

Grown in the highlands of Ceylon this tea, known as the “Champagne” of Ceylonese teas, represents the highest quality of the island. The lower temperature and the high rainfall in the region where this is grown finds its way into the taste and aroma, creating a richly tropical experience.

A perfect all day tea.

Organic Ceylon OP – Idulgashina £2.70

From the high lying tea gardens of Ceylon, this tea is soft and aromatic but with a wonderfully robust, rich body and with a touch of organic earthiness.

Russian Caravan £2.70

This, the tsar’s preferred choice in tea, harks back to the old caravan trade in tea which was eventually superseded by the building of the Trans-Siberian railway in the late 19th century. Our own blend has the fresh mountainous taste of Assam mixed with hints of warm, earthy Keemun body.

Rize £3.40

This stimulating black tea has a deep almost wood smoke taste, which works in harmony with its rich aroma. One of the highest quality black teas from the Rize plantation region in Turkey this tea is served with a complimentary Turkish delight. As described by an old Turkish associate of the tea house one must first regard the colour of the tea in the glass, let the aroma drift past the nose before sipping it thoughtfully.

Oolong

This is a partially fermented tea, somewhere between green and black tea. As the technology for each tea producer is slightly different and also since the traditional methods used are not very exact, oolongs can vary greatly in degree of fermentation.

We have on offer a range from long-fermented to lightly fermented oolongs. The oolong tea leaf tends to have a green middle and brown edges, thence the colour of the liquor (brewed tea liquid) ranges from brown to yellowy green. A light earthy aroma and a pleasant, nutty taste are typical characteristics of the tea. In China and Taiwan these teas are popularly drunk as they are good for the body and create a sense of wellbeing perhaps explained by the interplay of the intensified caffeine content and the retention of the tea leaves’ nutritious qualities.

Ti Kuan Yin Temple of the Iron Goddess of Mercy £3.80 free refill

This very popular tea of deep, but fragrant aroma has a subtle hint of rice, mango taste and a nutty presence. A poor tea grower was guided in a dream to plant tea seeds by the doorstep of the temple of Kuan Yin. Miraculously a marvellous tea tree sprouted and was so excellent that the penniless master grew more and became, thanks to the Goddess of Mercy, a tea fat cat.

Ginseng Ti Kuan Yin - £4.60

free refill

A top quality Chinese oolong from the temple of the Iron Goddess of Mercy which in itself has the body, colour and taste of the mists of the temple gardens and the nutritious euphoria of oolong. Each finely crafted leaf is almost magically coated in star dust-like pure ginseng, adding extra zest and life giving qualities.

Milk Oolong £4.60

free refill

A tantalising tea from the royal island of Formosa, this high class green orientated oolong has somehow evolved a creamy milk like essence originating from the leaf itself, untainted by human intervention. A curiosity and a highly satisfying brew.

Oolong Fancy £4.60

free refill

This is one of the highest quality oolong teas, enjoyed for centuries by the highest echelons of Taiwanese society.

One could say that to drink this tea is to experience generations of royal cultivation in a cupful. Smell the aroma and envisage the aromatic tea gardens, a naturally subtle taste with a touch of sugar to emphasise its flowery taste. A most remarkable euphoric feeling is created by the whole experience.

Orange Blossom Oolong £3.80

free refill

The longer the tea is left to infuse the more compelling the euphoria of oolong. Developing maturity as you drink, the real orange peel that permeates this blend all but pricks the nose with a surprising zestiness.

Oolong Voolong –Dragon’s oolong £3.40

free refill

Another quality tea from the Fujien province, a region famous for its green and oolong teas. This is a remarkably full and flavoursome tea, with a freshness balanced with a striking toffee essence.

Green Tea

Green tea is produced when the leaf is dried and then fired on big pans over fires (traditionally that is) but not fermented. Their taste varies somewhat from tea to tea but it is generally natural, slightly sweet, earthy or vegetal and flowery. Some of the best green tea even tastes of something reminiscent of fish... in a pleasant way that is. It is recognised for its beneficial effects on the human body as it contains anti-toxins, vitamin C, anti-carcinogens, fluoride and helps break down fatty acids. In addition it re-hydrates the body so is good against hangovers.

Organic Lung ching – Dragon Well £3.80

free refill

Legend has it that this tea originates from the banks of the Great Western Lake by the town of the Dragon Well. Winning the award for the best green tea in the world in 1918 Longjing has continued to be enjoyed as the most popular tea by generations of Chinese, as indeed it was for many hundreds of years before. As with all good green tea it has a full vegetal taste with a subtle sweetness. It also has a pleasant effect on the senses.

Fujien White Monkey £4.60

free refill

Occupying a rare position between white and green tea, with white downy leaves interspersed among green, the result is an infusion with all the natural freshness of white tea and floral depths of green. Apparently the name originates from when in the past the tea, cultivated on cliffs and among rocks, was harvested by monkeys especially trained for the job.

Rolling Clouds £4.60

free refill

Originating from the high peaks of Yunnan where the clouds literally roll over the stepped tea gardens this tea comes in the shape of large cloud-like balls of green tea leaves streaked by silver tips. Its fresh clean high mountain taste is well balanced by a body of emerald depth with hints of fruit and rice and a mellow richness that belies description. Yum

Pi Luo Chun – Spring of the green snail £4.60

free refill

Regarded by the esteemed tea-ologist Zhen Jun as the best of teas this remarkably fragrant, naturally sweet green tea's deep taste comes from its burst of delicate downy tea buds; a mysterious hint of mint might also surprise. Indeed this tea was originally known as "tea of the scary fragrance" (Xia Sha Ren Xiang) apparently arising from the rather risqué tradition of ladies picking the tea and storing it between the breasts.

Dragon Eye – tai mu long zhu £4.60

free refill

Whilst relaxing under the shade of an ancient gnarled tea tree as dragons play fleetingly in the air with plumes of fire this is a good high quality tea to sip so as to calm the nerves whilst sharpening the senses.

Not usually found on this side of the planet, it is made of tightly rolled green tea leaves which look like 'dragons' eyes'. But don't worry this tea won't grab you by the throat! Its darkly refreshing taste and pleasant jungle aroma will have rather the opposite effect.

Izumi Matcha £5.60

When Zen Buddhism spread to Japan in the 12th Century AD, so did the Chinese early medieval practice of making tea. Matcha is made from tea leaves which are steamed then pulverised into a powder. Partaking in this kind of tea became almost inseparable from Zen Buddhism in China and Japan, with elaborate rituals for preparing and drinking the beverage. Though this tradition subsequently disappeared in China, it was maintained and developed in Japan so that today ocha matcha is the tea of the Japanese Tea ceremony. Only the highest quality sencha is used for matcha. It is prepared by carefully whisking the tea powder in hot water in a large tea bowl. This creates a deep green, frothy liquid with a classically Japanese deep full-bodied seaward taste. Supremely healthy this tea unfortunately has only one infusion, and is really best enjoyed as part of the Japanese tea ceremony.

Genmai Cha £3.80

free refill

A very popular tea in Japan this can be drunk throughout the day in any situation. Its special quality is that roasted brown rice is added to Bancha, creating a uniquely strong rice taste and aroma. Sugar is commonly added. Folklore has it that this tea was originally drunk by peasants as a way of supplementing their diets. Some say that tea, a relatively expensive commodity, was weighted by the addition of rice in the market place as a way of making it go a bit further.

Hoji Cha £3.80

free refill

Made from Bancha this tea is roasted for a greater length of time to create a tea which one could say is the Japanese equivalent of Lapasang Souchong. The taste is rich and complex, slightly toffee with a coffee like aftertaste.

Organic Bancha £3.80

free refill

This good quality green tea is the Japanese equivalent of English Breakfast. It is the most commonly drunk tea, at breakfast, noon and dinner, either alone or with food. Produced from second generation tea leaves this tea still has the strong, fishward, paddy-field hints of greenness that so characterises Japanese tea.

Thai Nguyen Special Grade £3.80

free refill

This is one of the finest green teas available at Tchai-Ovna. With a delicate taste reminiscent of Japanese teas, and yet with a body of jungle depth, this tea is the perfect antidote to fatigue, stomach complaints and even hangovers - as well as instilling a feeling of relaxed contemplation. If, however, you are feeling out of spirits a pot of this emerald brew can bring out a, "yeah, baby I'm ready for anything!" emotion (or have I been drinking too much of it).

White Tea

This is a rare kind of tea which rarely finds its way into tea-shops. Whilst containing all the natural goodness of green tea, white tea differs from it as it is simply picked and dried. It commonly contains the actual buds of the tea plants as well as the leaves.

This tea, when prepared well produces a more natural and sweet yet subtle taste, and has more of the natural goodness that can be lost from green tea in its preparation.

Organic Pai Mu Tan – White tea £3.80 free refill

This exquisite, rare delicacy is made from the first tea buds of spring and dried to produce the tea purely the way nature made it to be. The light, floral taste evokes the dew laden scenery of the luscious green south China uplands from whence this tea originates. This tea deserves to be drunk on its own without the accompaniment of food which may interfere with the palatal effect.

Scented Teas

Organic Green Jasmine £3.80 free refill

This is one of the most popular scented teas, often served in Chinese restaurants as a pleasant after meal beverage.

To scent tea the jasmine petals are usually dried and powdered. Our own blend, however, is time-consumingly layered in trays above jasmine petals so the scent is absorbed into the fabric of the leaf.

Jasmine Golden Dragon £5.60 free refill

Without a doubt the most astoundingly beautiful tea to shed blossom in our cajovna this delicately made ball of high quality long fujian green tea leaves comes alive on contact with water, slowly opening out and revealing a little secret, a pink lily flower with a spark of white jasmine. As tasty as it looks this is an essential experience for the tea crazed meditator.

Chrysanthemum Tuo Cha £3.80

Black Pu-Erh tea mini balls blended with dried chrysanthemum petals, a unique and very ancient tradition full of flowery darkness.

Lotus £2.70

This is a traditional scented black tea scented with lotus petals.

Organic Earl Grey £2.70

The first sip of this tea will send your head to the gardens of Babylon. With a well blended body and a natural refreshing bergamot flavour, this is by far the best Earl Grey I have ever had. This tea is based on a fine blend of Darjeeling and Assam BOPs.

Cinnamon £2.70

Black Ceylonese tea brewed with aromatic cinnamon. A popular tea in Persia.

Little Buddha £3.80 free refill

Bursting with flowery, fruity passion, this flavoured Japanese green tea nevertheless can bring you into a state of relaxed meditation, perhaps with all the mental agility of the youthful little Buddha himself?

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Caramel £2.70

Yummy caramel sweetness with tea's herbal consistency.

Arctic Fire £2.70

It is perhaps refreshing and compelling mangoesque flavour of this tea, which looks as interesting as it tastes, which makes it one of our most popular flavoured teas

Ginger £2.70

Using natural ginger root we believe this to be another of our good, refreshing and spicy specialities.

Tea Recipes

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Yogi Yogi Tchai

£3.60, pot for 2 £6.50, pot for 3 £9.60

Yogi Yogi Tchai is based on the North Indian Tchai Masala and is inspired by the Yogi masters' belief that the entire cosmos is situated in the body. It seems that an entire galaxy of spice is situated just in one pot. This rich, sweet, spicy, milky tea is blended using fresh spices, including black tea, cloves, cardamom and ginger though the legendary recipe of this mystic beverage remains in the sole domain of the Tchai masters.

Bombay Lemongrass Tchai

£4.20, pot for 2 £7.50, pot for 3 £10.20

Bombay, known as the gateway to India, is a busy metropolis that is in change. Here you will find superstars and ordinary folk living side by side, fast modern economic expansion and traditional customs and ways of life. Chai wallahs are essential for looking after the energies of the fatigued with a remarkably tasty local tea. Chai wallah Arun taught us his recipe of the hot, sweet and milky chai, subtly spiced with cardamom and zesty lemon grass which we liked so much that we felt compelled to introduce it to you.

Dhesi Tchai

£4.20, pot for 2 £7.50, pot for 3 £10.20

Our Dhesi Tchai recipe was taught to us by our Pakistani originating friends and we like it so much we thought we should put it on the menu. It is made from black tea, milk, cardamom, fennel seed and sugar served in tea glasses. To drink this is to experience the spicy tchai-khana shade of the ancient citadel of Bukhara. (Be prepared to wait for at least 10 minutes – it is a very special tea)

Fairies Blood £3.80

Freshly squeezed from the fairies at the bottom of our garden, this rich blood-red concoction is full of magical goodness from the fairies' diet of strawberries, kiwi, mint, camomile, raspberry flowers and honey.

Tchai Hel £3.60

This is mostly made from specialty imported Iranian tea, brewed and spiced in a traditional Persian way, that is with cardamom, allowing a glimpse in one's mind's eye the vast lush river plains of ancient Mesopotamia. A very strong, highly stimulating black tea served in a glass and with sugar.

Bedouin Sage Tea - £3.40 / £3.60 with black tea

For centuries Bedouins have been nomads and shepherds, roaming the deserts from pasture to pasture. Tea has long been an essential part of life, helping to stimulate and refresh the weary traveller on long desert treks, and sage, which grows all year long, is a favourite addition to the strong black Persian tea which is often strongly sugared.

High in anti-oxidants and thought to be a memory enhancer, early Arabic physicians even believed it aided immortality.

Please state if you would like it with or without black tea.

Tchai Nanna – Arabic Mint Tea £3.40

In the hot, dry climate of Arabia this is one of the most popular ways of staying cool and refreshed. A sweet blend of green tea and fresh mint, it is served with extra sugar at the side as the custom is to make it almost overpoweringly sweet. It is perfect to sip on a hot day whilst smoking a shisha.

Moroccan Apple and Mint £3.40

Made from real fruit pieces, this sweet fruity brew is made even more refreshing by the addition of fresh mint.

Tchai Zanjafael

£5.20, pot for 2 £9, pot for 3 £12.50

Under the guidance of Zahra, a new experience has graced our dusty old shop. Sweet fruity, spicy and golden in colour, this is a much revered tea recipe, usually prepared on special occasions. A dazzling concoction of green tea, ginger (zanjafael), saffron, cardamom, cinnamon, lemon, and honey or brown sugar, if made in the right environment in the right way this tea can even inexplicably turn pink! (but you probably have to be in the Afghan foothills for this to happen). Please expect to wait a while for this tea.....

The Golden Flower of Healing £3.60

A fine blend of lavender, camomile and passion flower, this is good for a variety of ailments, such as sore heads, stomachs, nausea and insomnia. We like to put honey in this one.

Tiff's Ginger Flower of Healing £3.80

An offshoot of Golden Flower ginger is added in order to create a spiciness that compliments the lavender and camomile greatly, first created for our poorly mate Tiff Peaches. We put honey in this as well.

Strudel Tea £3.00

Simple but inspired, this is apple strudel in a cup. You work it out. (contains sugar).

Rusky Citronovy Tchai £3.00

This tea is served in the traditional Russian way, Russian Caravan in a glass flavoured with lemon.

Spice Master's special – Swadikap Soother £3.80

A creation of Spicemaster Tom, this is full bodied, honey sweet with a uniquely rich spiciness combined with the scent of lotus flower. If you have a sore throat, cough or cold this is one of our recommendations

Honey spice tea £3.80

A pleasant beverage which warms the soul and produces a sense of well being. A blend of black tea, milk, honey cinnamon and nutmeg.

Geoff's Chocolate Mint tea £3.80

It's a tea, it's minty, it's chocolaty and it's quite nice actually (invented by 'Psychiatric' tea expert Geoff Widdowson). Made with fresh mint, chocolate tea, honey and milk.

African Goddess £3.60

Of deep, rich and juicy complexity this is surely the beautifying beverage of goddesses, made from North Africa's lemon and South Africa's rooibos and honey.

Armenian Tey £3.40

This is a spicy wintertime tea, which is usually drunk for medicinal purposes. Less complex than Yogi Yogi this tea is brewed from cinnamon and cloves, to which milk is not added. The tea may be sweetened as desired.

Herbal and Fruit Infusions

Mary Poppins Tea £3.40

First concocted by cajovnice Marieke this tea is a blend of dark earthy pu-erh and fluffy raspberry flower with a twist of citrus and a spoon full of sugar to help the medicine (an perplexingly pleasant one) go down.

Dragon's Breath £3.40

An old favourite of feisty cajovnik sax player Nelson, this blend of cavernously matured Pu-Erh and chilli is sure to give you a taste of what it's like to breathe fire, but also to expel all the evil demons of the body.

Mate varieties

Maté Rancho £3.60 free refill

This highly stimulative beverage is made from an alternative plant to tea found in South America where it is extremely popular, especially in Argentina and Brazil. Known as Ché Guevara's favourite drink it was originally a beverage enjoyed primarily by the South American Indians. A strong taste and a energising effect helping the weary gaucho through the sun baked pampas. We serve it in a special maté bowl made from a gourd.

Maté IQ £3.60

Sweet and fruity with all the stimulative goodness of Mate Rancho, Mate IQ has a compelling citric zest that would refresh even the most dried out of brain cells. If you're willing to test your IQ out on the complexities of this Mate's taste then perhaps this is the one for you.

Mate Boom Boom £6.50

Feeling under the weather, exhausted, lacking the will to return to the trials of the real world? Obliterate all this with Mate Boom Boom, an otherworldly concoction of all things invigorating; mate rancho, ginseng, chunmee green tea, mint, brown sugar, and no doubt some kind of mystic incantations – all in one disarming looking tea pot. (Not for the faint hearted!)

These beverages are called teas due to their being brewed similarly, but do not actually derive from the tea plant itself. Herbal teas have been drunk long before the introduction of tea proper into Europe for a range of medicinal purposes, or just because of their taste.

Pepper Mint £2.80

This herb is good for promoting alertness and clarity. Medically it is an anti-spasmodic, carminative, antiemetic, and diaphoretic. It and can be used to alleviate bowel pains, indigestion and wind.

Camomile Flowers £2.80

There are many traditional medicinal uses for camomile, including the treatment of flu and insomnia., as well as creating a general sense of calm and wellbeing.

Pau d'arco £3.60

Also called "TEA OF INCAS" this tea is made from the bark of the Lapacho tree that grows between Argentina and Brazil. It is highly acclaimed for its immune system benefits and apparently fights cancer.

Strawberry and Kiwi fruit £2.80

This is no ordinary fruit tea, not only is this absolutely scrumptious to drink, but also once you've finished you can eat the fruit as it is in fact made of real chunks of fruit.

Turkish Apple £2.70

A wonderfully refreshing, fruity tea, perfect for perking up the metabolism after the occasional inevitable night of debauchery. Turkish apple tobacco is also highly recommended with this. (Contains sugar).

Lavendula £2.80

Made out of natural lavender blossom, this beverage is good for headaches and for sending you into a pleasant slumber.

Nettle Tea £2.80

Nettle tea been used through history as a detoxifier for the blood system, removing unwanted impurities. It also helps with lowering blood sugar and improving digestion and relieving pain.

Organic Rooibos super grade £3.40

This South African speciality is a herbal infusion that was very popular in days of yore amongst the South African Bushmen, and now is very commonly drunk throughout South African society. It is made from the leaves and sprigs of the rooibos bush and has a beautiful smoky richness, floral depth and hempen nose. Truly the taste of Africa.

Rooibos Kalahari £3.40

A taste of bushman paradise, the deep ochre rooibos of South Africa blessed with the citric fruits of paradise, lemon, orange and lemongrass with a touch of marigold and a hint of Scottish thistle. This decaffeinated herbal beverage in as refreshing as it sounds.

Honeybush £3.40

As suggested in its name this roasted variety of the little known South African herb effuses a unique honey-like sweetness, with a pleasant, nigh desertine warmth.

Korean Ginseng Honey and Lemon £3.60

Made from the finest selected Korean Ginseng it is specially prepared to retain the efficacious ingredients of panaxosides. A very healthy drink for both sexes, all ages and all seasons. The health benefits of this tea are truly remarkable. This is the list: treatment for heavy drinking and smoking; nourishing and strengthening the physique; maintaining youth and vitality; reducing fat and cholesterol and maintaining a good figure.

Raspberry Flower £2.80

Old remedy for many things such as nervousness, bowel pains and sore throats.

Organic Apple £2.80

A natural fruity infusion from cubes of dried apple from Asia Minor – a pleasant and refreshing experience. (For an extra 20p you can get fresh zesty ginger added).

Fennel and mint £3.60

When stricken by those times of embarrassment, i.e. flatulence this herbal infusion, especially when blended with mint can reinstate your place in the hub of society. Likewise it helps with your general digestive system and so helps calm your nerves. Superb herb!



Alternatives

Cafétiere Coffee Single estate Guatemalan

**organic fair trade coffee – Small £2.70
Large £3.80**

Hot Chocolate Green&Black's... £2.80

Apple Juice £1.40

Orange Juice £1.40

Ubuntu Cola.....£1.80

Milk £1.40

Hot Milk, Honey and Nutmeg £2.50

Food Menu

All our food is vegetarian, apart from vegan items marked (v). Food containing nuts is marked with an (n). Please refer to the allergy advice sheet before ordering.

Snack size

Olives (v) Served in a delicious marinade. £2.80

Pistachios (v) £2.80

Dolmades (n,v)

Vine Leaves stuffed with rice and herbs, drizzled with olive, and served with salad. £3.50

Houmous (v)

Chickpea dip made with olive oil, sesame, garlic and lemon and served with pitta and salad. £4.50

Baba Ganoush (v)

Egyptian aubergine dip with tahini, lemon and spices served with pitta and salad. £4.50

Cheese and Crackers

A large spread of crackers with pickle and slices of cheddar cheese. £4.50

Soup

Hearty and delicious, varying from the seasonal to the exotic. Ask for today's flavour. £4.50

Sandwiches

choose from these, or ask for a variation:

Healthy Boy Special £3.50 humus, cheese, salad, sweet chilli.

Haywain's Ploughman £3.50 cheese, pickle, salad.

Main Meals

Falafel (v)

A house speciality: deep fried balls of spiced mashed chick peas and herbs served with a choice of humus or baba ganoush, mixed salad and warm pitta pockets. £6.80

Red Dahl (v)

Mixed lentils, curried together with fresh tomato, ginger, chillis and freshly ground spices. Served with plenty of warm pitta bread, and fresh herbs. Yoghurt available on request. £6.50

Middle Eastern Platter of Delights (v)

All your favourites on one plate: houmous, baba ganoush, dolmades, falafel, olives, pitta and mixed salad. Good if you're hungry, perfect to share. £11.50

Chipotle Chilli (v)

An award winning dish, consisting of a smoky coconut chilli with roasted vegetables and a selection of beans. Served in a wrap with salad or with warm pitta. £6.80

This month's special:

Vegetarian Curry

A delicious vegetarian curry featuring seasonal vegetables and aromatic herbs and spices.

Served with warm pitta £6.80

Served with rice £8.80

Side Orders

Bread and butter – £1.00

Houmous – £2.50

Baba Ganoush – £2.50

Salad Bowl – £2.80

Pitta Bread – £1.00

Rice - £2.50

Sweets

Organic Carrot Cake (n)

Delicious slice of cake filled and topped with walnut pieces and cream icing. £2.80

Chocolate Brownie (n)

Delicious homemade chocolate brownie, warmed and served with a chocolate fudge topping. £2.50

Uber Bar (n, v)

Made by our friend Kirsty, a healthy chocolate slice made with organic seeds, nuts, dates and dark chocolate. £2.20

Chocolate flapjack

Moreish cocoa and muscovado squares with thick oat flakes. £2.20

Baklava (n)

Greek pastry made with pistachio nuts and syrup. £2.50

Biscuits (n)

a generous plate of butter cookies. £1.30

Shisha =- Nargile

£9 members, £11 non members + £30 deposit

4 smokers per only Shisha unless more items ordered

One of the most characteristic traditions of the middle-eastern tchai-khana is the smoking of the bubbling waterpipe. Almost inseparably linked to the art of tea drinking (which, if you talk with anyone from those parts, you will find really is taken seriously) is the Shisha. The tobacco smoked is perfumed and steeped in molasses, strawberries, apples and a range of other fruit preserves to produce a truly relaxing, enjoyable experience.

All non-members of the shisha club must sign the register and produce ID. Members must hand in their card which will be returned after usage.

All guests (up to 3 per shisha) must be signed in to the register.

Persons accompanying smokers may be asked for ID

The Tchai-Ovna reserves the right to refuse service.

Nicotine can damage your health

WARNING:: Make sure you have eaten before smoking

Tobacco

We regularly keep the following flavours in stock which are Al Fakher original but we also have others subject to availability, such as a selection of Star Buzz.

Please ask for advice

Thousand mountains greeted my departing friend

When spring tea blossoming again

With in-depth knowledge in picking tea

Through morning mist or crimson evening clouds

His solitary journey is my envy

Rendezvous in a temple of a remote mountain

We enjoyed picnic by a clear pebble fountain

In this silent night

Lit up a candle light

I knocked a marble bell for chime

While deep in thought for old time.

Lu Yu