



Tea Growing Regions of Japan
The Green Teaist

The world's finest collection of
pure green teas from Japan.

Lake Forest, IL 60045

847.735.0400

www.thegreenteaist.com

THE GREEN TEAIST®



(Advertisement as it appeared in "The New Yorker")

GREEN TEA EXPRESSIONS

Each of the green teas listed is prepared tableside, providing for two servings. Our green tea offerings use only the highest grades of the tea variety specified.

SENCHA

Origin: Kyoto

The most popular green tea in Japan with a bright fragrance and crispness, leaving a refreshing aftertaste. This delicate green tea is enjoyable throughout the day. 14.00

ORGANIC SENCHA

Origin: Kagoshima

15.00

URESHINOCHA

Origin: Saga

This variation of *Sencha* is from Saga, in Southern Japan, has brisk-flavored citrus notes, a distinctive vegetal bouquet and flavor. 12.00

YAMECHA

Origin: Fukuoka

A medium bodied tea, slightly milder than *Sencha*, with an exhilarating aftertaste. A fresh, aromatic tea. 12.00

FUKAMUSHICHA

Origin: Shizuoka

This variation of *Sencha* is produced from deep-steamed tea leaves, resulting in a more pronounced flavor. Steeping time is abbreviated to keep the tea at peak flavor. 13.00

SHADE-GROWN GREEN TEAS

KUKICHA

Origin: Kyoto

Green teas usually contain only the tea leaves, but Kukicha also contains the stem portions. TGT *Kukicha* is made from *Gyokuro* leaves instead of the more commonly used *Sencha* leaves. The stems give it a woody note, similar to the effect of aging wine in oak barrels. The aromatics are more pronounced, but still quite light and bright. 12.00

TENCHA

Origin: Kyoto

This tea is quite rare, even in Japan, and used primarily for making powdered *Matcha*. The color is dark green and the tea leaves are finely cut instead of rolled. The steeped tea is sweet and ethereal. It has a pleasant medium body with a slightly sweet aftertaste, similar to *Matcha*. 17.00

GYOKURO

Origin: Kyoto

Considered to be the most exquisite and elegant tea in Japan with a natural green tea sweetness. Strict production conditions, including growing under shade, result in darker green tea leaves, adding a deeper liquor to the steeped tea. The tea is steeped with lower water temperature than other green teas in order to preserve its delicate bouquet. It is prized for its rarity and concentration of flavor and is served on special occasions in demitasse style. It is also an excellent aperitif, particularly chilled. 28.00



*Mural depiction at The Green Teaist in Lake Forest, Illinois
by Kevin Garbacz (2010) of "Afternoon Tea" by Mary Cassatt (1891)
Boston Museum of Fine Arts.*

TEA FLIGHTS

FLIGHT I

This sampling from our **Green Tea Expressions** features *Sencha*, *Yamecha*, and *Ureshinocha*.

19.00



FLIGHT II

This sampling from our **Shade-Grown Green Teas** features *Gyokuro*, *Tencha*, and *Kukicha*.

28.00



FLIGHT III

This sampling from our **Roasted Green Teas** features *Genmaicha*, *Hojicha*, and *Kyobancha*.

18.00



ROASTED GREEN TEAS

HOJICHA

Origin: Kyoto

Lightly roasted, providing a slightly nutty flavor and served as a digestif. Hojicha is much in demand for those with sensitivity to caffeine. The roasting process oxidizes most of the caffeine, resulting in a tea suitable before retiring. 12.00

ORGANIC HOJICHA

Origin: Kyoto

18.00

KYOBANCHA

Origin: Kyoto

The ōvin ordinaireō of green teas which includes more of the intact leaf, representing the late harvest. The tea leaves are larger and more mature, with less caffeine, providing a more robust, somewhat smoky, slightly tannic, grain flavor. Our variety is the eponymous Kyobancha, with a rich cedar bouquet. 12.00

GREEN TEA BLENDS

GENMAICHA

Origin: Kyoto

Green tea with roasted rice kernels, providing a refreshing enhancement to the traditional green tea taste, with distinctive wheat-like notes. 12.00

ORGANIC GENMAICHA

Origin: Kyoto

18.00

TGT BLEND

Origin: Kyoto

The Green Teaist's proprietary blend of *Sencha*, *Kukicha* and *Matcha*, provides a unique combination of three different green teas. It has a uniquely smooth and distinctive taste. 13.00

POWDERED GREEN TEAS

(These teas consist of a single serving.)

MATCHA

Origin: Kyoto

This selection utilizes pure, powdered green tea leaves used in the centuries old Japanese tea ceremony. It is produced by a stone-milling process in which green tea leaves are ground to an almost nano-consistency, frothed and served in the traditional tea ceremony style. *Matcha* provides the most intense green tea taste experience. 13.00

MATCHARITA®

Origin: Kyoto

An original TGT creation, blending *Matcha* and crushed ice, and served with Maui natural cane sugar syrup, added to taste. 12.00

GREEN TEA LATTES

MATCHA LATTE

Origin: Kyoto

Matcha, in its modern form, can also be enjoyed as a *Matcha Latte*. The *Matcha Latte* is blended with steamed skim milk, as a single serving, with a topping of foamed milk and accompanied by Maui natural cane sugar syrup, added to taste. 12.00

HOJICHA LATTE

Origin: Kyoto

Hojicha, in its modern form, can also be enjoyed as a *Hojicha Latte*. Freshly milled *Hojicha* tea leaves are steeped and concentrated prior to blending with steamed skim milk, as a single serving, topped with foamed milk and accompanied by Maui natural cane sugar syrup, added to taste. 10.00

SEASONAL GREEN TEAS

SHINCHA 2011

Origin: Kagoshima

Available in the spring of each year. The first flush of young tea leaves are picked, steamed, dried and shipped for immediate consumption in Japan. Available from spring to early summer, it affords a most delicate and ethereal taste of spring. 16.00

SHINCHA 2011

Origin: Kyoto

The finest *Shincha* with the traditional elegance and full flavor of teas from *Kyoto*. Available in the spring of each year. The first flush of young buds are steamed, lightly dried and shipped for immediate consumption. Available from spring until the end of summer. 19.00

ICED TEAS

All freshly steeped teas are available over ice, as single servings.

TEAS TO GO-HOT OR COLD

Teas are freshly steeped as a single serving, Maui natural cane sugar syrup added to taste. Please ask your server.