

Beverage Menu



LOOSE TEA

Leaves



100_{LE}/120_{LE}/150_{LE}

“You can use tea bags or go loose, drink it hot or drink it cold. Either way, tea is fabulous & so are all of its benefits. For all the tea-veterans, keep drinking your way to good health! For those that have not yet embraced a tea-drinking habit, it’s never too late to start brewing a batch! Explore the various types & blends specially package for you.”

BLOOMING *Fairies*



Pot 350_{LE}

“Fresh flowers like Jasmine & tender green tea buds are skillfully woven together into a ball-shaped bloom by experienced Chinese tea masters. When steeped in hot water, the hand-tied blooming flower tea delicately unfurls to provide a stunning floral display. Witness a marvelous flower unfurling its petals in front of your eyes. Each tea ball has its own unique flower & flavor.”

DRAGON EYE *Tea*



Cup 75_{LE}

Pot 110_{LE}

“This nourishing fruit is known for replenishing our blood & boosting our immune system. Eaten fresh in the summer or dried for winter use. The only place in Egypt you can enjoy dragon eye tea is BOXMEAL. When the cold wind blows in winter, come to have a sip of dragon eye tea packed with Vitamin A & C making it a good helper for the cold season.

Or have it cold brewed in the hot weather with dates or any tea of your choice.”

OOLONG *Tea*



Cup 50_{LE}

Pot 75_{LE}

“In the family tree of Chinese teas, *Oolong Tea* which is semi-fermented, lies between unfermented Green Tea & fermented Black Tea (called black tea in the West but actually known as red tea in China). The range of fermentation varies from 8%-70%. *Oolong* is sometimes written as *Wulong*, but the meaning is the same: *Oo* (wu) means black & *long* means dragon. *Oolong tea* vary widely in flavor. They can be sweet & fruity with honey aromas, or green & fresh with complex aromas, all depending on the horticulture & style of production.”

MASALA *Tea*



Cup 50_{LE}

Pot 75_{LE}

“Commonly known in the western world as “Chai Latte Tea” or simply “Chai Tea”, *Masala Tea* comes from the Indian Tradition of Masala Chai that literally translated to “mixed-spice tea”.

Chai means tea although, in english language, Chai is an acceptable term for *Masala Tea*. This hot beverage is simply a mix of Indian spices brewed with a base; traditionally Black Tea, but it can be enjoyed with coffee as well. BOXMEAL has specially imported authentic masala mixes from India for your pleasure.”

MATCHA *Tea*

Cup 60/85_{LE}

Pot 95/115_{LE}



MANGO *Matcha*



90_{LE}

MATCHA *Latte*



100_{LE}

LEMONADE *Matcha*



80_{LE}

“*Matcha Tea* contains a unique, potent class of antioxidants known as catechins, which aren’t found in other food. In particular, the catechin EGCG (Epigallocatechin Gallate) provides potent cancer-fighting properties. Over a thousand years ago, *matcha* came to Japan as an aid to meditation practice. Modern science has recently confirmed *matcha* is rich in L_Theanine, a rare amino acid that actually promotes a state of relaxation and well-being by acting upon brain functioning.

During long hours of sitting, monks would drink *matcha* to remain alert calm. Therefore, a bowl of *matcha* promotes concentration & clarity of mind without any of the nervous energy found in coffee.”

DRIP *Coffee*

Cup 60_{LE}

w/condensed milk 80_{LE}



“Coffee was introduced into Vietnam by French colonists in the late 19th century. Because of limitations on the availability of fresh milk, the French & Vietnamese began to use sweetened condensed milk with a dark roast coffee. Now we continue the tradition & enjoy contemplating the beautiful process of each drip coffee falling from a traditional brewer.”

Choose your own herbal or fruit tea

HERBAL *Tea*

Lemon Grass
Dried Dates
Lemon
Rose
Chrysanthemum
Bunga Telang
Dried Goji Berries
Basil Seeds
Fresh Rosemary
Fresh Basil
Fresh Mint
Ginger

2 ingredients Cup 60_{LE}/Pot 100_{LE}

3-4 ingredients Cup 75_{LE}/Pot 125_{LE}

CHRYSANTHEMUM *Tea*



Cup 50_{LE}

Pot 90_{LE}

“*Chrysanthemum Tea* is a warm, herbal beverage prepared from dried Chrysanthemum flowers. This tea has a delicate, slightly floral aroma & a light, refreshing taste. *Chrysanthemum Tea* has long been used in traditional Chinese medicine to treat various internal & external health issues. Studies demonstrated that the strong antibiotic properties of Chrysanthemum might also be effective for treating angina, or chest pain that stems from coronary heart disease.”

BUNGA *Telang*



Cup 70_{LE}

Pot 150_{LE}

“*Bunga Telang* comes from the Indonesian words meaning having clear vision. Like Goji berries, this flower helps improve eyesight. *Bunga Telang* is also one of the few plants that has cyclotides in it. These are peptides that have antitumor properties. The plant is also known for other healing properties, lowering blood pressure, anti-anxiety, anti-asthmatic, anti-inflammatory & pain-relieving effects.”

WHAT IS THE BIG DEAL WITH PU'ER *Tea?*

Cup 55/75^{LE}

Pot 85/105^{LE}

“There are just too many benefits to mention on one page. Our *Pu'er Tea* imported from China is noted for its smooth & mellow flavor with a pleasantly sweet aftertaste. Not only delicious, *pu'er* contains high levels of polyphenols (flavonoids, catechins & theaflavin), which are known for their antioxidant activity.

In one study, microbial aging of *pu'er* tea can result in the production of lovastatin, a natural statin. Statins are used medicinally to lower levels of bad cholesterol such as LDL and the list goes on!”

MATCHA
Butterfly Pea
FLOWER LEMONADE



Cup 100_{LE}

DA HONG *Bao*

“If you know anything about the most expensive tea in the world, you know about *Da-Hong Bao Tea*. What? How is this possible that here, in little Dahab, in a tiny kitchen in lighthouse area you can find one of the rarest most expensive teas in the world? Well, actually that is a story itself we can tell you over a cup of steaming hot *Da-Hong Bao...* or any other tea of your budget, not the price of a weekend stay at 4 seasons for a cup of tea. Yes, it is that expensive! *Da-Hong Bao* is a heavily oxidized dark oolong tea. It is so rare & expensive due to the fact that there are hardly any original *Da-Hong Bao* trees left, & the varieties that grow are perched on a high rock in Quyi Mountain on temple land under constant armed guard. They're so rare that they're considered almost priceless. Their production is tightly controlled by the government, & only a few hundred grams are yielded from the trees each year. The original *Da-Hong Bao* from the original trees sells for over 1,700\$ for one gram, cutting taken from the original plants has been used to produce similar grades of tea from genetically identical plants, making it a little affordable, like what we offer in BOXMEAL. Disappointed? Don't be, it is still the exact same plant that supposedly healed an emperor's mother & is believed to have many medical benefits.”

Cup 250_{LE}

Pot 450_{LE}

ICED TEA *Shakers*



Cup 50_{LE}

Choose your own herbal or fruit tea

COCONUT MASALA

Latte

Cup 60_{LE}

Pot 90_{LE}

“Life is full of tough decisions. Here at BOXMEAL, we know that everyday we have so many decisions to make and it gets difficult. So we are helping you out here with the dilemma of drinking Masala Tea of Coconut Latte. The *Coconut Masala Latte* is the best of both worlds!”

BOXMEAL *Shots*



100LE

THIRSTY

For juice?

Mix any 2 fruits/veggies 65^{LE}

3 or more fruits/veggies 80^{LE}

Ask our staff for variety of seasonal fruits available!

"At BOXMEAL, our juices are cold pressed, pulp free & no added sugars. Sip away to a stronger immune system & better mood."



HEALTHY *Mission?*

Mix any 2 fruits/veggies 65^{LE}

3 or more fruits/veggies 80^{LE}

Ask our staff for variety of seasonal fruits available!

“There’s no bad time to enjoy a smoothie. Have a cold blended healthy mix of your own invention after a swim on a hot summer day, or whenever else you need a fix.”

BEVERAGE

Flat

Chinese Tea

Rose Pu'er	50LE
Black Tea	25LE
Green Tea	25LE
Oolong Tea	50LE
Tie Guan Yin	25LE

Local Tea

Hibiscus	25LE
Peppermint	25LE
Anise	25LE
Chamomile	25LE
Sage	25LE
Rosehip Peach	30LE
Earl Grey Tea	25LE

Coffee

Turkish Coffee	30LE
Drip Coffee	60LE
Masala Coffee	60LE
Hazelnut Coffee	60LE



FRESHEN UP

Your day



Avocado
Honey
Milk
Lemon

Avocado Frappe

90LE



Butterfly pea
Ice
Milk's choice

Butterfly Pea Iced Latte

75LE



Ginger
Lemon
Soda

Ginger Lemon Soda

75LE



Mango
Strawberry
Avocado
Banana
Chia seeds

Super Fuel Energy Booster

100LE



Watermelon
Pineapple
Ginger

Watermelon Shake

75LE



Celery
Pineapple
Ginger
Spinach
Peach

Immune Booster

100LE



Apple
Sweet corn
Ginger
Lemon grass
Pineapple

Relaxation

100LE



Banana
Orange
Peanut butter
Milk

Banana Bran

75LE



Papaya
Banana
Mango
Orange

Papaya Mango

80LE

SMOOTHIE *Bowl*

MATCHA

135LE



PEANUT BUTTER

125LE



MANGO

110LE

