

Maggie's Tea Room Menu

❖ Breakfast and lunch specials of the day. Please ask your server for details. ❖

❖ Breakfast ❖

Ham & Spinach Swirls	\$6.95
Breakfast Pita Pizza	\$6.95
Waffles with Fresh Fruit	\$5.95

❖ Lunches on the Light Side ❖

Sandwiches	\$6.95
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Any of the following served on Croissant, Whole Wheat, White or Pita Bread, with Lettuce, Tomato, and Onion by request:

Maggie's Tuna Salad
Delightful Chicken & Dill Salad
Awesome Egg Salad
Tempting Turkey Breast
Half Sandwich (any of the above) with a Cup of Soup -7.25

Add Cheddar Cheese for 25 cents.

Salads	\$7.25
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Any of the following served with gourmet chips:

Maggie's Tuna Salad on Spring Greens
Delightful Chicken and Dill Salad on Spring Greens
Awesome Egg Salad on Spring Greens
Tempting Turkey Breast on Spring Greens
Sumptuous Tuna, Chicken and Egg Salad on Spring Greens

Soup of the Day

Bowl	\$4.25
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Cup	\$2.50
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❖ A La Carte Selections ❖

Scone of the Day	\$2.00
Devon Cream & Jam	\$1.60
Slice of Cake	\$3.50
Gourmet Cookie	\$1.85
Croissant	\$1.50
Assorted Finger Sandwiches	\$5.00

❖ Maggie's Teatime Treats ❖

Hearty High Tea	\$14.95
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Served with the following:

Assorted Finger Sandwiches
Scones with Devon Cream & Jam
Assorted Mini Cakes and Pastries
Tea of the Day

Scrumptious Scone Tea	\$8.00
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Served with the following:

Two Scones, Devon Cream & Jam
Individual Pot of Tea

Sweetheart Tea	\$7.50
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Served with the following:

Assorted Mini Cakes and Pastries or Slice of Cake
Individual Pot of Tea

Teddy Bear Tea	\$5.75
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Peanut Butter and Jelly Sandwich

Chips

Teddy Grahams

❖ Beverages ❖

Pot of Tea (per person)	\$4.00
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Iced Tea	\$1.75
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Cup of Coffee	\$1.75
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Cappuccino or Espresso	\$2.50
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Soft Drink or Lemonade	\$1.50
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Bottled Water	\$1.50
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Evian	\$1.75
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Milk	\$1.25
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Juice	\$1.75
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The Miracle of Tea

Legend has it that the Emperor Shen Nong discovered tea in the year 2737 BC. Indian and Japanese legends attribute the discovery of tea to Bodhidharma the devout Buddhist priest who founded Zen Buddhism. Either way, the healthful effects of teas have been known for literally thousands of years.

Recent scientific studies however, have concluded that tea is rich in the plant substances known as flavonoids as well as the incredibly beneficial polyphenols. These substances function as antioxidants and have protective capabilities against lung, colon, oral and other forms of cancer. As well as being a soothing, calming beverage, tea aids digestion, strengthens the immune system and reduces the risk of heart disease.

❖ Red Tea ❖

This wonder herb called Rooibos originates from South Africa and is full of polyphenols and flavonoids... it is also caffeine-free! It is known to relieve stomach and digestive problems, boost the immune system and supplements our daily need for calcium, manganese, and fluoride. It inhibits the aging process!

❖ White Tea ❖

This tea is hand plucked from the high mountain region of China. It is the rarest of the teas and being the least processed it retains the highest level of disease preventatives. White tea has more antioxidants than any other tea and the health benefits are most powerful.

❖ Black Tea ❖

The favored tea of the British, these very robust and flavorful teas include the Darjeeling and Assam varieties. The freshly gathered shoots are withered, rolled, fermented and dried. Black teas contain one third less caffeine to coffee or cola, yet they reduce fatigue, maintain mental alertness, stabilize fluid levels and are fat and calorie free. Black Teas make up 98% of the international tea trade.

❖ Green Tea ❖

Green teas do not go through the fermenting process and consequently have a milder and slightly bitter taste. Being a tea that contains large quantities of powerful polyphenols and having the capability of being infused with exotic flavors, Green tea is one of the most popular in today's market. Green tea reduces high blood pressure and is believed to inhibit LDL (low density lipoproteins), sometimes referred to as "bad cholesterol".