



AFTERNOON TEA SET

HARU SPRING IN TOKYO

Delight in Haru-inspired desserts set against a replica of Tokyo's Senso-ji temple. Sip on Japanese Milk Tea or a Tokyo Green Tea Cosmo while relishing light salads, sandwiches accented with Japanese flavours and petite treats such as Smoked Matcha Eclairs, and Tangy Yuzu Madeleines.

FINGER SANDWICHES

Mirin marinated Smoked Duck with Sakura Mascarpone Tartlet
Yuzu Confit Salmon Mousse stuffed in Choux Puff with Red Tobiko
Sweet Soy Braised Kurobuta Pork with Ume Mayo
Char grilled Unagi with Wasabi Roe and Seaweed
Egg and Cucumber Mimosa

SEASONAL QUICHES

Sake Hamaguri
Sea Salt Edamame

REGENT'S SIGNATURE SCONES

Classic
Green Tea Dark Chocolate

COUNTER SELECTION

Spicy Kihada Maguro Salad with Mirin-marinated Japanese Cucumber Pickles and Black Sesame
Angus Beef Katsu with Haru Kyabetsu Salad, and Shoyu Dressing
Takenoka Salad with Purple Sweet Potato, Tamagoyaki and Spring Onions
Grilled Teriyaki Chicken Focaccia with Avocado Mayo and Lettuce

DESSERT SELECTION

Tang Yuzu Madeleine
Smoked Matcha Eclair
Reconstructed Strawberry Shortcake
Soy Milk Panna Cotta with Adzuki Red Bean Compote
Black Sesame Macaron
Fragrant Hojicha Almond Shortbread

45 (Adult) | 22.5 (Child) with free flow of Coffee or Tea
85 with free-flow Prosecco | 105 with free-flow Champagne



The history of tea is one of myth, song, and ceremony. For over two millennia, people have been steeping the leaves of the *Camellia sinensis* shrub in boiling water for health, celebration, and happiness.

As you read through our menu you will find our favourite tales of this amazing elixir, some learnings worthy of prose, and a bit of poetry. We pay homage to the traditionalists as well as underscore the modernity that keeps us on our toes.

Our tea ceremony is one of science and service. Finely tuned recipes precisely prescribe the water temperature and steeping times to ensure your cup exceeds all expectations of what the unassuming brew has to offer, delivering an experience that colours your memory as much as our teas paint your palate.

ALL TEA SELECTIONS 12

The Earls

The Oolongs

Greens and Whites

Blacks and Blends

Fruits and Flowers

The Curatives



SEASONAL TEA

ROYAL MILK TEA 10

Savour a strong brew mellowed with milk that is boiled together with the tea, then sweetened ever so slightly.

TOKYO GREEN TEA COSMO 15

Enjoy a twist on the classic cosmopolitan with earthy green tea shaken with vodka, orange liqueur, lime and cranberry juice.

TEA

THE EARLS

Lore and discord surround this most regal of teas. Most agree that this bergamot imbued black tea is named after Charles Grey the 2nd Earl Grey and Prime Minister of the United Kingdom from 1830 to 1834, however few agree on anything else.

Was the tea gifted to the Earl from a Chinese mandarin from court? Made to order for the Earl? Or a marketing ploy to enhance an inferior black tea with bergamot oil? The annals of time hold the tale tight.

Preparation



5 grams



400ml



95°C



3 mins



Timeless

Imperial Earl Grey

Contemporary

Earl of Regent

Russian Earl Grey

Flowery Earl Grey

*"If you are cold, tea will warm you;
if you are too heated, it will cool you;
If you are depressed, it will cheer you;
If you are excited, it will calm you."*

- WILLIAM EWART GLADSTONE, FORMER PRIME MINISTER OF THE UNITED KINGDOM

TEA

THE OOLONGS

The Black Dragon tea of China was first discovered when a Fujian farmer returning home with a basket of tea leaves was distracted by a passing deer. Seeing an opportunity for a bountiful dinner he gave chase and his tea leaves were left to wither in the sun. Upon his return he noticed that his tea had begun to oxidise and not wanting to waste the tea he processed it as per custom. The resulting tea was neither green nor black, rather a beautiful partially oxidised creation that would become ubiquitous with tea for over a billion people.

Preparation



5 grams



400ml



95°C



3 mins



Timeless

High Mountain Oolong

Contemporary

Tea Lounge Oolong

Darjeeling Oolong

Jasmine Green Oolong

"There is something in the nature of tea that leads us into a world of quiet contemplation of life."

- LIN YUTANG, THE IMPORTANCE OF LIVING

TEA

GREENS AND WHITES

Prized and revered as the most refined of its kind, white tea lacks a clear definition. Some say it is the fine white hairs present on the young leaves before they bud, others the natural processing. Regardless, the resulting extraction is as delicate as it is delicious.

Clarity finally arrives with green teas, the un-oxidised leaves of the *Camellia sinensis* are withered, heated, and rolled before drying. The superfood of the tea world, green tea is prized for its antioxidants, which may aid in memory, cholesterol and skin health.

Preparation



5 grams



400ml



60°C-86°C



3 mins



Timeless

Silver Leaf
Sencha Fukujyu
Gyokuro Asahi

Contemporary

Organic Health and Well-being Green
Fortune Flowering Tea Ball
Organic Jasmine Pearl

"Tea ... is a religion of the art of life."

- KAKUZO OKAKURA, THE BOOK OF TEA

TEA

BLACKS AND BLENDS

Black tea, like all teas comes from the *Camellia sinensis*. Unlike all others, it is fully oxidised. Pu-erh, a unique black tea enjoyed for nearly 2,000 years differs from others in that it is fermented in addition to being oxidised. Prized for its freshness over great distances black teas ended up fuelling an empire, building economies, and creating vast personal fortunes. Flexible enough to blend with fruits, oils and flowers; some are aged for decades like fine wines.

Preparation



5 grams



400ml



95°C



3 mins



Timeless

Organic Assam
Masala Chai
Pu-erh Tou Cha
Lapsang Souchong

Contemporary

Imperial English Breakfast
Shanghai Rose

"Thank God for tea! What would the world do without tea! How did it exist? I am glad I was not born before tea."

- SYDNEY SMITH, A MEMOIR OF THE REV. SYDNEY SMITH

TEA

FRUITS AND FLOWERS

Tisanes are the answer to the fact that tea does not grow everywhere in the world; technically not teas, these herbal concoctions are some of the world's oldest libations. From the bushes of South Africa to the orchards of Italy; dried fruits, flower petals, herbs, roots, and spices represent an entirely unique and enjoyable approach to infusing water.

Preparation



5 grams



400ml



95°C



5 mins



Timeless

Organic Chamomile Flowers
Organic Peppermint Leaves

Contemporary

Mountain Berry
Organic Vanilla Rooibos

"Steam rises from a cup of tea and we are wrapped in history, inhaling ancient times and lands, comfort of ages in our hands."

- FAITH GREENBOWL

TEA

CURATIVES

Teas and tisanes have been crafted to help people achieve goals ranging from health and wealth to happiness and even love. Used for millennia, the imagination easily conjures witch doctors, shamans, and healers around the world experimenting with combinations of roots, flowers, and herbs in an effort to generate restorative potions. The selection below is designed to cure whatever ails you; chocolate often serves as our salvation and we hope it does the same for you.

Preparation



5 grams



400ml



95°C



5 mins



Timeless
Chocolate

Contemporary
Cold & Flu Blend
Life Through Water
Harmony

"A cup of tea would restore my normality.."

- DOUGLAS ADAMS



COFFEE

Every coffee bean begins as a sweet and delicate fruit brimming with bright and lively flavours. Delicate, the beans are at their best for only thirty days after roasting. We have partnered with Common Man Coffee Roasters to bring you roasts that celebrate the natural sweetness that coffee has to offer.

ESPRESSO

22 Martin is a full-bodied blend balancing chocolate and nutty notes with a light and enjoyable acidity that gives the coffee vibrance.

Single 9
Double 11
Long Black 9

ESPRESSO WITH MILK

Cappuccino 10
Macchiato 9
Latte 10
Flat White 10



POUROVER COFFEE 12

Our selection of single origin roasts come from the high plateaus of Ethiopia, mountainsides of Columbia or Sumatra. Each coffee can be traced down to the farmer who grew it, the elevation of the plot, and the details of the varietal.

Ask your server for details on this month's offering.

BEVERAGE

COCKTAILS BY MANHATTAN



TEA COCKTAILS 19

Black Russian

Stolichnaya Vodka, Cointreau and Russian Earl Grey

T&T

Tanqueray 10-infused Earl Grey and Tonic Water

COFFEE COCKTAILS 19

Café Expres

Plantation Original Dark Rum, Espresso Liqueur and Espresso

Khalua Coffee

Khalua, Tia Maria, Espresso and Cream



TEA MOCKTAILS 14

Berry Me

Princess Breakfast Tea, Fresh Strawberries, Milk and Grenadine Syrup

Tea Berry

Mountain Berry Tea, Raspberry and Lime Juice

COFFEE MOCKTAILS 14

Cocolada

Coconut Puree, Pineapple Juice and Espresso

Affogato

Vanilla Ice Cream and Espresso

ICED BEVERAGES 12

Iced Chocolate

Iced Lemon Tea

JUICES 10

Orange, Apple, Mango

SOFT DRINKS 9

Coke, Coke Light, Sprite

BEERS 16

Tiger

Asahi

Hoegaarden

Heineken

BOTTLED WATERS 12

Aqua Panna 750ml

San Pellegrino 750ml



WINES

SPARKLING WINES

NV Duval LeRoy, Fleur De Champagne 1er Cru

25 per glass | 120 per bottle

2015 Sorbara Rosé, Radice, Paltrinieri

21 per glass | 108 per bottle

NV Prosecco Extra Dry, Santa Margherita

20 per glass | 95 per bottle

WHITE WINES

2015 Sauvignon Blanc, Bastianich

21 per glass | 105 per bottle

2015 Soave Classico, Sartori

18 per glass | 88 per bottle

RED WINES

2012 Pinot Nero, Notturmo, D'amico

25 per glass | 120 per bottle

2015 Chianti Guarniente, Buccienera

19 per glass | 90 per bottle

DESSERT WINE

2016 Moscato D'asti, Pio Cesare

20 per glass | 95 per bottle