

WELCOME TO LOT 35.

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In order to bring our guests an unparalleled, and unrivalled tea experience, Fairmont has partnered with the world renowned, Metropolitan Tea Company to create the LOT 35 program – an incredible new line of luxury teas and herbal teas.

A GENRE-DEFINING TEA PROGRAM

With LOT 35, Fairmont is redefining what it means to serve tea in a hospitality setting.

The program has been developed through careful research and selection of some of the finest teas and herbal teas the world has to offer – from deep muscatel Darjeelings to peppery hot Oregon Peppermint and more.

In creating LOT 35, we've literally searched the world for rare, seasonally produced teas that exhibit the nuance and terroir of the particular regions, soil conditions and climate in which they were grown. (In this way, the teas we present to you here are not dissimilar from the world's finest wines, or single malt scotches.) For our guests, these are teas they won't find anywhere else.

SHARE OUR PASSION FOR LUXURY TEA

In this guide, you'll find everything you need to know about serving LOT 35 teas – both whole leaf and in our pyramid tea bags. Join us now on a journey of discovery, new flavours and tea passion.





About Metropolitan Tea

Metropolitan Tea was founded on a passion for luxury teas, and the global travels it takes to find them. Founded in 1990 in Toronto, Canada, the company has rightly earned the distinction of being one of the first tea companies in a former British colony to "sell tea back to the British". (That's how good the teas are.)

With more than 70 employees, Metropolitan Tea operates from a manufacturing facility in Toronto, where it crafts blends of the finest teas and herbal teas the world has to offer. Whether developing proprietary blends for global properties like Fairmont, or personally flying in individual lots of ultra-rare Darjeelings for discerning chefs, no tea task is too big, or too small.

Thanks to an in-house team of Tea Masters, sales associates and support staff, Metropolitan serves customers around the world, offering 99.8% fill rates on orders for everyone from hotels, to restaurants, resorts, teashops, specialty food stores, gift shops and more. The company is also an industry leader in developing comprehensive tea programs – like LOT 35 for Fairmont – offering a full range of support for back, and front-of-the-house food service.

For more information, visit www.metrotea.com or call 1-416-588-0089



Luxury Tea 101

CAMELLIA SINENSIS

Whether black, green, oolong and white, all true teas are harvested from various cultivars of the same plant species: *Camellia sinensis*. (Herbal teas come from many various species of plant, more on that later.)

MAIN TEA VARIETIES

What separates a green tea from a black, or a white from an oolong? The key point of difference comes from the length of time the freshly plucked tea leaves are exposed to oxygen during manufacturing. This process is called *oxidization* or *fermentation*. Additionally, the method of manufacture plays a central role in defining one tea from another.



On the following pages we'll explore the 6 varieties that make up the LOT 35 program.

TALKING TEA:

THE BANANA ANALOGY

IF A GUEST EVER ASKS WHAT THE DIFFERENCE IS BETWEEN TEA TYPES, USE THE BANANA ANALOGY. A BANANA STARTS OUT YELLOW. THE LONGER IT SITS WILL SLOWLY CHANGE IT TO MOTTLED BROWN, THEN TO BLACK. IN THE SAME WAY AFTER PLUCKING, TEA LEAVES START OUT GREEN, STEADILY CHANGING TO MOTTLED BROWN (OOLONG) AND FINALLY TO BLACK.



BLACK TEA

Black teas are known as fully oxidized or fermented teas. They are available in two basic leaf styles – orthodox (leafy shape) or CTC (Cut, Tear, Curl – pellet shape.) Their black-like color is the result of being exposed to oxygen before being dried.





NOTE: These pictures are of Assam tea – one of the main components of Imperial Breakfast.

When we think of an old fashioned British cuppa, we think of black tea. The best of these are known for their rich malty depths, balanced astringency, brisk character and coppery colour. They take milk and sugar well and are traditionally enjoyed in the morning.

Caffeine /Antioxidant level

Black teas are known to have moderate antioxidant levels, and typically have more caffeine than other tea varieties.







LOT 35 BLACK TEAS:

1907 ORANGE PEKOE CREAMY EARL GREY **DECAFF ENGLISH BREAKFAST** GOLDEN YUNNAN - RESERVE **GRAND BAZAAR SPICE** IMPERIAL BREAKFAST LIZA HILL DARJEELING **SOMETHING SWEET**

GREEN TEA

Unlike black teas, green tea is either steamed or pan-fried to halt the oxidization process before drying. Green tea varieties vary wildly, depending on production method employed.





When we think of Chinese or Japanese teas, green tea is what we're most likely envisioning. These are almost always served as-is, with no milk or sugar and are excellent alongside Asian themed foods.

Caffeine /Antioxidant level

Green teas are known to be high in antioxidants, and usually have less caffeine than their black counterparts.

LOT 35 GREEN TEAS:

JASMINE GOLD DRAGON
– ORGANIC

KYUSHU JAPAN SENCHA

LONG ISLAND STRAWBERRY

MADAME BUTTERFLY – RESERVE

REVITALIZE

SENCHA SAEMIDORI 1ST FLUSH – RESERVE



OOLONG TEA

Delicate oolong teas are known as semi-fermented teas. During production, freshly plucked leaves are exposed to oxygen until they have reached the mid-way point between green and black teas before drying.



Oolong teas are most closely associated with growers in China and Taiwan. Historically, they were enjoyed in tiny cups, sipped slowly, to promote meditative thinking. Like green teas, these are best served as-is with no milk or sweetener.

Caffeine /Antioxidant level

Oolong teas are known to be medium-high in antioxidants, and usually have similar caffeine levels as green teas or slightly lower.

LOT 35 OOLONG TEA:

GODDESS OOLONG -ORGANIC

GODDESS OOLONG -OOLONG TEA
TI KUAN YIN GRADE



WHITE TEA

Since production methods vary from producer to producer, defining white tea can be difficult. Typically they are produced from new tea shoots, plucked before they can open and develop into full leaves. Once plucked, they are simply dried to seal in flavour.



White teas are usually associated with China, but excellent luxury grade white teas are also produced in parts of Africa and Sri Lanka. Like green and oolong teas, white teas should never be served with milk or sweetener. Their delicate character is always best enjoyed on its own.

Caffeine /Antioxidant level

White teas are known to be high in antioxidants, and are thought to have the lowest caffeine levels amongst *Camellia sinensis* teas.

LOT 35 WHITE TEAS:

DREAM DOVES SILVER NEEDLE – RESERVE ONTARIO ICEWINE





ONTARIO ICE WINE – FLAVOURED WHITE TEA

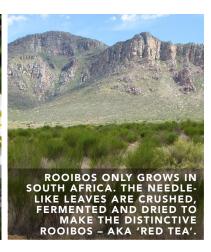


HERBAL & WELL-BEING TEA

Herbal teas, also known as tisanes, are tea-like beverages that do not come from the Camellia sinensis plant species. These usually have no caffeine, although there are some exceptions. (South American Mate (a component of LOT 35 Mojo Boost) contains matteine, a substance similar to caffeine.)







Luxury grade herbal teas can be found in many corners of the world. They could be comprised of flowers, herbs or leafy plants, highly characteristic of the regions in which they are grown.

Caffeine /Antioxidant level

Caffeine is generally not found in herbal teas. Antioxidant levels vary so widely generalization is not practical.

WATERFRONT - A BLEND OF **VARIOUS HERBS - CAFFEINE FREE**



EGYPTIAN CAMOMILE -HERBAL TEA



LOT 35 HERBAL TEAS:

COLD 'N FLU - ORGANIC EGYPTIAN CAMOMILE -**ORGANIC** HUSH JET LAG JOIE DE PROVENCE -ORGANIC MARKET FRESH **MOJO BOOST** OREGON MINT - ORGANIC **REVITALIZE** SKIN & BEAUTY WATERFRONT

HERB + FRUIT TEA (HERBAL)

Herb and Fruit teas are proprietary blends of herbs, dried flowers, berries and fruit pieces, crafted specially for LOT 35. Each of these are caffeine free and produce deeply flavoured cups of luscious herbal tea. (They make a great soft-drink alternative for kids.)





Caffeine /Antioxidant level

Like all herbal teas, these contain no caffeine. Thanks to their fruit, berry and flower ingredients, they contain medium to high levels of antioxidants.

LOT 35 HERB + FRUIT (HERBAL) TEAS

BELLA COOLA PUNCH – ORGANIC FLORA'S BERRY GARDEN

BELLA COOLA PUNCH – ORGANIC



FLORA'S BERRY GARDEN



LIFE RE-BLENDED.

A BRIEF (AND SELECTED) HISTORY OF TEA

The history of tea could, and does, fill countless volumes of written text. Here you'll find some selected historical facts you can share with guests. (As they say: The more you know...)



1650s-1660s

Tea was first offered on the menu of a London coffeehouse in 1657. Three years later In 1660 two pounds, two ounces of tea were formally presented to King Charles II by officers of the British East India Company. (At this time, only green tea was available on world markets).



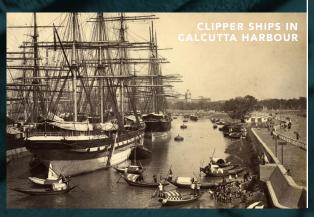
2737 BC

ILLUSTRATION OF EMPEROR SHEN NUNG

According to tea legend, in the year 2737 BC, Chinese emperor Shen Nung discovered tea when a few leaves from a nearby bush blew into a pot of water he was boiling. Rather than discard the water, since his servant had travelled a great distance to fetch it, he drank the brew. Finding it delicious and invigorating, he asked his servants to collect more of the leaves and tea was born.

1800s

The golden age of the Tea Clipper. For decades, these sleek ships delivered teas from the Far East to points in England and North America, clocking some of the fastest ocean crossings ever accomplished by commercial sailing vessels.





1839

Assam teas are first offered for sale at the London Tea Auction. Around this time, tea surpasses beer and ale as the breakfast beverage of choice in the United Kingdom.



2000 to now

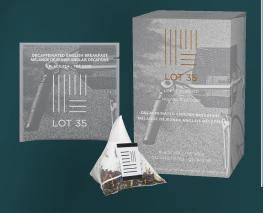
The pyramid tea bag is developed allowing luxury quality tea to finally be put into a tea bag. Gaining rapid popularity, the market has grown to \$249.3 million USD in 2022.



The tea bag is said to have been created in 1908 by NYC tea merchant Thomas Sullivan.
According to lore, Mr. Sullivan began sending tea samples in small silk bags. Rather than opening the bags to get their tea, his customers simply began to brew the tea in the bags.

2023

Fairmont debuts their fully compostable tea bag overwraps as part of their commitment to Accor's Planet 21 sustainability development program. Pioneering environmental stewardship in the hospitality industry, the LOT 35 collection now includes: 100% plant-based tea bags, compostable envelope overwraps and recycled paper cardboard boxes.



Talking Tea: Tea Taster's Terminology

Like fine wines, scotches and coffees, teas are tasted and evaluated by Tea Masters using specific terminology to denote their flavour, character and colour. A basic understanding of some of our go-to terms can come in handy when answering any questions your guests might have about the teas you are serving.

Below is a selection of terms you will find useful:

LIQUOR: Brewed tea - the liquid in the cup.

AROMA: The smell or scent denoting the inherent character one should expect from a brewed tea.

BRIGHT: A bright, lively visual appearance. This is what we look for in the cup liquor (brewed tea).

COPPERY: The brightly, copper coloured leaves of black tea. Coppery colour is indicative of well-manufactured tea.

BODY: Tea with body exhibits fullness and strength.

BRISK: A bright, lively character that surprises the taste buds. Indicative of well made tea.

FULL: A full tea is one with the right balance of colour and strength.

COLOURY: A coloury tea is one with a deep colour indicative of strength.

MOUTH-FEEL: A tea with good mouth feel is one with a full, well-balanced astringency that satisfies all the taste receptors in the mouth.

STRENGTH: The substance of the cup. (Typically the result of brewing time. The longer the brew, the stronger the cup).

THICK: Liquor with excellent colour and strength.



EXPERTS EVALUATING TEA IN KAGOSHIMA, JAPAN.

PRIMARY GROWING REGIONS USED IN LOT 35

WASHINGTON & OREGON, USA

JET LAG

MOJO BOOST

OREGON MINT

WATERFRONT

BA

FLORA'S

JO

TIRANA

CREAMY **DECAFF ENGLISH E**

PROVENCE, FRANCE

CREAMY EARL GREY

EGYPTIAN CAMOMILE

JOIE DE PROVENCE

MOJO BOOST ONTARIO ICEWINE

HUSH

FLORA'S BERRY GARDEN

DECAFF ENGLISH BREAKFAST

MC W۸

CORI

FLORA'S BE JOIE D

В

DECAFF FLO

LONG I

NIAGARA, CANADA

FLORA'S BERRY GARDEN LONG ISLAND STRAWBERRY MARKET FRESH **MOJO BOOST REVITALIZE**

MEDELLIN, COLOMBIA **SOMETHING SWEET**

> PARANA, BRAZIL **MOJO BOOST**

PATAGONIA, CHILE

BELLA COOLA PUNCH JET LAG JOIE DE PROVENCE MARKET FRESH WATERFRONT

From the wind swept valleys of Washington State to the nutrient rich banks of the Nile, explore the regions that grow our luxury teas.



CEDERBERG, SOUTH AFRICA

JET LAG JOIE DE PROVENCE WATERFRONT

Sri Lanka (Ceylon)

The best Ceylon teas are grown up-country (aka High grown) on Estates first planted by the British in the 19th century. Located in the central highlands area, teas here benefit from high humidity, cool temperatures and monsoon rains that wash across the Indian Ocean.

LOT 35 PRIMARY GROWING DISTRICTS: UVA, NUWARA ELIYA, DIMBULA

Known primarily for:

Black tea

What to look for:

Expect teas with a pleasing, light astringency, bright golden cup and floral notes. Pure black Ceylons open exceptionally well with a splash of milk, displaying a smooth round fullness of character.



China

The birthplace of tea is still a global powerhouse of growers, manufacturers and exporters. Many of the world's finest teas are grown in the mountainous regions of Fujian and Yunnan provinces.

There, altitude, ambient moisture and mineral-rich soil conditions combine to produce teas of impeccable quality. Conditions are so optimal that in some gardens, some rare teas are plucked from bushes that are over 1000 years old.

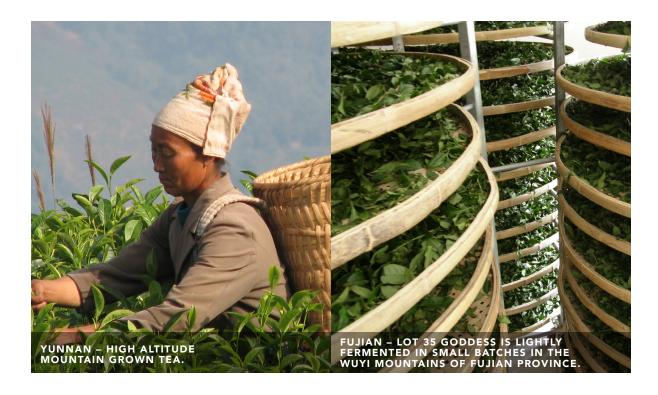
LOT 35 PRIMARY GROWING DISTRICTS: FUJIAN, HUNAN, YUNNAN

Known primarily for:

Green tea, white tea, oolong tea, black tea

What to look for:

Well-manufactured Chinese teas of all stripes exhibit a natural rawness of flavour that distinctly points to their region of origin. Expect profound differences from one tea to the next. Even to the casual tea drinker, the differences in style and character of Chinese teas will be immediately apparent.



Kenya

The tea gardens west of Kenya's Rift Valley are some of the lushest corners of our planet. The British first planted tea in the country, with a focus on producing robust, highly flavoury black teas favoured by UK tea drinkers. LOT 35 teas are grown exclusively on Estates known for sound social and environmental policies. Care is taken not only to protect lands under tea, but also to protect biodiversity in regions surrounding the gardens. Schooling and housing is also provided for all workers and their families. If you ever have an opportunity to board a Cessna in Nairobi and fly out east of the Rift, you really must.

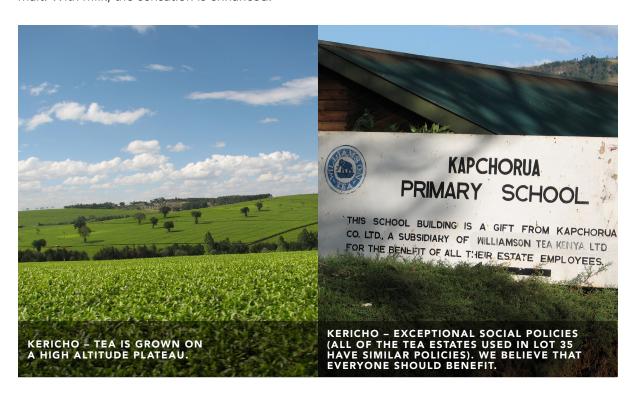
LOT 35 PRIMARY GROWING DISTRICTS: KERICHO, WEST OF RIFT VALLEY

Known primarily for:

Black tea

What to look for:

Luxury Kenyans offer deep notes of malt, balanced astringency and peerless mouth-feel. As the flavour and depth of the terroir washes over the tongue, the sensation is that of your mouth being coated with sweetish malt. With milk, the sensation is enhanced.





India

Depending on whom you ask, a well-manufactured Darjeeling is the gold standard of black teas. Darjeeling teas benefit from being grown in high altitudes where natural drainage, cool temperatures and sunlight combine to produce hardy plants of exceptional character.

Assam teas on the other hand are grown on plains along the Brahmaputra River. There, temperatures are baking hot, with almost 100% humidity – being there is like living in a natural greenhouse.

Nilgiri teas have similar characteristics to Ceylons but with more body. They are also high-grown coming from the Western Ghats (mountains).

The regions were first planted by the British during the age of Empire, in the country's quest to ease their reliance on teas from China. Like the differences in accent from town to town in England, these regions fluctuate and shift from garden to garden – all enticing.

LOT 35 PRIMARY GROWING DISCTRICTS: ASSAM, DARJEELING, NILGIRI (SOUTH INDIA)

Known primarily for:

Black tea and spices

What to look for:

Darjeeling: Light, highly flavoury notes of muscatel and ultra distinctive terroir specific notes. Light astringency, bright snappy teas, they generally are consumed without milk or sugar.

Assam: With each sip, note the deep notes of malt, rounded out by exceptional bites of astringency. Deep golden cup tending burgundy.

Nilgiri: Nilgiris are often used to 'bind' a blend together. They add flavor, color and some body.



Japan

Lush, immaculately maintained, wonderfully fragrant, the tea fields of Kyushu offer some of the most verdant landscapes you will ever see. The product of centuries of refinement, Japanese teas are known to be some of the cleanest, freshest tasting teas on earth. Interestingly, unlike much of the luxury tea world, the finest of these are harvested by machine.

Unlike their Chinese counterparts, Japanese green teas are typically steamed before firing – a process that gives them the dense grassy notes they've become famous for.

LOT 35 PRIMARY GROWING DISTRICTS: KAGOSHIMA, SAGA REGIONS

Known primarily for:

Green tea

What to look for:

The best Japanese green teas are characterized by lush pointed notes reminiscent of freshly cut grass. Bright emerald in colour, they offer a natural sweetness that makes them highly drinkable and thirst-quenching.



Egypt

Since the dawn of time, the Nile River has flowed from deep in the heart of the African continent, through game reserves and past ancient cities and towns toward the sea. Along the way, it carried nutrient rich silt and minerals, depositing them along the banks of the vast flood plains lining the river.

Today, this is where the world's best camomile can be found. Farmers in the region profit from the heat, moisture and nutrient-rich soil to grow flowers that are packed with flavour, nuance and bright fruity overtones.

LOT 35 PRIMARY GROWING DISTRICTS: NILE DELTA, FAYYOUM OASIS

Known primarily for:

Camomile

What to look for:

With each sip, the fragrant tones of this exceptional loose leaf camomile wash over the tongue, filling the mouth with subtle, sweet fruity notes. Expect bright, evenly balanced notes with deep camomile flavour.



USA

Peppermint likes three things: abundant rain, bright sun and nutrient-rich soil. Which is why, nestled in amongst the vineyards, farms and rolling hills of Oregon's Willamette Valley and Washington's Columbia River Valley, you'll find fields producing the world's finest peppermint.

The region is so fertile that in the 1820s, in order to attract settlers, the US government billed the region as a "promised land of flowing milk and honey." Richness of soil in the region has been attributed to massive floods during the last ice-age that collected top soil for the wider region, depositing it in these lush river valleys.

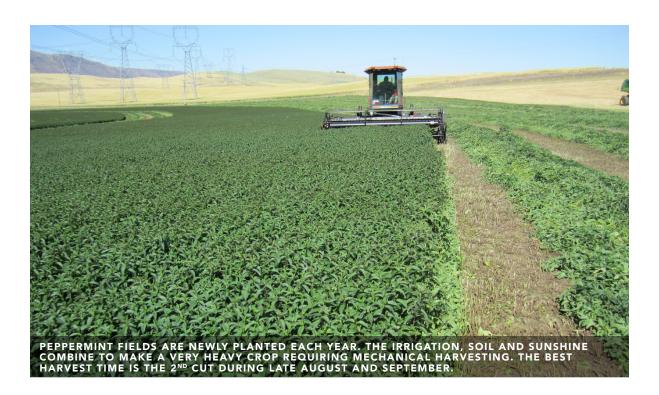
LOT 35 PRIMARY GROWING DISTRICTS: OREGON STATE, WASHINGTON STATE

Known primarily for:

Peppermint

What to look for:

With every sip, expect extremely snappy notes of high calibre menthol. Also note an excellent natural sweetness.





South Africa

The mountainous Cederberg district, 250km to the north of Cape Town, owns the distinction of being the only place in the world where Rooibos grows. Here, the hardy plant takes full advantage of the clean air, pure mountain streams and natural drainage offered by the sloping terrain.

Rooibos was first collected and processed for drinking eons ago by South African Indigenous people, who discovered that the needle-like leaves could be chopped, bruised and infused into a highly thirstquenching beverage.

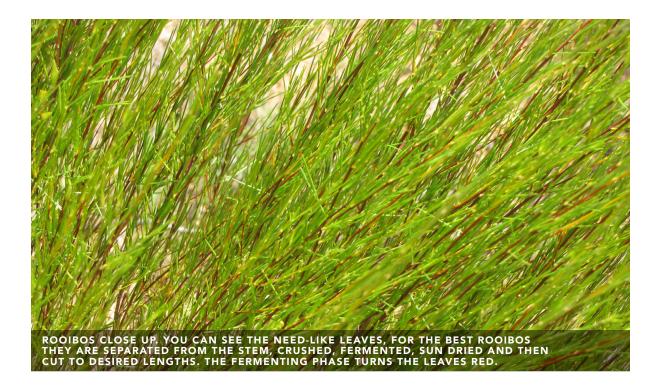
LOT 35 PRIMARY GROWING DISTRICTS: CEDERBERG

Known primarily for:

Rooibos

What to look for:

Mellow, herbaceous tones of honey, wood, spice and caramel. Interestingly, while most herbal teas are best consumed straight, Rooibos can gain additional dimensional layers with the addition of a dash of milk and sugar.







BEST PRACTICES -PYRAMID TEA BAGS OR LOOSE TEA

- Keep separate serving vessels for coffee and tea. Coffee leaves behind a strong character that ruins a great cup of tea! NEVER serve tea from a vessel that had contained coffee.
- Thoroughly clean the serving vessel after each use Industrial washers are best.
- Use Pyramid tea bags one time only! After brewing, the tea loses its strength, colour and character.
- Some black teas exhibit a milky colour after they sit for a while. This is normal, and actually a characteristic of high quality, well-manufactured tea.
- Never serve DIY iced tea at the table with a glass vessel use ACRYLIC ONLY! Glass can crack or shatter if hot tea is poured over ice (it's called thermophilic shock)
- Use freshly drawn cold water and bring the water to a rolling boil.
- If you wish to serve green tea in lower temperature water, boil it first and let it cool to 180 degrees F (85° C). This is the FOOD SAFE thing to do.
- Use 1 Pyramid Tea Bag or 1 heaping teaspoon of loose tea for each 7–12 ounces of water.



What to serve with each type of tea

Not all teas are created equal. As such, some teas are best served with certain condiments like milk, sugar, lemon or honey. What follows is a visual representation of what goes best with which!

(Note – this section covers whole leaf tea and Pyramid Tea Bags. The LOT 35 project is a world leader in innovation – everything is whole leaf tea whether it be in a tea bag of not).

Black Tea – offer milk, sugar or honey and lemon



Green Tea – generally consumed straight-up, no condiments



Oolong Tea – generally consumed straight-up, no condiments



White Tea – generally consumed straight-up, no condiments



Herbal & Well-Being Tea – generally consumed straight-up, no condiments

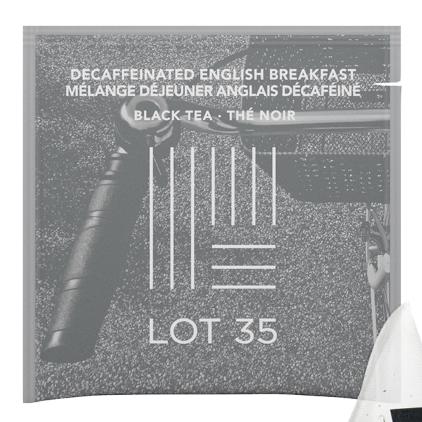


Herb + Fruit Tea – offer sugar or honey – NEVER milk (it will curdle)



Rooibos – offer milk, sugar or honey and lemon





LOT 35 Pyramid Tea Bags

A key feature of the LOT 35 tea program is our unique, single use pyramid shaped tea bags. These premium tea bags contain the perfect amount of luxury tea for one cup and are entirely made from plant-based, compostable materials. From the tag to the envelope overwrap.

More on what makes them unique

- LOT 35 Pyramid bags allow for easy brewing of whole leaf, loose teas, the exact same high quality tea as our bulk loose teas.
- The unique pyramid shape allows loose leaf teas to expand and release their full flavour.
- A tea showcase they are highly visually appealing.
- The tea bag material is made from plant-based PLA produced from the starches of corn, sugar cane and cassava and is completely compostable.
- The tea bag string, tag and envelope overwrap are also completely compostable.
- During packing into the box of 25 every 2nd bag is rotated by a robot 180 degrees. LOT 35 tea bags require 25% less packaging material compared to other pyramid tea bags on the market (the robot earns it's keep tea bags are made at 200 per minute).
- Each LOT 35 tea bag during overwrapping is subjected to a patented nitrogen gas injection system. Nitrogen is an inert gas and this fact extends the freshness of the tea significantly. LOT 35 is the freshest tea on the market.
- The envelope material was specially developed in North America for the LOT 35 project. It is completely impervious to cross contamination. It helps retain freshness much longer than normal tea bags.

How many Pyramid Bags should I use?

- 1 Pyramid tea bag = 1 cup or 7–10 ounces
- 2 Pyramid tea bags = 2 cup teapot 13–16 ounces capacity

The worst thing you can do is make tea too weak. Following is our guideline for preparation



LOT 35 HOT TEA PREPARATION FOR PYRAMID TEA BAGS AND WHOLE LEAF LOOSE TEA







1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL - TEAPOT, CUP, TEA PRESS)

Step 1:

1 tea bag (containing loose tea).

or: 1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot, cup or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Add sugar or milk to taste.

3 SERVINGS

(20–24 oz/590–710 ml STEEPING VESSEL – TEAPOT OR TEA PRESS)

Step 1:

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into teapot or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Add sugar or milk to taste.

STEEPING TIME

Mild: 2–3 minutes Medium: 4–5 minutes Strong: 6–7 minutes

WE RECOMMEND 4-5 MINUTES

NOTES:

- Over-brewing may make tea bitter (this happens with high quality tea).
- Interestingly the longer you brew tea the more antioxidants are released.
- Black teas may turn cloudy if left to sit and cool or iced. This is normal, and a sign of high quality tea.

HOT TEA GREEN TEA



1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL - TEAPOT, CUP, TEA PRESS)

Step 1:

1 tea bag (containing loose tea).

or: 1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot, cup or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Sugar or milk NOT recommended.

3 SERVINGS

(20–24 oz/590–710 ml STEEPING VESSEL – TEAPOT OR TEA PRESS)

Step 1:

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into teapot or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Sugar or milk NOT recommended.

STEEPING TIME

Mild: 1–2 minutes Medium: 2–3 minutes Strong: 3–5 minutes

WE RECOMMEND 2-3 MINUTES

NOTES:

- Over-brewing may make tea bitter (this happens with high quality tea).
- Interestingly the longer you brew tea the more antioxidants are released.
- For Food Service locations we recommend that boiling water be used. Often green tea is recommended to use water that is 190'C or less. If you do this, bring the water to a boil first and let it cool to 190'C. It is the food safe thing to do.

LOT 35 HOT TEA PREPARATION FOR PYRAMID TEA BAGS AND WHOLE LEAF LOOSE TEA





HOT TEA

HERBAL & WELL-BEING TEA



1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL - TEAPOT, CUP, TEA PRESS)

Step 1:

1 tea bag (containing loose tea).

or: 1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot, cup or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Sugar or milk NOT recommended.

3 SERVINGS

(20–24 oz/590–710 ml STEEPING VESSEL – TEAPOT OR TEA PRESS)

Step 1:

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or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into teapot or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Sugar or milk NOT recommended.

STEEPING TIME

Mild: 2–3 minutes Medium: 4–5 minutes Strong: 6–7 minutes

WE RECOMMEND 2-3 MINUTES

NOTES:

 If brewing for Iced Tea purposes, brew the tea slightly stronger (the ice will dilute it).

HOT TEA

HERB & FRUIT (HERBAL) TEA



1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL - TEAPOT, CUP, TEA PRESS)

Step 1:

1 tea bag (containing loose tea).

or: 1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot, cup or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Sugar/simple syrup to taste; milk NOT recommended.

3 SERVINGS

(20–24 oz/590–710 ml STEEPING VESSEL – TEAPOT OR TEA PRESS)

Step 1:

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into teapot or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Sugar/simple syrup to taste; milk NOT recommended.

STEEPING TIME

Mild: 2–3 minutes Medium: 4–5 minutes Strong: 6–7 minutes

WE RECOMMEND 6-7 MINUTES

NOTES:

• All herb + fruit teas are naturally caffeine-free.

 If brewing for Iced Tea purposes, brew the tea very strong (the ice will dilute it).

Herb and Fruit teas do not get bitter the longer you brew them
 the get a more full flavour.

• A dash of sugar lifts the flavour profile even more.

LOT 35 HOT TEA PREPARATION FOR PYRAMID TEA BAGS AND WHOLE LEAF LOOSE TEA







1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL - TEAPOT, CUP, TEA PRESS)

Step 1:

1 tea bag (containing loose tea).

or: 1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot, cup or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Sugar or milk NOT recommended.

3 SERVINGS

(20–24 oz/590–710 ml STEEPING VESSEL – TEAPOT OR TEA PRESS)

Step 1:

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into teapot or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Sugar or milk NOT recommended.

STEEPING TIME

Mild: 2–3 minutes Medium: 4–5 minutes Strong: 6–7 minutes

WE RECOMMEND 4-5 MINUTES

NOTES:

- Over-brewing may make tea bitter (this happens with high quality tea).
- Interestingly the longer you brew tea the more antioxidants are released.
- For Food Service locations we recommend that boiling water be used. Often oolong tea is recommended to use water that is 190°C or less. If you do this, bring the water to a boil first and let it cool to 190°C. It is the food safe thing to do.

HOT TEA WHITE TEA



1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL - TEAPOT, CUP, TEA PRESS)

Step 1:

1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot, cup or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Sugar or milk NOT recommended.

3 SERVINGS

(20–24 oz/590–710 ml STEEPING VESSEL – TEAPOT OR TEA PRESS)

Step 1:

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into teapot or press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Sugar or milk NOT recommended.

STEEPING TIME

Mild: 1–2 minutes Medium: 2–3 minutes Strong: 3–5 minutes

WE RECOMMEND 2-3 MINUTES

NOTES:

- Over-brewing may make tea bitter (this happens with high quality tea).
- Interestingly the longer you brew tea the more antioxidants are released.
- For Food Service locations we recommend that boiling water be used. Often white tea is recommended to use water that is 190°C or less. If you do this, bring the water to a boil first and let it cool to 190°C. It is the food safe thing to do.

LOT 35 ICED TEA PREPARATION FOR PYRAMID TEA BAGS AND WHOLE LEAF LOOSE TEA







1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL -TEAPOT OR TEA PRESS)

Step 1:

1 tea bag (containing loose tea).

or: 1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Pour into acrylic glass full of ice.

Step 6: Add sugar or simple syrup to taste.

3 SERVINGS

(20-24 oz/590-710 ml STEEPING VESSEL - TEAPOT OR TEA PRESS)

Step 1:

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Pour into acrylic glass full of ice.

Step 6: Add sugar or simple syrup to taste.

STEEPING TIME

Mild: 2–3 minutes Medium: 4–5 minutes Strong: 6–7 minutes

WE RECOMMEND 5-6 MINUTES

NOTES:

 Black teas may turn cloudy. This is normal, and a sign of high quality tea.

ICED TEA GREEN TEA



1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL - TEAPOT OR TEA PRESS)

Step 1:

1 tea bag (containing loose tea).

or: 1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea.

Step 5: Pour into acrylic glass full of ice.

Step 6: Add sugar or simple syrup to taste.

3 SERVINGS

(20–24 oz/590–710 ml STEEPING VESSEL – TEAPOT OR TEA PRESS)

Step 1:

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Pour into acrylic glass full of ice.

Step 6: Add sugar or simple syrup to taste.

STEEPING TIME

Mild: 1–2 minutes Medium: 2–3 minutes Strong: 3–5 minutes

WE RECOMMEND 3-4 MINUTES

LOT 35 ICED TEA PREPARATION FOR PYRAMID TEA BAGS AND WHOLE LEAF LOOSE TEA





ICED TEA HERBAL & WELL-BEING TEA



1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL -TEAPOT OR TEA PRESS)

Step 1:

1 tea bag (containing loose tea).

or: 1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea.

Step 5: Pour into acrylic glass full of ice.

Step 6: Add sugar or simple syrup to taste.

3 SERVINGS

(20-24 oz/590-710 ml STEEPING VESSEL - TEAPOT OR TEA PRESS)

Step 1:

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Pour into acrylic glass full of ice.

Step 6: Add sugar or simple syrup to taste.

STEEPING TIME

Mild: 2–3 minutes Medium: 4–5 minutes Strong: 6–7 minutes

WE RECOMMEND 4-5 MINUTES

ICED TEA HERB & FRUIT (HERBAL) TEA



1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL - TEAPOT OR TEA PRESS)

Step 1:

1 tea bag (containing loose tea).

or: 1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea.

Step 5: Pour into acrylic glass full of ice

Step 6: Add sugar or simple syrup to taste

3 SERVINGS

(20–24 oz/590–710 ml STEEPING VESSEL – TEAPOT OR TEA PRESS)

Step 1

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea or plunge.

Step 5: Pour into acrylic glass full of ice.

Step 6: Add sugar or simple syrup to taste.

STEEPING TIME

Mild: 2–3 minutes Medium: 4–5 minutes Strong: 6–7 minutes

WE RECOMMEND 7-8 MINUTES

NOTES:

- All herb + fruit teas are naturally caffeine-free.
- Herb and Fruit teas do not get bitter the longer you brew them
 the get a more full flavour.
- A dash of sugar lifts the flavour profile even more.

LOT 35 ICED TEA PREPARATION FOR PYRAMID TEA BAGS AND WHOLE LEAF LOOSE TEA







1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL - TEAPOT OR TEA PRESS))

Step 1:

1 tea bag (containing loose tea).

or: 1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea.

Step 5: Pour into acrylic glass full of ice.

Step 6: Add sugar or simple syrup to taste.

3 SERVINGS

(20-24 oz/590-710 ml STEEPING VESSEL - TEAPOT OR TEA PRESS)

Step 1:

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea.

Step 5: Pour into acrylic glass full of ice.

Step 6: Add sugar or simple syrup to taste.

STEEPING TIME

Mild: 2–3 minutes Medium: 4–5 minutes Strong: 6–7 minutes

WE RECOMMEND 5-6 MINUTES

ICED TEA WHITE TEA

WE DO NOT RECOMMEND ICED WHITE TEA, BUT IF YOU DO, FOLLOW THESE INSTRUCTIONS.



1 SERVING

(7-10 oz/200-285 ml STEEPING VESSEL - TEAPOT OR TEA PRESS)

Step 1:

1 heaping tsp loose tea placed in TeaBrew Filter (Size #3).

or: 1 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea.

Step 5: Pour into acrylic glass full of ice. **Step 6:** Add sugar or simple syrup to taste.

3 SERVINGS

(20–24 oz/590–710 ml STEEPING VESSEL – TEAPOT OR TEA PRESS)

Step 1:

3 Tea bags (containing loose tea).

or: 3 heaping tsp loose tea placed in TeaBrew Filter (Size #4).

or: 3 heaping tsp loose tea.

Step 2: Put into small teapot or tea press.

Step 3: Pour freshly boiled water over tea.

Step 4: Steep for desired time and remove tea.

Step 5: Pour into acrylic glass full of ice.

Step 6: Add sugar or simple syrup to taste.

STEEPING TIME

Mild: 1–2 minutes Medium: 2–3 minutes Strong: 3–5 minutes

WE RECOMMEND 3-4 MINUTES

CRAFTED.

From field to cup: Safe, sustainable tea

Metropolitan Tea is committed to providing a safe supply of luxury teas for our customers. From ethically sourcing our teas, to maintaining strict control over our supply chain, we offer one of the most stable sources of luxury tea in the world.

We have always been at the forefront of sustainability. These logos represent our eco initiatives and manufacturing processes.











IMMEDIATE TRACKING

Literally every gram of tea we offer through the LOT 35 program is 100% traceable. Thanks to our supply network and organizational structure, in the unlikely event of a food safety issue, Metropolitan Tea can track back from a single tea bag, to the factory, region and manufacture date within minutes.

Metropolitan Tea is certified in good standing with the following organizations:

- C-TPAT (Customs Trade Partners Against Terrorism)
- HACCP (Hazard Analysis Critical Control Points)
- GMP (Good Manufacturing Practices)
- ACS (Air Cargo Security)
- PIP (Partners in Protection)









Ethical tea tastes better: The Ethical Tea Partnership

Wherever and whenever possible, Metropolitan Tea purchases teas grown and manufactured on tea estates certified by the Ethical Tea Partnership (ETP).

In 2003, our company became the first in North America to sign on with this important organization. An industry-led initiative, the ETP's mandate is to create:

"A thriving tea industry that is socially just and environmentally sustainable."





A not-for-profit player

The ETP is similar to Fair Trade, in that it supports social and environmental causes, but differs in that it is not-for-profit. (Fair Trade is a for-profit organization, which is why we elect not to work with them.)

As an ETP member, we're committed to:

- 1. Raising social and environmental standards on the estates we purchase from
- 2. Improving the lives of tea workers and their families
- 3. Supporting small-hold tea farmers
- 4. Improving environmental management

If guests ask, let them know "Ethical tea tastes better."

Organic Certifications

Metropolitan Tea is a Certified Organic Food Handler under both USDA Organic and Canada Organic guidelines. All organic teas we sell are covered by these certifications.



USDA Organic (Certificate #150-2008)

Our National Organic Program (NOP) follows the United States Department of Agriculture (USDA) guidelines for the safe production of organic products. It integrates principles of HACCP, GMP, C-TPAT, COR and the European Union (EU) Organic program to ensure consistent, organic products.



Canada Organic (Certificate #150-2008)

Our COR program follows Canadian Food Inspection Agency guidelines for the safe production of organic products. It integrates principles of HACCP, GMP, C-TPAT, COR and the European Organic program to ensure consistent, organic products.





Our COR program is recognized through harmonization agreements between the Canadian Food Inspection Agency and EFSA (European Food Safety Authority). The result is recognition of the principles of North American HACCP, GMP, C-TPAT by the European Organic program to ensure consistent, organic products.

All organizations prohibit the following:

- The use of pesticides/petroleum-based fertilizers/ sewage-sludge-based fertilizers
- Mixing organic and non-organic tea and herb products
- Organic products from coming into contact with prohibited substances
- Annual audits ensure all processes are in order and documentation is up-to-date.



