

## 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 Menu

## Selected Loose-Leaf Teas

### Enjoy Our In-House Created Culinary Creations

Freshly Baked Plain and Cranberry Scones  
House-Made Seasonal Preserves and Clotted Cream

#### Savouries

Caramelized Onion, Spinach and Goat cheese Mini Quiche

Organic Egg Salad Croissant, Mayonnaise, Spring Onion, Watercress

Roast Beef Roasted Garlic Tea Sandwich, Watercress, Horseradish Cream

Smoked Turkey and Stracciatella Cheese Tea Sandwich with Basil Pesto

Cucumber Open Sandwich with Dill Cream Cheese

Pumpnickel Smoked Salmon Canapé with Cream Cheese, and Dill

#### Sweets

Petit Fours Assortment

#### Service Daily

Monday to Thursday

\$65/Person

Friday to Sunday

\$85/person

2 hour seating

Prices Exclude Tax & Gratuity

#### Seating Times

12- 3.30 PM

12:00 PM | 12:30 PM | 2:30 PM | 3:00 PM

5:00 PM | 5.30PM

\*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 Tieguanyin, 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  
BELLINO PROSECCO \$16/ 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		MOËT & CHANDON, ROSE	750ml bottle \$250
LOUIS ROEDERER, CRISTAL, 1990			750ml bottle \$725
LOUIS ROEDERER, CRISTAL, ROSE, 1995			750ml bottle \$1,250

### -TEA TIME COCKTAIL CLASSICS-

MIMOSA - \$15 Sparkling Wine & Choice of Juice Orange, Grapefruit, Cranberry	EARL GREY 75 - \$21 Windsor Arms Signature Earl Grey-with Roses infused Tanqueray Gin, Sugar, Sparkling Wine	MINT BRAMBLE- \$23 White Rum, Homemade Blueberry Simple Syrup, Lime Juice, Mint
THE WINDSOR KIR ROYAL - \$18 Sparkling Wine, Crème de Cassis		EARL GREY OLD FASHIONED - \$21 Windsor Arms Signature Earl Grey- Infused Simple Syrup, Bourbon, Bitters

### -SEASONAL COCKTAILS-

EARL GREY W ROSES MARTEANI - \$23 Windsor Arms Signature Earl Grey with Roses infused Gin, Lemon, Sugar, Egg Whites	RED RUBY - \$23 Vodka, Aperol, St-Germain, Grapefruit Juice, Fresh Lemon Juice. Egg White	NEON BLOSSOM - \$21 Vodka, Gin, White Rum, Tequila, Midori Melon Liqueur, Lime Juice, Sprite
	GARDEN SPRITZ - \$24 Hendrick's Gin, Lime Juice, St-Germain, Cucumber, Club Soda	PATRÓN ESPRESSO MARTINI - \$26 Patrón XO Café, Patrón Silver Tequila, Brewed Espresso, Sugar



### -NON-ALCOHOLIC - COCKTAILS

SPARKLING BLUEBERRY- \$11 Homemade Blueberry Syrup, Lemon, Black Walnut Bitters, Soda	HIBISCUS ST THOMAS SPRITZ- \$11 Apple Must, Hibiscus, Lime, Ginger Ale
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## 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.