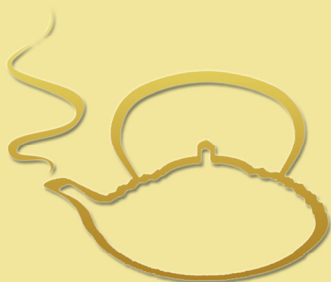




**VICTORIA'S**  
*Restaurant ~ Pitlochry*

## *Speciality Teas*



*“Strange how a  
teapot can represent  
at the same time, the  
comforts of solitude  
and the pleasures of  
company...”*



exclusive to  
Victoria's

## **The Story of Tea**

Tea emerges from legend over 5000 years ago when it was 'discovered' by the Chinese emperor Shen Nong. While boiling his drinking water, dried leaves from a nearby bush fell into the water and the result - tea!

As trade routes were opened, tea quickly gained popularity in the West. Today, it is ranked second only to water as the world's most consumed beverage.

## **Health Benefits of Tea**

- ~ Guards against free radical damage
- ~ Enhances the function of the immune system
- ~ Controls blood pressure levels
- ~ Keeps blood sugar at moderate levels
- ~ Fights food-borne bacteria, like salmonella and ecoli
- ~ Fights viruses
- ~ Fights bacteria in the mouth that cause cavities and bad breath
- ~ Slows the ageing process
- ~ Maintains the body's fluid balance
- ~ Reduces stress

## **Red Ginger**

*Rooibos, Lemon & Ginger*

## **Japan Sencha**

*Green Tea*

## **Latin Power**

*Rooibos-Mate, Mango & Plum*

## **African Night**

*Green Rooibos, Vanilla & Caramel*

## **Green Forest**

*Green Tea, Lemon & Orange*

## **Tropical Season**

*Rooibos - Honeybush, Pineapple & Banana*

## **Camomile**

*With Orange & Honey*

## **Botanic Garden**

*Green Tea, Raspberry & Citrus*

## **Wild Amazon**

*Rooibos - Green Tea, Toffee & Vanilla*

## **Lemon Grass**

## **Green Nana**

*Mint & Herb*

## **Blue Moon**

*Black Tea, Earl Grey*

## **Our Flavours**

*£3.05 per pot,  
per person*