

Best tea in Bahrain

There's nothing better than a crack cup of cha, and in Bahrain it is not hard to find one. You just need to know where to look [Discuss this article](#)



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Ever fancied a cup of tea and a nice sit down but all you could find was coffee and shisha? Despite a tea culture dating back centuries, much of the Arab world has since turned it back on the humble leaf in favour of the full-bodied bean. Which is a shame really, since tea is jam packed with anti-oxidants and is credited as one of the main reasons that the Japanese live forever. Fortunately, for those of us who live in Bahrain, a quiet revolution is underfoot, attempting to transform us into a population whose favourite tipple is a cup of tea. We pick four places you can get a brilliant brew.

T. Club: With a narrow entrance on Exhibition Avenue (blink and you'd miss it) T. Club is heading into its third year of operations and has become something of a hub for tea lovers. Part retailer, part cafe, T. Club is a suprisingly cavernous establishment run by people who really know how to make a proper brew. With over 3,000 teas on offer, here you can find everything from English Breakfast to the treasured Chinese silver needles (the latter of which will set you back BD150 per kilogramme). With no bush left unbrewed in the search for the best the world of tea has to offer. But in the unlikely event they don't have what you want, they'll source it for you by special order. Those too gasping to get home and put on the kettle can indulge in the vast menu, which reads like a who's who in the world of the caffeinated shrub. Each serving comes with a timer to make sure you pour before it stews, while all the tea pots are hand-made and used specifically for the tea that you order.

For more information, call 17 749 017.

By Time Out Bahrain staff

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