



LILY'S  
TEA CULTURE

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

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.

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.

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

First flush, dried, refreshing

<b>WHITE CAMELLIA SINENSIS</b>	<b>6dl</b>	<b>8.50</b>
Plucked in June 2024, Kanchanjangha Tea Estate, Phidim, Nepal		

### GREEN TEA

Young leaves, heated, stimulating

<b>LIGHT GREEN CAMELLIA SINENSIS</b>	<b>6dl</b>	<b>8.50</b>
Plucked in August 2024, Jasbire Tea Village, Maipokhari, Nepal		

<b>STRONG GREEN CAMELLIA SINENSIS</b>	<b>6dl</b>	<b>8.00</b>
Plucked and rolled in July 2024, Kanchanjangha Tea Estate, Phidim, Nepal		

### OO LONG TEA

Leaves, partially oxidized, balancing

<b>TRANSFERMENTED CAMELLIA SINENSIS</b>	<b>6dl</b>	<b>8.00</b>
First flush from April 2024, Kanchanjangha Tea Estate, Phidim, Nepal		

### BLACK TEA

Leaves, oxidized, invigorating

<b>BLACK CAMELLIA SINENSIS</b>	<b>6dl</b>	<b>8.00</b>
Monsoon flush from July 2024, Bhakanje Tea Estate, Solukhumbu, Nepal		

## BLEND WITH NEPALI LEAVES

**SO DAMN HAPPY** 6dl 8.50  
Green tea with jasmine blossoms  
and orange peel

**TEARDROP** 6dl 8.00  
Light black tea with bergamot orange,  
orange peel and Madagascar vanilla

## HOT BOTANICALS

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

**KATHMANDU COSMOS** 6dl 8.00  
Indian bay leaves, cloves, nutmeg, green cardamom,  
lemon grass, black pepper, orange peel, mint,  
coriander seeds

**HYPERICUM SUNSHINE** 6dl 8.50  
Orange blossoms, St. John's wort, passionflower leaves,  
elderflower, marigold and cornflower blossoms

## 4 ELEMENTS

<b>AIR - BLOSSOMS</b> Elderflower, linden, marigold and cornflower blossoms, scarlet bee balm, inspiring	6dl	8.00
<b>FIRE - SEEDS</b> Juniper berries, fennel, aniseed, dried apple pieces, seeds of stinging nettle, fenugreek, warming	6dl	8.00
<b>WATER - LEAVES</b> Bamboo leaves, lemon balm, ginkgo leaves, spruce needles, embracing	6dl	8.00
<b>EARTH - ROOTS</b> Devil's claw, angelica and dandelion roots, stabilising	6dl	8.00

## MYCOLOGICALS

We invite you on an exciting journey of discovery in mycologicals. We take an in-depth look at the potential of mushrooms. In doing so, we learn more about existing and new aspects of the sensory effects and provoke new flavour experiences by emancipating ourselves from standardised values.

<b>FIFTH ELEMENT - MUSHROOMS</b> Lion's mane by MANUfaktor from Zurich	6dl	8.00
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all prices in Swiss francs, VAT included