

Tranquil TEA Lounge™

Early Bird

Served from 9am-11am Monday – Saturday

Breakfast Omelette Sandwich 8.
Tomato, basil, ham, red onion omelette, cheddar cheese, sun dried tomato pesto on rosemary garlic bread

Raspberry Vanilla Oatmeal 5.
Hearty oats with raspberries, vanilla and brown sugar topped with almonds

Fresh Fruit Parfait 5.
Low fat vanilla yogurt, granola and fresh seasonal fruit

Betty's Homemade Scones 3.
Choose from: White Chocolate Lavender, Passion Fruit Peach or Chocolate Chip Peanut Butter Banana

Tranquil Tea Morning Special

Served from 9am-11am Monday – Saturday

Choose Any Scone and Tea (Hot or Iced) 5.

Small Plates

Soup of the day 5.

Edamame 5.
Fresh soy beans topped with Rooibos and Hawaiian sea salt

Hawaiian Poke Salad 10.
Fresh sushi grade ahi, avocado, green onion, cilantro, chili oil, black sesame seeds and wonton crisps

Island Ceviche 10.
Fresh sushi grade ahi, marinated in citrus juice, tomato, green onions, avocado, cilantro and chips

Luau Tofu Lettuce Wraps 8.
Marinated tofu, red onions, tomato, carrots, ginger, garlic, basil, mint, sesame seeds and lime served with lapsang souchong fused peanut sauce, sweet chili sauce and crisp lettuce

Pacific Spring Rolls 5.
Vietnamese style with vermicelli noodles, fresh shrimp, carrots, cilantro, mint leaves served with lapsang souchong fused peanut sauce and sweet chili sauce

Smoky Sun Dried Tomato Hummus 6.
Sun dried tomato hummus served with toasted pita bread (Extra pita bread add 1.)

Sandwiches & Quiche

All grilled sandwiches and quiche are served with fresh organic greens.

Spinach, Tomato and Feta Quiche 9.

Prosciutto 9.
Prosciutto, fresh mozzarella, arugula and sun dried tomato pesto on kalamata olive bread

Roast Beef 9.
Roast beef, Swiss cheese, lettuce, tomato, red onions and jalapeño cream cheese spread on kalamata olive bread

Turkey 9.
Turkey, fontina cheese, arugula, red onions and sun dried tomato pesto on rosemary garlic bread

Veggie 9.
Tomato, basil, mixed greens, avocado, hummus spread on rosemary garlic bread

Margherita 8.
Fresh mozzarella, tomato and basil on rosemary garlic bread

Three Cheese 8.
Melted fontina, cheddar and Swiss cheese on rosemary garlic bread

Egg Salad 8.
Homemade egg salad, organic greens, tomato on squaw bread

BLT 8.
Bacon, lettuce, tomato, mayo on squaw bread

Tranquil Tea Trio

Half Sandwich

with

Choice of mixed greens,
caesar salad or soup

(Salad Upgrade add 3.)

Plus Your Choice of Tea

Iced or Hot

(Premium Teas add 1.)

10.

Greens

- Mixed Greens** 8.
Organic mixed greens, arugula, feta cheese, white tea vinaigrette
- Caesar** 8.
Fresh romaine lettuce, parmesan cheese, homemade croutons, caesar dressing
- Bartlett Pear** 9.
Organic greens, Bartlett Pear, gorgonzola pieces, candied pecans, white tea vinaigrette
- Cobb** 9.
Organic greens, turkey, Canadian ham, avocado, artichoke hearts, egg, gorgonzola pieces, tomato, white tea vinaigrette
- Mixed Berry** 10.
Organic greens, feta cheese, strawberries, blackberries, candied pecans, white tea vinaigrette
- Mediterranean** 9.
Organic greens, feta cheese, kalamata olives, tomato, banana peppers, salami, white tea vinaigrette

For the little ones

Available for children 10 and under

- Grilled Cheese** 6.
Melted cheddar on squaw bread served with mixed fruit
- Peanut Butter and Jelly** 6.
Creamy peanut butter and raspberry jelly on squaw bread served with mixed fruit
- Turkey** 6.
Turkey, lettuce, tomato, mustard, mayo served on squaw bread served with mixed fruit

Tea Smoothies

- Matcha** 5.
Sweetened Matcha blended with soy milk
- Banana Matcha** 5.
Sweetened Matcha blended with fresh bananas and soy milk
- Berry Matcha** 5.
Sweetened Matcha blended with blueberries, raspberries, strawberries and soy milk
- Chocolate Peanut Butter Matcha** 5.
Sweetened Matcha blended with chocolate syrup, peanut butter and soy milk

Tranquil Tea Floats

Our modern twist to the traditional Root Beer Float.

- Matcha Float** 5.5
Chilled matcha green tea served with vanilla ice cream.
- Root Beer Rooibos Float** 5.5
Chilled caffeine free Root Beer Rooibos served with vanilla ice cream.

Sweets

- Betty's Homemade Scones** 3.
Choose from: White Chocolate Lavender, Passion Fruit Peach or Chocolate Chip Peanut Butter Banana
- Blueberry Tea Cake (Gluten Free)** 6.
Moist almond cake with organic whole blueberries served with vanilla ice cream.
- Chocolate Lava Cake (Gluten Free)** 6.
Dense dark chocolate cake served warm with chocolate ganache and vanilla ice cream.
- Sea Salt Caramel Lava Cake (Gluten Free)** 6.
Dense dark chocolate cake served warm with chocolate ganache and vanilla ice cream.
- Handmade French Macarons** 4.5
A trio of the colorful traditional French confectionary. Meringue cookies put together with an assorted pastry filling.
- Mochi** 3.
A pair of small balls of ice cream wrapped in Japanese rice cake. Choose any two flavors: Strawberry, Vanilla, Chocolate, Green Tea, Mango

Thirst Quenchers

- Matcha Coconut Cooler** 5.5
Matcha green tea mixed with sweet coconut milk
- Tranquil Thai Tea** 4.
A healthier alternative to the traditional Thai iced tea. Sweetened black tea, star anise, vanilla flavor and soy milk.
- Waiialua Soda** 3.
Choose from: Root Beer, Pineapple, Mango, Lilikoi (Passion Fruit)
- Fresh Ginger Ale** 3.
Choose from: Jasmine Tea, Pomegranite with Hibiscus, Passion Fruit with Turmeric

All Teas Served Iced or Hot
 Add Lemonade .25
 Tea Flight (One Steep) | Choose Any 3 Hot Teas 11.

Black Tea

Good for the heart and gentle stimulant.
 Helps to lower cholesterol and prevent tooth decay.

- Assam** 4.
 Grown in the tropical climate of northeast India on the Halmari Estate, this robust Assam is distinct with lots of golden tips and steeps a malty, sweet and rich cup.
- Ceylon** 4.
 Grown on the Kenilworth Estate in Sri Lanka's Kandy District, this long leaf orange pekoe tea is highly aromatic, flavorful and golden in color.
- Darjeeling** 5.*
 Grown on the southern slopes of the Himalaya mountains in India at an altitude of over 8,000 feet, this First Flush Darjeeling is grown on the Glenburn Estate. Its liquor is light and bright with undertones of citrus flowers and peach.
- English Breakfast** 4.
 This classic blend of organic black tea steeps a red-gold cup with a smooth, hearty flavor. May be enjoyed plain or with a drop of milk.
- Lapsang Souchong** 4.
 A classic Chinese tea, after fermentation these leaves are put on hot iron pans and roasted for a short time and then smoked over pine woods giving it a smoky and spicy flavor.
- Lychee** 4.
 One of the most popular Chinese teas, this tea is sprayed with freshly squeezed juice of ripe lychees after fermentation and then blended and dried. The fine leaf develops a fruity, sweet taste, with a mild note of smoky Keemun.
- Yunnan** 5.*
 Grown in altitudes of 4,000 to 6,500 feet in the Yunnan region of China, the leaves have large golden tips giving it a full, sweet, spicy taste and malty aftertaste.

*Premium Tea

All Teas Served Iced or Hot
 Add Lemonade .25
 Tea Flight (One Steep) | Choose Any Three Hot Teas 11.

Black Tea Blends

Good for the heart and gentle stimulant.
 Helps to lower cholesterol and prevent tooth decay.

- Bora Bora** 4.
 Tropical Black Tea combined with Peach, Mango, Apple, Orange and Guava.
- Boracay** 5.*
 Fair Trade, Organic Black Tea, Coconut, Mango
- Caribbean Earl** 4.
 Classic Earl Grey Black Tea with a Hawaiian Twist, Bergamot, Safflowers, Coconut, Pineapple
- Chapman Chai** 5.*
 Organic, Fair Trade Indian Black Tea, Cardamom, Cinnamon, Clove, Ginger, Pepper
- Earl Grey** 4.
 Whole Leaf Black Tea and Bergamot
- Earl Grey de la Crème** 5.*
 Organic Black Tea, Vanilla Flavoring, Cornflower Petals
- Emperor's Jewel** 4.
 Black Tea, Green Tea, Peach Flavor, Rose and Sunflower Blossoms
- Mayan Chocolate Chai** 5*
 Fair Trade Black Tea, Masala Chai, Vanilla, Mint, Chocolate Bits
- Road to Hana** 5.*
 Fair Trade, Organic Black Tea, Organic Rooibos, Coconut, Chocolate Bits, Vanilla
- Sea Salt Chocolate Caramel** 4.
 Black Tea, Chocolate, Caramel, Butterscotch, Coconut, Chocolate Bits, Vanilla
- Secret Garden** 4.
 Whole Leaf Black Tea, Caramel Bits and Lavender
- Sinful Cinnamon** 4.
 Black Tea, Vanilla, Cinnamon, Sparkling Sugar, Gold and Silver Ball Candies
- S'mores** 4.
 Black Tea, Marshmallow, Chocolate Bits, Graham Cracker Crumbs
- Wild Berry** 5.*
 Fair Trade, Organic Black Tea, Hibiscus, Strawberries, Blueberries, Raspberries

All Teas Served Iced or Hot
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 Tea Flight (One Steep) | Choose Any 3 Hot Teas 11.

Green Tea

May help lower cholesterol, regulate blood sugar level,
 good for digestion, prevent cavities and aging

- Dragonwell** 5.*
 Glossy flat leaves also known as Lung Ching from China. The liquor is an attractive greenish-yellow, the flavor is sweet, with a finish reminiscent of lightly roasted chestnuts.
- Genmaicha** 4.
 Attractive Japanese blend of roasted, popped brown rice and lively green bancha leaf exhibits a clear, bright green liquor and a perfect balance of sweet cereal flavors.
- Gunpowder** 4.
 Organic Chinese Green Tea. Also known as "zucha" or "pearl tea", this tea is dried in rolling drums giving it its spherical form. Produces a full-bodied cup with a hint of smokiness.
- Jasmine Dragon Phoenix Pearls** 5.*
 This green tea from China is one of the prettiest treasures from the world of tea. The finest and youngest leaves of the best green tea qualities are mixed with fresh jasmine blossoms, then sieved and rolled by hand into pearls.
- Matcha Genmaicha** 5.*
 Japanese Green Tea with a balanced combination of sencha, mild matcha and roasted rice. Slightly sweet with hints of caramel.
- Sencha** 4.
 Organic Green Tea from Japan with a bright green liquor this tea is carefully processed and slightly steamed before rolling and drying. The taste is slightly sweet with a dominant note in the aftertaste.
- Strawberry Genmaicha** 5.*
 Japanese Genmaicha, Sencha, Strawberries

Ceremonial Grade Japanese Matcha

Served with a Handmade French Macaron

The tea of teas. This fine green powder is used for the traditional preparation of the Japanese Tea Ceremony. Since Matcha can be bitter, it is traditionally accompanied with something sweet. Whisked and served frothy in a Matcha bowl. One bowl of Matcha is equivalent to drinking ten cups of green tea.

6.5

*Premium Tea

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 Tea Flight (One Steep) | Choose Any Three Hot Teas 11.

Green Tea Blends

May help lower cholesterol, regulate blood sugar level,
 good for digestion, prevent cavities and aging

- Asian Pear** 5.*
 Sencha, Lung Ching, Green Yunnan, Pai Mu Tan, Pear Flavor, Mango Cubes, Pineapple Flakes, Rosebuds
- Berrylicious** 4.
 Green Tea, Gojiberries, Lemongrass, Pomegranate, Cornflower
- Figs 'n Berries** 4.
 Green Tea, Figs, Blackberries, Raspberries, Strawberries
- Fijian Sunset** 4.
 Organic Green Tea, Papaya and Wild Pineapple
- Geisha's Kiss** 5.*
 Green Tea, Lychee, Strawberry Pieces, Jasmine, Rose Petals
- Haiku** 5.*
 Sencha, Lung Ching, Green Yunnan, Pai Mu Tan, Lemon and Jasmine Flavoring, Rosebuds, Rose Petals, Mallow Blossoms
- Happiness** 5.*
 Organic Jasmine Green Tea, Strawberries, Apple Bits, Hibiscus Rosehips, Green Rooibos, Guayusa.
- Hojicha de la Crème** 5.*
 Perfect for the coffee lover looking to transition into tea. Roasted Japanese Green Tea, Oolong Tea, Coffee Beans, White Chocolate
- Makena's Passion** 4.
 Sencha, Lung Ching, Pai Mu Tan, Passion Fruit, Papaya Cubes, Pineapple Cubes, Rose Petals, Strawberry Pieces
- Maui Pineapple** 5.*
 Green Tea, Lemongrass, Pineapple, Cherries
- Mauna Loa** 5.*
 Green Tea, Black Tea, Coconut, White Chocolate
- Moroccan Mint** 4.
 Green Tea, Spearmint, Natural Mint Flavoring
- OC Wahine** 4.
 Green Tea, Orange Peels, Mango, Papaya, Starfruit, Safflower
- Raspberry Bliss** 5.*
 Fair Trade, Organic Green Tea, Raspberries, Hibiscus
- Southern Belle** 4.
 Green Tea, Peach, Pear, Rose Petals, Silver Ball Candies
- Super Dragonfruit** 5.*
 Sencha, Kukicha, Pai Mu Tan, Dragon Fruit, Pomgranate, Kiwi, Raspberry, Lemongrass
- Sweet Almond** 4.
 Green Tea, Maté, Almonds, Coconut, Rose Petals, Cornflower

All Teas Served Iced or Hot
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 Tea Flight (One Steep) | Choose Any 3 Hot Teas 11.

Oolong Tea & Oolong Blends

A relaxing tea that is good for skin and teeth,
 enhances metabolism, good for digestion

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| Coconut Oolong
Oolong Tea with Coconut Flavor | 5.* |
| Lotus Blossom
Oolong Tea, Aronia Berries, Mango Cubes, Rose Petals | 5.* |
| Monkey Picked Oolong
The term "Monkey Picked" refers to the highest quality oolong tea available. Legend has it that to avoid damaging the branches, Buddhist Monks trained actual monkeys to climb to the top of the Camellia Sinensis plant to pick the youngest tea buds. | 5.* |
| Ooh La La! Oolong
Oolong Tea with sweet creamy notes | 5.* |
| Passion Fruit Oolong
Oolong tea, Marigolds and Passion Fruit | 5.* |
| Peach Oolong
Oolong Tea, Dried Peach and Rose Blossoms | 5.* |

Maté & Maté Blends

The alternative for coffee drinkers. Produces energy without jitters.
 Offers cardiovascular aid, mental and physical stimulant.

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| Yerba Maté (Caffeinated)
Organic and popular among gauchos in South America, yerba maté offers stimulating effects that lasts longer than coffee. | 4. |
| Passion Tango Mango
Roasted Maté, Cocoa, Rooibos, Marigold, Mango Pieces, Ginseng Root and Passion Fruit | 4. |
| Sweet Almond
Green Tea, Maté, Almonds, Coconut, Rose Petals, Cornflower | 4. |

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 Add Lemonade .25
 Tea Flight (One Steep) | Choose Any 3 Hot Teas 11.

White Tea & White Tea Blends

Very high in antioxidants, studies show white tea is
 excellent for skin by reducing fine lines and wrinkles

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| Silver Needle
The silver needle white tea is found north of the Fujian province in China where white tea originated. Only the budding leaf is plucked. The bright, slightly rose-colored cup develops a soft, fragrant bouquet and a tender mild taste with notes of apricot. | 5.* |
| White Peony
Mellow and sweet White Tea. Also known as Pai Mu Tan, from the Fujian province of China is a delicate tea made from tea buds collected and withered prior to opening. | 5.* |
| Bossa Nova
Organic White Tea, Acai, Pineapple Bits, Rosehips, Hibiscus, Apple Bits, Black Currants | 5.* |
| Hawaiian Guava
Organic White Tea, Natural Guava Flavor, Strawberries, Ginger Root, Marigolds | 5.* |
| Kula Lavender
Fair Trade, Organic White Tea and Organic Lavender | 5.* |
| Rose Cabernet
White Tea, Rose Petals, Jasmine Flowers, Cabernet Flavoring | 5.* |

Pu-erh Tea & Pu-erh Blends

May help lower cholesterol, aid in digestion and enhances
 metabolism. Pu-erh is the perfect tea after a heavy meal.

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| Pu-erh Tuo Cha
Also known as "Birds Nest", the dark to light sinensis leaf from China develops a strong, spicy, earthy, woody flavor. A great alternative for coffee drinkers. | 5.* |
| Chocolaté Picanté
Organic Pu-erh, Honeybush, Cocoa Nibs, Cinnamon, Chili Flakes, Ground Chocolate, Safflowers | 5.* |
| French Kiss
Pu-erh, Strawberry, Mango and Pomegranate | 4. |

*Premium Tea

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 Tea Flight (One Steep) | Choose Any 3 Hot Teas 11.

Rooibos Blends

More antioxidants than green tea and caffeine free.
 Rooibos improves digestion. Good for skin and allergies.
 High in vitamins and minerals.

Cocobanana Rooibos, Banana, Coconut, Mango, Pineapple, Papaya, Orange Slices	5.*
Leilani's Garden Rooibos, Lavender and Coconut	4.
Madagascar Vanilla Rooibos and Madagascar Bourbon Vanilla	4.
Persimmon Gelato Rooibos, Persimmon and Creamy Gelato Flavor	4.
Piña Colada Rooibos, Pineapple Cubes, Coconut Shreds	4.
Pumpkin Pie (Seasonal) Organic Rooibos, Honeybush, Cloves, Cinnamon, Ginger, Marigolds	5.*
Root Beer Rooibos Green Rooibos, Honeybush, Root Beer Flavor, Freeze Dried Ice Cream, White Cornflowers (Float Upgrade with Vanilla Ice Cream add 1.50)	4.
Sweet Dreams Organic Rooibos, Chocolate Bits, Vanilla, Fruit Blend, Organic Mint	5.*
Tea For Her Organic Green Rooibos, Fennel, Roses, Lavender, Chrysanthemum, Osmanthus, Hibiscus, Shatavari	5.*
Tiramisu Rooibos, Chocolate Chips, Brittle Pieces, Cream Caramel Pieces, Yogurt Pieces, Roasted Coffee Beans, Roman Chamomile	4.
Tropical Hibiscus Organic, Fair Trade Rooibos, Honeybush, Rosehips, Black Currant, Hibiscus, Apple Bits and Pineapple	5.*

*Premium Tea

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 Tea Flight (One Steep) | Choose Any 3 Hot Teas 11.

Herbal & Wellness Blends

Naturally caffeine free, herbal and ayurvedic blends.

Chocolate Soufflé Honeybush, Chocolate Chips, Cream Caramel Pieces, Rosebuds	4.
Cucumber Mint (Caffeinated) Organic Guayusa, Cucumber Flavor with Organic Spearmint. Guayusa is a native Amazonian tree leaf that offers a clear, focused energy by balancing as much caffeine as one cup of coffee with twice the antioxidants as green tea.	5.*
Happiness (Caffeinated) Organic Jasmine Green Tea, Guayusa, Strawberries, Apple Bits, Hibiscus, Rosehips, Green Rooibos. Guayusa is a native Amazonian tree leaf that offers a clear, focused energy by balancing as much caffeine as one cup of coffee with twice the antioxidants as green tea.	5.*
Honey Ginger Creamy Honey Flavor, Apple Pieces, Ginger, Blackberry Leaves, Sunflower and Cornflower Blossoms	4.
Kama Sutra Organic Turmeric, Ginger, Licorice Root and Orange Peel. Used as an ancient Ayurvedic formula for longevity, stamina and balanced circulation.	5.*
Serenity This organic, de-stressing blend is soothing to the mind and palate. Valerian Root, Lemon Verbena, Lemon Balm, Chamomile, Lavender, and Spearmint.	5.*
Tea For Her This blend is designed to support every woman's needs by restoring balance in the body, mind & soul. Organic Green Rooibos, Fennel, Roses, Lavender, Chrysanthemum, Osmanthus, Hibiscus, Shatavari	5.*
Tranquil Tea Detox Organic, cleansing and energizing. Raspberry, Schizandra Berry, White Ginseng, Burdock Root, Rose Hips, Peppermint, Licorice Root, Dandelion Root	5.*
Tranquil Tea MD Organic, immunity enhancing herbal blend based on an ancient Ayurvedic cold and cough remedy. Cardamom, Lemongrass, Ginger Roots, Licorice Root, Black Pepper and Peppermint	5.*

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Tisanes

Naturally caffeine free. High in Vitamin C and antioxidants.

Berry Melon	5.*
Apple Pieces, Pear Pieces, Goji Berries, Hibiscus Blossoms, Rose Hip Peel, Honeydew Melon Cubes	
Blueberry Muffin	4.
Apple Pieces, Hibiscus Pieces, Rose Hip Peel, Caramel Pieces, Yogurt and Blueberry Pieces, Blue Mallow Petals	
Fuzzy Naval	5.*
Peach Flavor, Elderberries, Hibiscus Blossoms, Apple Pieces, Papaya Cubes, Rose Hip Peels, Black Currant, Blueberries, Strawberry Pieces, Cornflower Blossoms	
Juicy Watermelon	4.
Watermelon Flakes, Apple Pieces, Carrot Flakes, Honeydew Melon Cubes, Beet Root, Strawberry Slices	
Mmm...Mango Delight	5.*
Pineapple Cubes, Mango Cubes, Orange Slices, Safflower, Marigold Blossoms, Strawberry Slices	
Paradise Punch	5.*
Fruit Blend, Orange, Cherry and Coconut	
Pineapple Mimosa	4.
Ripe Sweet Pineapple, Apple Pieces, Marigold and Cornflower Blossoms, Excellent Iced!	
South Pacific	5.*
Apple Pieces, Kiwi, Cherry Pieces, Cranberry Slices, Coconut Flakes	
Toasted Almond	4.
Apple Pieces, Almonds, Cinnamon Pieces, Beetroot Pieces	

TRANQUIL TEA LOUNGE

Where Tea Becomes A Lifestyle

PHILOSOPHY

We are dedicated to introduce the growing population of tea enthusiasts to over 95 varieties of premium and organic loose leaf teas from all over the world. It is our philosophy to provide our guests with the highest quality ingredients, products and services. We also strive to choose eco-friendly sustainable supplies whenever possible.

ESCAPE. SOCIALIZE. REJUVENATE.

Tranquil Tea Lounge is your alternative to the bar scene and coffeehouses. It is our vision to create a tranquil environment to escape from the daily stresses of life, socialize with friends and family, educate the community through tea tastings and offer unique retail products.

To inquire about booking a special event or private tea tasting, please come by and visit us or contact us at:
info@tranquiltealounge.com

COMMUNITY. ART. MUSIC.

Our goal at Tranquil Tea Lounge is to make a positive impact on the community through supporting local events, non-profit organizations and offering a place for local artists and musicians to share their talent.

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*Premium Tea

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