

## **‘fellowship of the sip’** high quality food restaurant & tea house

### **soup of the day**

**organic cream of vegetables soup - flavors vary**

small \$6.50  
regular \$9.50

### **sandwiches**

**turkey / sugar ham & avocado \$7.00**

organic lightly toasted bread with all organic butter or extra virgin olive oil, turkey or sugar ham, avocado, tomato and radish sprouts

**salami / pepperoni & veggies \$7.00**

organic lightly toasted bread with all organic butter or extra virgin olive oil, salami or pepperoni, lettuce, tomato and radish sprouts

**cheese & veggies \$7.00**

organic lightly toasted bread with organic butter or extra virgin olive oil, local cheese, hot pepper jack, colby or raw milk cheddar, tomato, kosher dill pickles and radish sprouts

**hummus & veggies \$7.00**

organic lightly toasted bread with all organic butter or extra virgin olive oil, traditional or garlic hummus, kosher dill pickles and radish sprouts

**beef hot dog \$6.00**

organic lightly toasted wheat roll with a beef hot dog sausage, butter, ketchup or mustard or homemade mayonnaise

### **lunch plates**

**organic meaty plate \$14.00**

organic lightly toasted bread with butter or olive oil, a beef hot dog or chicken sausage, tomato, kosher dill pickles, radish sprouts, mustard and a side salad

**organic vegetarian plate \$10.00**

organic lightly toasted bread with butter or olive oil, hummus, tomato, olives, radish sprouts and a side salad

### **meaty dinner**

#### **winner, winner sausage dinner**

**organic sausages, mash and salad \$16.00 - 25.00**

selection of three organic and local european style sausages (lamb, chicken, pork - Italian or German) and beef hot dogs served with mashed potatoes and seasonal side salad, add condiments and any extras from next page

### **delicious desserts**

**organic spice apple pie \$6.50**

add organic whipped cream, yoghurt or jam

**organic banana chocolate chip muffin \$3.50**

**organic flaxseed & coconut crackers \$3.90**

## custom lunch plate

organic sprouted spelt bread	\$2.50
organic wheat roll	\$2.00
organic toasted wheat bread	\$1.50
organic seasonal salad	\$5.00
organic avocado half	\$2.50
organic beef hot dog sausage	\$2.00
raw milk cheddar, colby, hot pepper jack or a mix	\$2.00
turkey, ham, salami, pepperoni, or a mix	\$4.00
spicy Italian or German pork sausage	\$4.00
chicken sausage	\$3.00
lamb sausage	\$5.00
organic hummus	\$2.00

portion	\$1.00 each
organic butter or extra virgin olive oil	
organic radish sprouts	
seasoned sauerkraut	
organic kosher dill pickles	
organic kalamata olives	
organic tomato	
organic mustard	
organic tomato sauce	
horseradish	

## juices & smoothies

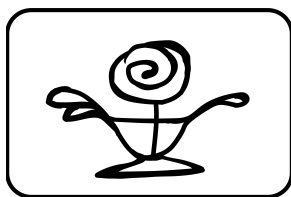
freshly made, upon order, 8oz  
- 100% organic -

carrot juice	\$4.00
apple juice	\$4.00
carrot, apple & celery juice	\$5.00
strawberry & banana smoothie	\$5.00
mixed berry & banana smoothie	\$5.00

if there is anything you would like to see on the menu  
let us know, we will make our best effort to offer it

*opening hours:*  
*Tuesday - Thursday & Sunday 12pm - 8pm*  
*Friday - Saturday 12pm - 10pm*  
*Monday closed*

**33 S Loudoun St, Winchester, VA**  
**(540)699-0777**



**‘fellowship of the sip’**  
**high quality food**  
**restaurant & tea house**

**organic salad menu**

**simple vegetable salad**

**\$7.00**

lettuce, carrots, tomatoes, olives, dill pickles, olive oil, salt

**raw milk cheddar salad**

**\$8.00**

lettuce, raw milk cheddar cheese, dill pickles, tomatoes, olives, olive oil, apple cider vinegar, salt & pepper

**cranberry, cheese & walnut**

**\$10.00**

lettuce, celery hearts, colby cheese, cranberries, walnuts, honey-lemon-olive oil dressing

**egg, spinach & mayo**

**\$10.00**

lettuce, spinach, tomatoes, boiled egg, homemade mayonnaise, home grown radish sprouts

**potato & sausage salad**

**\$15.00**

cooked potatoes, cooked chicken or beef sausage, dill pickles, sprouts, homemade mayonnaise, mustard

**hummus & avocado salad**

**\$12.00**

lettuce, spinach, hummus, avocado, tomatoes, black olives, sprouts, olive oil, apple cider vinegar, salt

**smoked salmon salad**

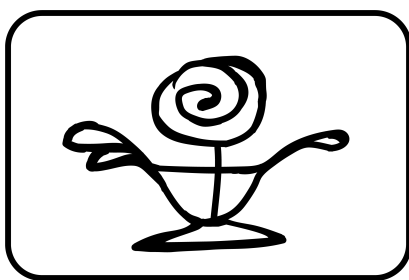
**\$16.00**

lettuce, spinach, wild alaskan smoked salmon, fresh cucumber, roasted nuts, salt, olive oil dressing or homemade mayonnaise

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# fellowship of the sip

## wine & beer menu

all wines are made with organic grapes  
standard serving size 5oz

### red

<b>Pares Balta - Mas Petit, Spain 2015</b>	<b>\$7</b>
additionally certified organic	
<b>Monastrell, Valencia 2016</b>	<b>\$6</b>
<b>Tempranillo, Valencia 2016</b>	<b>\$5</b>
<b>Red blend, California 2016</b>	<b>\$5</b>
<b>Cabernet Sauvignon, 2016</b>	<b>\$7</b>

### white

<b>Bianco, Italy</b>	<b>\$5</b>
<b>Chardonay, California 2016</b>	<b>\$5</b>
<b>Sauvignon Blanc, California 2016</b>	<b>\$6</b>

### rose

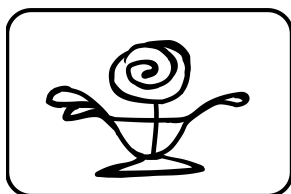
<b>Pares Balta - Ros de Pacs , Spain 2017</b>	<b>\$7</b>
additionally certified organic	
<b>Bobal, Valencia 2016</b>	<b>\$6</b>

### bottled beer (certified organic)

<b>Samuel Smith organic apple cider</b>	<b>\$5</b>
<b>Samuel Smith organic pear cider</b>	<b>\$5</b>
<b>Samuel Smith organic apricot ale</b>	<b>\$5</b>
<b>Samuel Smith organic lager</b>	<b>\$5</b>
<b>Samuel Smith organic ale</b>	<b>\$5</b>

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**‘fellowship of the sip’**  
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**breakfast menu**

**scrambled egg and sausage with toast \$13.00**

all organic sprouted spelt bread toast or toasted wheat roll, three scrambled eggs, cooked chicken or beef sausage, homegrown radish sprouts, tomato, mustard and butter

**chickpea scramble with veggies & toast \$10.00**

all organic chickpea scramble with hummus, fresh spinach, mushrooms and cherry tomatoes served with sprouted spelt or toasted wheat roll and olive oil

**boiled eggs and toast \$9.00**

all organic two boiled eggs with sprouted spelt or toasted wheat roll, served with butter, tomato, radish sprouts, and homemade mayonnaise

**cooked sausage and toast \$9.00**

all organic cooked chicken or beef sausage and sprouted spelt or wheat roll served with tomatoes, radish sprouts, mustard, olive oil homemade mayonnaise or ketchup

**country hot dog \$8.00**

all organic beef sausage in a toasted wheat roll with raw milk cheddar, fresh tomato, pickles and mustard

**egg & veggies omelette \$8.00**

all organic three eggs with fresh spinach, mushrooms and cherry tomatoes cooked on coconut oil

**toast with jam or honey \$4.00**

all organic toasted sprouted spelt bread or wheat roll with butter and a choice of jam or honey

**porridge with dried fruit and nuts \$6.00**

all organic cooked oats with dried cranberries, raisins, sunflower seeds, walnuts, with or without butter, coconut oil, milk or milk alternative, please ask for jam, honey or other sweetener

**hot cacao \$3.50**

all organic raw cacao with organic sweetener of choice and milk or milk alternative

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Friday 12pm - 10pm  
Saturday 9am - 10pm  
Sunday 9am - 8pm  
Monday closed*

**33 S Loudoun St, Winchester, VA**  
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single teapot \$5  
teapot to share \$7  
iced tea \$4.50

### Classic Chai Tea

steeped with organic half&half or milk  
alternative and with/without sweetener

single \$6.50  
sharing \$9.50

complimentary with every tea  
you get a biscuit, piece of dark  
chocolate, peanuts and raisins  
or a portion of marmalade  
let us know what you choose

with every tea pot purchased  
you can get one refill of hot  
water to make a second brew

### Natural sweeteners

organic raw honey  
organic agave nectar  
organic brown sugar  
organic coconut sugar

### Organic lemon/lime

### Milks and alternatives

organic half & half  
organic coconut milk  
organic almond milk

all items are available to take away  
and do not forget our loyalty card  
for every 7 drinks you get one free

you are welcomed to our secure  
WIFI network: 'BestOrganicTeahouse'  
password: 'willcomebackwithfriends'.



*'fellowship of the sip'*  
high quality food  
restaurant & tea house

has the honor  
and joy to  
present its

## organic tea menu

we are happy  
to share our  
healing table  
with you!

*let's sip this treat  
together!*

## Oolong

### Orange Flower

Refreshing orange, soothing blossoms and an exquisite, delicate oolong tea combine to create this fragrant blend. Oolong tea is prized for its anti-aging and metabolism-boosting properties.

## Green

### Jasmine Green

This classic, antioxidant-rich green tea imparts the seductive, soothing fragrance of wild jasmine in every cup. Originating in China, jasmine tea comes from tealeaves that are blended with fresh jasmine flowers in a traditional scenting process. Jasmine tea is said to lower cholesterol, ease anxiety, increase circulation, aid digestion, break down saturated fat and promote overall well-being.

### Blueberry Green

This alluring, good-for-you brew combines an antioxidant-rich green tea with luscious blueberries and jammy hibiscus. Revel in this tea's smooth, deep, juicy flavor and bright finish. Blueberries are ranked as a 'super fruit', while green tea is renowned for its potent anti-aging effects.

## White

### White Peony

Made from sun-dried, baby tealeaves, White Peony (Bai Mu Dan) is a classic white tea from China's Fujian Province. White tea has a very delicate flavor, and is the least processed of all tea varieties. It retains the highest concentration of the amino acid theanine, having the ability to reduce stress, promote mental clarity and act as a natural anti-depressant.

### Ginger Peach

This is a mouth-watering blend of peaches, ginger and antioxidant-rich white tea. White tea has a delicate honey-like flavor and contains exceptionally high levels of the amino acid theanine, which is known for its ability to reduce stress, promote mental clarity and act as a natural anti-depressant.

## Rooibos

naturally caffeine free

### Hibiscus Peach

Hibiscus (a colorful, trumpet-shaped, tropical flower) provides a rich, ruby-red infusion with a tangy, tropical-fruit flavor similar to pomegranate and citrus. A sweet burst of peach gives this blend a flavorful, almost juice-like quality. Hibiscus is rich in flavonoids, antioxidants, and vitamin C while rooibos is revered for its soothing, stress-relieving and anti-aging properties.

### Spiced Apple Pie

Inspired by homemade apple pie fresh from the oven, this decadent herbal tea promotes relaxation and good health with a powerful dose of antioxidants. The crisp flavor of orchard-fresh apples mingles with the rich warmth of spice in this guilt-free indulgence. Also called red tea, rooibos has many of the same health-promoting properties as green tea but is naturally caffeine-free.

## Black

### French Breakfast

French Breakfast is a full-bodied, rich, bright black tea with notes of vanilla and caramel. This enchanting, flavorful tea is made from a traditional, antioxidant-rich black tea base enhanced with rose petals and the decadent, creamy flavor of fresh-cut vanilla bean.

### Grand Earl Grey

Earl Grey is a traditional, full-bodied blend of black tea and Mediterranean bergamot. Bergamot is a citrus fruit from southern Italy that lends its flowery-sweet, citrus aroma to this classic tea. Dark and rich, yet smooth and aromatic, frequently complimented as the best Earl Grey available!

### Bombay Chai

Deep, dark and delightful. Bombay Chai is a mélange of rich black tea and exotic spices, conjuring up the aromatic delights of an Indian street market. Chai (spiced tea) originated in India as an Ayurvedic healing tonic.

### Orange Spice Chai

All of the elements of a pie baked fresh on a brisk autumn evening find their way into this spiced black tea. Exotic cardamom and clove are married with ginger, cinnamon and clementine orange in this rich, flavorful, spiced chai blend.

## Herbal

naturally caffeine free

### Chamomile & Mango

Find your inner calm with this soothing, restorative blend of golden chamomile blossoms and sweet, lingering notes of tropical fruit. Used as a medicine in ancient Egyptian times, chamomile may help reduce anxiety, relieve headaches, lower inflammation, boost immunity, and alleviate insomnia. Chamomile may also act as a pain reliever and mild sedative.

### Forests Tea

Complex with an initial spicy flavor, sweet and succulent honey finish. This warm decoction is great for the respiratory and chest area. The combination of roots and spices is both rich and comforting.

### Grateful Heart Tea

This delicious tea will make your taste buds happy and your heart grateful. Blended with herbal fruity goodness to promote strength and well being. Smooth and mild with a lingering hint of spice, soothingly warm, herbaceous, and hay-like.

### Peppermint

Peppermint has been used since antiquity to soothe abdominal pain, indigestion, cramping and bloating and to relieve nasal and sinus symptoms. Grown in the Pacific Northwest, this variety is incredibly potent and aromatic.

### Berry Cabernet

Naturally caffeine-free, this luscious blend of organic fruits and botanicals features succulent berries, fruity rose hips, and sweet-tart hibiscus. Deep and juicy with a brilliant, ruby-red liquor, this antioxidant-rich herbal tea almost needs a corkscrew.

dear 'fellowship of the  
sip' friends and guests:



*'fellowship of the sip'*  
high quality food  
restaurant & tea house

*please note that all items in  
this menu are organic and  
prepared or brewed solely  
with spring water!*

*everything from this menu  
can also be purchased at  
our tea house speciality  
store - world of healing*

has the honor  
and joy to  
present its

menu

*all items are available to take away*

*our secure WIFI network:  
'Best Organic Teahouse'  
password: 'will come back with friends'.*

we are happy  
to share our  
healing table  
with you!

*logo by Sarah Havah Theebaum  
'Fellowship of the Sip' (2017)  
adopted as a logo of  
the tea house.*

*let's sip this treat  
together!*



## drinks menu

### variety of organic teas

choose from a variety of green, black, white, oolong, rooibos and herbal teas, please see separate tea menu

single teapot \$5  
teapot to share \$7  
iced tea \$4.50  
milky chai \$6.50 / \$9.50

### organic french press coffee \$5.00

organic house blend low acid coffee, delicate, tasty and will not upset your stomach

### chicory coffee alternative \$3.00

naturally caffeine free, great tasting, a good coffee substitute

### organic hot chocolate \$6.00

organic 55% dark chocolate made with spring water and organic half & half

### glass of mineral water \$2.00

### fresh carrot juice \$4.00

### fresh apple juice \$4.00

### fresh carrot, apple & celery \$5.00

### strawberry & banana smoothie \$5.00

### berry & banana smoothie \$5.00

please ask for any additions needed: honey, sugar, coconut sugar, agave, jam half & half, milk alternatives or slices of lime or lemon

## snacks & treats

### organic brown rice crackers \$3.00

with organic olive oil or organic butter

### organic homemade flax seed and coconut crackers \$3.90

served with organic olive oil or organic butter.

### organic nuts and dried fruit \$3.00

includes raisins, peanuts, coconut chips, almonds, walnuts

### organic apricots or figs \$3.00

dried fruit, choose one or mix the two

### organic ladyfinger biscuits \$3.00

three pieces served with dried or seasonal fruit

### organic dark chocolate \$3.00

four large squares of dark chocolate

### organic popcorn \$3.00

### organic peanuts \$3.00

dry roasted and salted with celtic sea salt by us at the tea house

### homemade spiced apple pie \$6.50

gluten free and super tasty, add whipped cream, jam or yoghurt

### homemade banana chocolate chip muffin \$3.50

gluten free and vegan