

Tea & Food Pairing (some suggestions)

Type of food	Suggested Teas
Breakfast, light egg dishes	Irish Breakfast, Irish Breakfast Cream, English Breakfast, Breakfast Assam, Monk's Blend, Coronation
Light Savory Meals	Formosa Oolong, Darjeeling, Flowery Yunnan, Green Teas, Lemon Basil Oolong
Spicy Foods	Formosa Oolong, Lemon Basil Oolong, Green Teas, Genmaicha, Lapsang Souchong
Seafood Dishes	Green Teas, Darjeeling, Lemon Solstice, China White Spring Blossom, White Peony, Kombucha Plum, Lemon Basil Oolong
Beef Dishes	Lapsang Souchong, Formosa Oolong, Black Teas with little or no fruit flavor, Assam, English Breakfast, Earl Grey White Tip, Rhubarb Oolong, Coronation, Lemon Basil Oolong
Pork Dishes	Same as for Beef
Lamb Dishes	Plain Blacks, Assam, English Breakfast, Flowery Yunnan, Peppermint Tea, Moroccan Mint,
Poultry	Darjeeling, Formosa Oolong, Jasmine Green, China White Spring Blossom, White Peony, Lemon Solstice, Green Teas
Vegetarian	Formosa Oolong, Green Teas, Darjeeling, Rooibos Teas, Lemon Basil Oolong, Kombucha Plum
After a Meal, or Sipping	Fruit of the Plains, Black Forest, Herbal Teas (tisanes), African Skies, Chamomile, Lavenderberry, Tea Gold, Rooibos Provence, Angel Falls Mist, Pear Chocolate Spice
Dessert Teas	Fruit of the Plains, Earl Grey, Orange Spice alone or combined with Belgian Chocolate, Bon Tea, Toffee Almond Supreme, African Skies, Perfect World, Rainbow Rooibos, Crème Au Caramel