

Pu-erh

Pu-erh is aged in caves or climate-controlled rooms for anywhere from a few months to decades. Moisture is introduced to the finished leaf tea to encourage bacterial growth. Aging produces an earthy taste. Pu-erh is an excellent digestive aid.

FU MAN CHU #39

Heaven and Earth meet in this unique blend. Sweet Jasmine Oolong enlivens our earthy Pu-erh for a truly unique blend.

PU-ERH #40

Sheng Pu-erh with golden tips, the most delicate early buds, is carefully composted in climate-controlled rooms to encourage helpful bacterial growth. Commonly used for digestion, Pu-erh is also cherished for its deep earthy tones.

Good—and Good for You

Tea is relaxing and comforting—and not just because it provides for a moment of calm reflection. Theanine, an amino acid found uniquely in the tea plant, is a powerful psychoactive that increases feelings of relaxation without causing drowsiness. Combined with caffeine, it increases alertness and attention even more than caffeine alone.

Tea also contains high levels of antioxidants. Green tea has the strongest reputation for these healthful flavonoids, but black tea has them too—just a different kind. These flavonoids provide anti-inflammatory properties. That's why researchers are investigating tea's potentially protective effect against a wide range of chronic, age-related diseases. Regular tea drinking also boosts immunity against viruses, as well as improves cardiovascular health and cancer prevention. There is much more to learn, but experts agree that a daily cup of tea is a healthy habit.

Pu-erh is the only tea that is fermented, rather than oxidized. Thanks to this unique process, pu-erh contains healthy probiotics. Studies have found a correlation with pu-erh consumption with improved blood sugar control. Pu-erh has been used traditionally for weight loss and to ease digestion.



WINDSOR ARMS

Afternoon Tea

*An Iconic Experience at Toronto's
Heritage Hotel*

◆
Afternoon Tea

Served daily in our beautiful Tea Rooms

◆
*Tea Rooms Available for Private Occasions
Custom Event Design
Tea Service Available Off Premises
& in the Windsor Arms Spa*

◆
Windsor Arms Hotel
18 St. Thomas Street | Toronto, Ontario

Afternoon Tea

\$85/Person*

Selected Loose-Leaf Teas

Enjoy Our In-House Created Culinary Creations

Freshly Baked Plain and Blueberry Scone with Lemon Glaze
House-Made Seasonal Preserves and Clotted Cream

Savouries

Quiche with Broccoli and Cheddar Cheese

Classic Cucumber Sandwich with Herb Cream Cheese

Salmon Blinis, with Crème Fraîche and Black Herring Caviar

Chicken Coleslaw Croissant with Arugula

Halal Sliced Roast Beef & Brie Sandwich with Red Onion Jam

Egg Salad Pinwheel Sandwich

Sweets

Petit Fours Assortment

*Enjoy \$15 off Monday-Thursday

*Prices Exclude Tax & Gratuity

*Holidays subject to price change

Oolong

Great craftsmanship is required to produce Oolong. Ranging from light to dark, these semi-oxidized teas are tossed in baskets, then roasted to achieve the perfect flavour and aroma for each particular style.

MAGNOLIA OOLONG #33

Magnolia adds smooth nutty undertones as well as juicy melon and honeysuckle in this greenish oolong.

MILK OOLONG #34

Highly prized, hand-rolled Taiwanese mountain Oolong. The Jin Xuan cultivar provides a highly aromatic brew with a smooth, milky taste and creamy texture.

IRON GODDESS #35

Also known as Ti Kuan Yin, named for Tieguan Yin, the Iron Bodhisattva of Compassion. Delicate floral character. Sweet with a buttery, velvety texture.

White Tea

The finest, youngest shoots are hand picked in early spring, then left to dry in the sun or baked at very low temperatures. The simple process preserves the delicate flavour of the tender buds.

WHITE PEONY #36

Buttery, with the scent and mouthfeel of waxy pine nuts and a peppery finish. Also known as Pai Mu Tan, this is a delicate tea, producing a pale yellow cup.

SNOW WHITE #37

Apple and mango pair beautifully in this white tea scented with rosehip. Floral, fruity, understated.

BLUEBERRY WHITE #38

Fruit forward and bright blue, sweet and tart. The gentle White Tea is the perfect host for flavorful blueberry.

Earl Grey: A Brief History

Bergamot, a bitter Italian citrus fruit, is added to black tea to create classic Earl Grey. Popular since the 1800s, Earl Grey is named for Charles Grey, the second Earl of Grey and Prime Minister of England. Bergamot was a fashionable citrus in the 1800s, new and exotic to the British. It may have been used to counteract the taste of limestone in the water of the Earl's home, Howick Hall, the family seat in Northumberland.

OUR EARL GREY COLLECTION

The Windsor Arms Earl Grey Collection offers five distinct interpretations of this beloved tea, both traditional and modern.

CLASSIC EARL GREY #27

Vibrant bergamot enlivens this high-elevation, Ceylon Flowery Orange Pekoe. Pairs perfectly with sandwiches and sweets.

EARL GREY WITH ROSES #28

Bergamot enhanced with the gentle scent of rose petals. An elegant twist on a classic scented tea.

EARL GREY WITH BLUE FLOWERS #29

A delicate touch of lavender adds a beautiful undertone to this elegant bergamot-scented Indian Black Tea.

YUZU GREY #30

Yuzu adds a vibrant, complex aspect to this Earl Grey, hinting at grapefruit, mandarin orange, orange flower and lime. Masterful balance with bergamot, yuzu and orange zest in this medium-bodied, brisk tea.

EARL'S GOLD #31

Golden, tippy teas from Assam and Yunnan. The Assam provides a deep, malty base. Keemun adds sweetness and smokiness. Malt and honey are perfectly tempered by bergamot.

CREAM OF EARL GREY #32

Full-leaf Orange Pekoe from Sri Lanka is hand blended with vanilla and oil of bergamot to create a creamy, citrusy delight. Delightful with milk and sugar or unadorned.

Tea Time Cocktails & Sparkling

WE INVITE YOU TO INDULGE IN THIS MOST INGENIOUS OF PAIRINGS

-CHAMPAGNE & SPARKLING-

WINDSOR ARMS SPARKLING \$14/ glass
PROSECCO \$18/ glass

SPARKLING APPLE MUST or CRANBERRY APPLE MUST \$11/ glass

VEUVE CLICQUOT, BRUT	375ml bottle \$135 750ml bottle \$230 750ml bottle \$725	MÖET & CHANDON, BRUT	200ml bottle \$75 375ml bottle \$130 750ml bottle \$220
VEUVE CLICQUOT, ROSE		MÖET & CHANDON, ROSE	750ml bottle \$250
LOUIS ROEDERER, CRISTAL, 1990			
LOUIS ROEDERER, CRISTAL, ROSE, 1995			

-TEA TIME COCKTAIL CLASSICS-

MIMOSA - \$15	EARL GREY 75 - \$21	HUMMINGBIRD - \$21
Sparkling Wine & Choice of Juice Orange, Grapefruit, Cranberry	Windsor Arms Signature Earl Grey-with Roses infused Tanqueray Gin, Sugar, Sparkling Wine	Empress Gin · Lillet Blanc · Pear Nectar · Apple Must
THE WINDSOR KIR ROYAL - \$18	EARL GREY OLD FASHIONED - \$21	
Sparkling Wine, Crème de Cassis	Windsor Arms Signature Earl Grey- Infused Simple Syrup, Bourbon, Bitters	

-SEASONAL COCKTAILS-

PINK APRICOT SOUR - \$22	WINDSOR SPICE NEGRONI- \$23	THE BLUSHING MULE- \$21
Whiskey · Lemon · Egg White · Apricot Syrup · Hibiscus	Gin · Campari · Mulled Wine	Vodka · Cranberry Syrup · Lime · Hibiscus · Ginger Beer
	CORAZÓN - \$23	
	Tequila · Triple Sec · Hibiscus · Lime · Simple Syrup	

WINDSOR ARMS MULLED WINE 9OZ- \$26

-NON-ALCOHOLIC - COCKTAILS

PINK FIZZ - \$13	GOLDEN GREY SPARKLER- \$13
Pear Nectar · Grapefruit · Egg White · Lime Grenadine · Black Walnut Bitters · Soda	Pineapple Juice · Earl Grey Syrup · Cinnamon · Edible Gold Glitter · Club Soda

Black Tea

Freshly plucked whole leaf is gently heated then rolled to distribute the essential oils and enzymes within the leaf to its surface. When these enzymes are allowed prolonged contact with the air, the tea darkens through oxidization.

Black tea is fully oxidized to develop a bold taste with deep amber liquor.

WINDSOR ARMS BREAKFAST TEA #10

Classic Assam from the renowned Banaspathy Estate in Northeast India. Robust and malty.

DARJEELING #11

Known as the Champagne of Teas, this first flush semi-oxidized tea is grown high in the foothills of the Himalayas on the famous Bio-Dynamic Makaibari estate.

Pronounced green notes, definitive muscatel, brisk finish.

KEEMUN #12

Known as the Burgundy of Teas, Keemun originates from Anhui province of China.

Slightly smoky, dark and full-bodied with subtle notes of unsweetened cacao.

BLACK CURRANT #13

Earthy and sharp at once. Purple berry notes provide the sweet and tart, the black tea brings a malty, tannic base. Classic accompaniment to afternoon tea.

TIBETAN TIGER #14

Sweet, smooth, and densely aromatic. Foretaste of vanilla, long chocolate finish.

CHAI ARMS #15

Rich and generous, award-winning Masal Chai. Warming ginger and black pepper dominate. Perfect with milk and just a hint of sugar.

LEMON TEA #16

Lemon peel and lemon myrtle add intensity and complexity. End notes focus on rich black tea.

LAPSANG SOUCHONG #17

Robust and resinous, smoke-dried tea is scented with smouldering pine wood.

Green Tea

Green Tea is steamed, pan-fried or baked immediately after picking to remove enough moisture to prevent oxidization. The method of drying will greatly influence the taste of the tea, from grassy to peachy to smoky, as will the choice of cultivar of the tea leaf.

JASMINE GREEN #18

Smooth, floral character upheld by crispy grassy notes. Spring's first leaves are layered up to six times with jasmine blossoms up to six times.

GREEN ENVY #19

Sharp yet sweet, passion fruit brightens this organic Chinese Green Tea. Hints of mango and pineapple.

GEN MAI CHA #20

Toasty, nutty, sesame and soy notes. Hints of nori in this brothy Japanese puffed rice-tea blend.

Tisane

Tisanes are naturally caffeine-free infusions comprised of herbs, fruits, florals or spices.

CITRALICIOUS #21

Subtle lemon notes balance perfectly with mint. Soothing yet refreshing.

TWILIGHT #22

Whole organic Egyptian flowers. Calming and comforting.

A FRUIT MEDLEY #23

Calls to mind fruit punch at childhood birthday parties. Apple, apricot, and orange blended seamlessly with a hint of hibiscus.

ONCE UPON A TEA #24

Chocolate mint in a silky Rooibos base. As good for you as it is delicious.

ROOIBOS #25

Only grown in South Africa, this naturally caffeine-free herbal tea offers a sweet honey aroma bolstered by warm, woody, tobacco notes. A potent source of anti-inflammatory polyphenols. Commonly used to soothe digestion.

PEPPERMINT WILLAMETTE #26

Native to the American Northwest, this mountain grown peppermint imparts superior freshness and vibrancy. Used as a digestive aid, peppermint has anti-inflammatory properties.