

## LILY'S TEA CULTURE - THE ALL-FLAVOURS METHOD

Whole tea leaves are infused in a tea pot with water heated to 85° Celsius and allowed to remain in it. The taste and effect change gradually. In this way, all the positive qualities of the tea are used in an optimal way - until the bitter end.

A new sensory perception opens up with each new cup of tea. Depending on how you feel, the whole spectrum of aromas can be experienced in a new and pleasant way. The spirits of life, liver and digestion are stimulated with the very last sip.

Our tea culture starts with fair cultivation in Nepal. We take it from there straight to the centre of our way of life and then perhaps learn more about taste, colour, time and ourselves.

SIP AND LISTEN is our playlist with selected songs for each kind of tea. We are convinced that the real listening experience can definitely add an extra sense to the pleasure of drinking. Scan the QR code and start listening.



## WHOLE LEAF NEPALI TEAS

**WHITE TEA** 6dl

First flush, dried, refreshing

**AMONG ANGELS** 8.50

Plucked in April 2023, Phidim, Nepal

Sip and listen to ...

«Kate Bush - Among Angels»

**GREEN TEA** 6dl

Young leaves, heated, stimulating

**THE LARK ASCENDING** 8.50

Plucked in March 2023, Jasbire, Nepal

Sip and listen to ...

«Ralph Vaughan Williams - The Lark Ascending»

**MORNING SUN** 8.00

Plucked and rolled in April 2023, Phidim, Nepal

Sip and listen to ...

«Sault - Morning Sun»

**OOLONG TEA** 6dl

Leaves, partially oxidized, balancing

**YOU WANT IT DARKER** 8.00

First flush from March 2023, Jasbire, Nepal

Sip and listen to ...

«Leonard Cohen - You Want It Darker»

## WHOLE LEAF NEPALI TEAS

**BLACK TEA** 6dl  
Leaves, oxidized, invigorating

**FOLLOW THE SUN** 8.00  
Plucked in April 2023, Phidim, Nepal

Sip and listen to ...  
«Xavier Rudd - Follow The Sun»

**BLENDS WITH TEA LEAVES** 6dl

**SO DAMN HAPPY** 8.50  
Green tea with jasmine blossoms  
and orange peel

Sip and listen to ...  
«Aretha Franklin - So Damn Happy»

**TEARDROP** 8.00  
Light black tea with bergamot orange,  
orange peel and Madagascar vanilla

Sip and listen to ...  
«Massive Attack - Teardrop»

## HOT INFUSIONS

**EVERGREENS** 6dl

**HOT LEMON GINGER** 8.50

**FRESH MINT** 8.50

## HOT INFUSIONS

Blossoms, leaves, berries, spices or herbs are infused with hot water and unfold into a gentle, sometimes spectacular drink stimulating body and mind alike.

<b>4 ELEMENTS</b>	6dl
<b>AIR - BLOSSOMS</b> Elderflower, linden, marigold and cornflower blossoms, scarlet bee balm, inspiring	8.00
<b>FIRE - SEEDS</b> Juniper berries, fennel, aniseed, dried apple pieces, seeds of stinging nettle, fenugreek, warming	8.00
<b>WATER - LEAVES</b> Bamboo leaves, lemon balm, ginkgo leaves, spruce needles, embracing	8.00
<b>EARTH - ROOTS</b> Devil's claw, angelica and dandelion roots, stabilising	8.00
<b>HERBS, SPICES AND BLOSSOMS</b>	6dl
<b>SAKURA BLISS</b> Leaves of wild Japanese cherry trees, partially fermented	8.50
<b>KATHMANDU COSMOS</b> Indian bay leaves, cloves, nutmeg, green cardamom, lemon grass, black pepper, orange peel, mint, coriander seeds	8.00
<b>HYPERICUM SUNSHINE</b> Orange blossoms, St. John's wort, passionflower leaves, elderflower, marigold and cornflower blossoms	8.50

all prices in Swiss francs, VAT included