

TEA  
茶





## 古树滇红茶 Gu Shu Dian Hong Tea

RM150 每盒/ per box  
(供十人/  
Serving for 10 person)

古树滇红茶由百年云南古树茶制成，口感醇厚甘甜，能提神醒脑、助消化、促进心血管健康。它承载着深厚的历史和文化底蕴，象征着智慧与坚韧，每一口都仿佛连接着古老的茶文化与身心健康。

Gu Shu Dian Hong tea, crafted from ancient Yunnan tea trees over a century old, offers a rich, malty flavor while boosting energy, aiding digestion, and promoting heart health. Its deep roots in history symbolise wisdom and resilience, making every sip a connection to tradition and well-being.

## 透天香铁观音 Scent In The Sky Tie Guan Yin RM15 每位/ per person

铁观音茶，也称为观音茶，是一种乌龙茶，具有多种健康益处。它富含抗氧化剂，有助于保护身体免受自由基的损害。经常饮用铁观音茶可以帮助消化、减肥，并增强精神警觉性。此外，它还能减轻压力和焦虑，支持心脏健康，并增强免疫系统。

Tie Guan Yin tea, also known as Iron Goddess tea, is a type of Oolong tea with numerous health benefits. It is rich in antioxidants that protect the body against free radicals. Regular consumption aids digestion promotes weight loss and enhances mental alertness. Additionally, it reduces stress and anxiety, supports heart health and strengthens the immune system.

## 大红袍 Da Hong Pao

RM15 每位/ per person

岩茶，也叫武夷岩茶，是一种乌龙茶。它富含抗氧化剂，有助于抗衰老和增强免疫力。此外，岩茶还可以帮助消化、减肥和降低血脂。其独特风味和香气深受茶爱好者喜爱。

Rock tea, also known as Wuyi rock tea, is a type of Oolong tea. It is rich in antioxidants, which may help combat aging and boost the immune system. Additionally, rock tea aids digestion, supports weight loss and helps lower blood lipid levels. Its unique flavour and aroma are favoured by tea enthusiasts.

## 珍珠香片 Jasmine Pearl

RM12 每位/ per person

珍珠香片是一种绿茶，具有多种健康益处。它富含抗氧化剂，有助于抗衰老和增强免疫力。此外，珍珠香片还可以帮助消化，促进新陈代谢，减轻压力和焦虑。它的清香和独特的口感也使其成为许多茶爱好者的最爱。

Jasmine tea has a huge number of health benefits. It has antioxidant properties that helps boost metabolism and aids in quick weight loss. Jasmine tea also contains catechins which helps to lower bad cholesterol levels, improving cardiovascular functioning and keeping you healthy and strong.

## 龙井 Long Jing Green Tea

RM12 每位/ per person

龙井茶，具有多种健康益处。它富含抗氧化剂，有助于对抗自由基，支持整体健康。饮用龙井茶可以帮助消化，促进新陈代谢，增强心脏健康。此外，它还有镇静作用，有助于减轻压力和焦虑。

Long Jing tea, also known as Dragon Well tea, is a renowned Chinese green tea with numerous health benefits. It is rich in antioxidants, which help combat free radicals and support overall health. Drinking Long Jing tea can aid digestion, boost metabolism and promote heart health. Additionally, it has calming properties that can help reduce stress and anxiety.

罗汉果 Monk Fruit (Luohanguo)

RM12 每位/ per person

罗汉果茶在传统中医中备受推崇，天然甜美且不含咖啡因，富含抗氧化剂，有助于缓解喉咙不适。相传古代僧人在山中发现这种神奇果实，并将其用于养生延年益寿。

Monk fruit tea, cherished in Traditional Chinese Medicine, is naturally sweet and caffeine-free, rich in antioxidants, and helps soothe sore throats. Legend says ancient monks discovered this golden fruit in the mountains, using it to promote longevity and wellness.

普洱 2004 Puer, 2004

RM15 每位/ per person

普洱茶有许多健康益处。它富含抗氧化剂，有助于抗衰老和增强免疫力。此外，普洱茶还可以帮助消化，促进新陈代谢，降低血脂和血糖水平。它的独特发酵过程使其具有独特的风味和健康功效。长期饮用普洱茶还可以帮助减肥和改善肠道健康

Puer tea offers a range of health benefits. It is rich in antioxidants, which help combat aging and support overall health. Drinking Puer tea can aid digestion, promote weight loss and help lower cholesterol levels. Additionally, it has a unique fermentation process that enhances its health properties, making it beneficial for gut health and overall well-being.

鸭屎香乌龙 Ya Shi Xiang

RM15 每位/ per person

潮州佛手 Teochew Buddha Hand

RM15 每位/ per person

乌龙茶有许多健康益处。它富含抗氧化剂，有助于对抗自由基，支持整体健康。经常饮用乌龙茶可以帮助消化，促进减肥，并增强精神警觉性。此外，乌龙茶还可以帮助降低血脂和血糖水平，支持心脏健康，并增强免疫系统。

Oolong tea has numerous health benefits. It is rich in antioxidants, which help combat free radicals and support overall health. Regular consumption of Oolong tea can aid digestion, promote weight loss and enhance mental alertness. Additionally, it can help reduce stress and anxiety, support heart health and strengthen the immune system alertness.

胎菊 Chrysanthemum Buds

RM10 每位/ per person

海上红花 Flower Basket

RM26 每位/ per person

一线天 Even Better

RM26 每位/ per person

花茶，也称为花草茶，具有多种健康益处。它富含抗氧化剂，有助于抗衰老和增强免疫力。此外，花茶还可以帮助消化，促进新陈代谢，减轻压力和焦虑。不同的花茶有不同的功效，例如菊花茶有助于清热解毒和保护眼睛。

Flower tea, also known as floral tea, offers a variety of health benefits. It is rich in antioxidants, which help combat aging and boost the immune system. Drinking flower tea can aid digestion, promote relaxation, and reduce stress and anxiety. Different types of flower tea have unique benefits; for example chrysanthemum tea can help detoxify and protect your eyes.



