



8
Aarunya

TEA MENU





BEGINNINGS OF CEYLON TEA

Tea is grown in countless regions around the world,
but none so pleasing to the pallet as the
Tea from the hills of Ceylon.

The story of tea in Ceylon, starts with Coffee. In the mid
1800's Ceylon, then a British colony was identified to
have an excellent climate for growing coffee.
Pioneering men were sought after to fell the central
jungles and plant coffee.

The first pioneering planters that arrived on the island
in the early 1850's started the felling of the jungle
around the hills of Kandy. To carry out such a vast task,
labour was brought in from south India.

By the 1870's Ceylon was the world's largest coffee
exporter but disaster was about to strike. The estates in
the Kandy region first reported a rust coloured powder
forming on the leaf of the coffee bush.

By the mid-1870's the coffee rust disease
(Hemalia Vestrix) had destroyed many of the
plantations. Planters and their workers were left
with burning their once prosperous coffee plantations.

As the coffee crop died, planters switched to the
production and cultivation of tea.





THE RISE OF TEA

Not often is it that men have heart when their one great industry is withered, to rear up in a few years another as rich to take its place, and the tea fields of Ceylon are as true a monument to courage as is the lion at Waterloo' - Sir Arthur Conan Doyle.

With the coffee industry collapsing, James Taylor a Scotsman from Laurencekirk Kincardineshire, had experimented with Tea seeds that were sent from Assam and Calcutta through the East India Company to the botanical gardens in Peradeniya just outside of Kandy.

Taylor planted a small acreage of tea and carried out the first tea manufacturing experiments on the bungalow veranda of his estate of Loolecondra just outside of Kandy.

Commercial cultivation of tea commenced in Ceylon in 1867, and by the 1900's Ceylon Tea was found in homes in Britain and right across the British Empire. Ceylon Tea took precedence over origins of China and India due to the distinctive flavor and its powerful aroma.





AARUNYA NATURE RESORT & SPA

Aarunya is a contemporary, sustainable, luxury boutique nature resort in Sri Lanka. Featuring villas on a 9 acre mixed plantation and tea estate, atop a mountain peak with spectacular views of Knuckles Mountains.

Aarunya which means “First Rays of the Sun” in ancient Sanskrit, can be experienced at this spectacular location during sun-rise, with the backdrop of Knuckles mountain range.

Starting from humble beginnings with our first property Nisala Villa Kandy in 2014, we have embarked on developing this new property, a beautiful tea and plantation estate with the vision to create a world class nature resort and spa experience rooted in legendary Sri Lankan hospitality.





NATURE RESORT & SPA CONCEPT

The estate is a special place, the environment is bountiful and pristine, setting the mood to relax the mind, body and spirit.

The land provides organic vegetables, fruits and spices for our meals, the fresh mountain air infuses the body when we exercise, the spa draws on luxury products and techniques to revitalise the mind and body, while constantly changing dramatic views and atmospheres encourage relaxation, reflection and contemplation.

Experience a unique luxury resort concept and environment, carefully crafted to channel energy for our mind, body and spirit, a retreat like no other.





THE ORIGINS OF AFTERNOON TEA



Afternoon Tea as a specific meal did not evolve until the beginning of the 19th century, although the drink had been popular since its introduction in 1559.

Anna, Duchess of Bedford, invented the meal to fill the time between early luncheon and late dinner which she felt proved to be the low point of many a country house party.

As time progressed, it became a meal surrounded by etiquette and very strange customs; silver teapots, delicate china, cake stands, starched napkins, whether to pour the milk before or after the tea?

The heyday of Afternoon Tea was in the days of the British Empire when the “Sahib” and his family, having taken early luncheon, would have to wait until the cool of the late evening to take dinner.

Afternoon Tea once again filled the gap - when they returned home they brought the ceremony back home with them. It was at this point that the fashionable hotels took wholeheartedly to the serving of traditional afternoon and Devonshire cream teas.



HIGH TEA MENU FOR TWO



Sausage and Wild Mushroom Roll

...

Seeni Sambal Pastry

...

Mixed Seafood Roll with Champagne Cream

...

Tuna and Celery Salad Sandwich

...

Rainbow Sandwich

...

Assorted Mini Canapes

...

Open Faced Sandwiches

...

Three Kinds of Macarons

...

Two Kinds of Swiss Rolls

...

Aarunya Decadent Chocolate Cake

...

Homemade Assorted Cookies

\$ 50 PER PERSON

exclusing taxes & service charge.

PAIRING TEAS



EARL GREY

The most aristocratic of teas is infused with the unmistakable aroma of bergamot. To balance the citrus you need a bold tea. Our Earl Grey is handpicked and infused with a drop of natural bergamot oil.



RUHUNA

Complex caramel flavor and has hints of forest fruits; a tea truly blessed by nature. The unique soil climate in the low country, along with the hot humid climate and lower elevation produces teas that are stronger in character. Low country plantations produces leafy teas and concentrate on leaf style.



NUWARA ELIYA

Nuwara Eliya teas are reputed for their delicate and elegant characteristics. The estate is home not only to tea, moreover, the abundance of eucalyptus, cypress trees and wild mint bushes give the air a pleasant mentholated fragrance. The tea absorbs the fragrances and when infused it bears a remarkable golden, light green infusion. The flavors are bright, crisp and clean - the pleasant mentholated undertones will leave your taste buds tingling!



DIMBULA (OP)

Dimbula seasonal Pekoe grade produces a cup that is amber in color, with a golden rim to the cup. The tea boast a wonderful aroma, with a distinctive oaky note that is only found in its seasonally made tea. Dimbula tea, it is used in blends the world over. Enjoy it pure and fresh straight from the garden. Can be enjoyed with a splash of milk.

Above prices are exclusive of service charge and applicable government taxes. All prices in USD.

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TEA ON À LA CARTE



ENGLISH BREAKFAST

Before English breakfast had its name. The early tea planters enjoyed its full bodied flavours in Ceylon. The perfect conditions for creating that rich full taste are found in the Dimbula valley. This is where our award winning English Breakfast is handpicked.

\$5



CEYLON SEASONS UVA

Uva tea is renowned for its distinctive character. Delight in the bright, amber liquor that offers a brisk and invigorating cup. The aroma is a harmonious blend of floral and woody notes, reminiscent of the lush tea gardens and the cool, misty climate of the Uva hills. On the palate, expect a balanced complexity with a hint of wintergreen and a lingering, mellow finish that is both refreshing and satisfying.

\$5



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\$5



JADE GREEN TEA

Discover the fresh and vibrant taste of Ceylon Green Tea, a delightful offering from the lush tea gardens of Sri Lanka. This green tea is celebrated for its bright, light green infusion and delicate aroma. Each sip reveals a gentle sweetness with subtle grassy notes, providing a refreshing and invigorating experience. Perfect for any time of day, Ceylon Green Tea is a healthy choice, rich in antioxidants and revered for its soothing properties

\$5



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Complex caramel flavor and has hints of forest fruits; a tea truly blessed by nature. The unique soil climate in the low country, along with the hot humid climate and lower elevation produces teas that are stronger in character. Low country plantations produces leafy teas and concentrate on leaf style.

\$6



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\$5



ROSE OOLONG

An irresistible combination of oolong tea with rose petals give a radiant, exhilarating infusion.

\$5



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TEA ON À LA CARTE



LEMON GRASS & GINGER TWIST

Indulge in the invigorating blend of Lemon Grass & Ginger Tea, a perfect fusion of zesty and spicy notes. This aromatic tea combines the citrusy freshness of lemongrass with the warm, invigorating spice of ginger. Each sip offers a harmonious balance of flavors, delivering a refreshing and revitalizing experience. Ideal for calming the senses and boosting your mood, this tea is both soothing and uplifting, making it an excellent choice for any time of the day.

\$5



CAMOMILE FRESH

Experience tranquility with our Camomile Fresh Tea, a soothing blend known for its calming properties. This herbal infusion is crafted from the finest camomile flowers, offering a naturally sweet and floral aroma. Each sip delivers a gentle, honey-like flavor with subtle apple undertones, providing a perfect way to unwind and relax. Ideal for evening enjoyment or anytime you need a moment of peace, Camomile Fresh Tea is your go-to choice for a comforting and refreshing beverage.

\$5



CEYLON SPICE CHAI

Immerse yourself in the rich and aromatic flavors of Ceylon Spice Chai, a luxurious blend that combines the finest Ceylon tea with an exotic mix of spices. This enchanting tea features bold notes of cinnamon, cardamom, cloves, and ginger, perfectly balanced to create a warm and invigorating cup. Each sip reveals layers of spicy and sweet nuances, offering a truly comforting and aromatic experience. Ideal for cozy moments and indulgent afternoons, Ceylon Spice Chai is best enjoyed with milk and a touch of honey.

\$5

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TEA COCKTAILS

ICED TEA OLD FASHIONED

Jack Daniels 25ml, Sugar Lumps, Bitters, Rosemary, Planters Earl Grey Tea
\$11

TEA SANGRIA

Riesling 100ml, Orange, Apple, Grapes, Planter's Green Tea, Lime, Sugar
\$9

TEA TINI

Vodka 50ml, English Breakfast Tea, Dry Vermouth (Martini) 10ml, Olive
\$9

GREEN TEA MOJITO

Rum White 50ml, Lime, Sugar, Topped with Planter's Green Tea, Mint Sprig
\$9

EMPTY THE CUP

Vodka 50ml, Peppermint Tea, Ginger Juice, Lime, Sugar
\$9

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TEA MOCKTAILS

CHAI

English Breakfast Tea, Milk, Masala Mix, Sugar, Marie Biscuit
\$6

DETOX

Jade Green Tea, Ginger, Orange, Cucumber, Ground Cinnamon, Lime, Parsley
\$6

JUN T

Peppermint Tea, Kafir Lime Leaves, Lemongrass, Passion Fruit, Lime, Sugar
\$6

THE AMENA

Jade Green Tea, Strawberry, Basil Leaves, Lime, Sugar
\$6

CHAMOMILE HARMONY

Chamomile Tea, Honey, Mint, Ginger, Lime
\$6

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RETAIL SELECTION AT AARUNYA

LOOSE TEAS		
ENGLISH BREAKFAST <i>100g</i>		\$7
EARL GREY <i>100g</i>		\$7
ELEGANT SABARAGAMUWA <i>100g</i>		\$7
JADE GREEN TEA <i>100g</i>		\$7
CHAMOMILE FRESH <i>50g</i>		\$8
PEPPERMINT <i>50g</i>		\$8
FOREST FRUIT <i>50g</i>		\$8
LEMON GRASS & GINGER TWIST <i>50g</i>		\$8
CEYLON SEASON NUWARA ELIYA <i>100g</i>		\$8
CEYLON SEASON DIMBULLA REGION <i>100g</i>		\$8
GOLDEN RUHUNA - FBOPF EX SP 1 <i>100g</i>		\$12

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