

The Concept of Miracles

The concept of Miracles was born on a Sunday morning as Jackie and Teresa were returning from a church service. Jackie Sayles, born in Bristol, England and Teresa Rogers, originally from West Virginia, believe the idea was sent from above. The concept quickly took form in their minds as a shopping oasis for New Tampa residents specializing in inspirational books and gift items in an English Tea Room setting. Jackie's English upbringing and Teresa's interior design experience make them a good team.

Both Jackie and Teresa are Realtors® with FIRST in Real Estate in New Tampa. They heard from their clients the need for a unique shopping and lunch experience in our area, and felt that the concept of Miracles might just answer the need.

Maggie's English Tea Room is named for Jackie's best friend Maggie who died on March 2nd 2006 (her 60th birthday). Jackie met Maggie on the stage of the Theatre Royal Drury Lane in London's West End, while auditioning for "Hello Dolly". They were the youngest members of the cast and decided to share an apartment. This started one of the most precious friendships one could ever imagine. After a long and successful theatrical career Maggie opened and ran one of the largest dance schools in the South of England, and although Jackie moved to Florida with her family in 1980, their friendship remained constant and strong.

Maggie was diagnosed with Lou Gehrig's Disease early in 2002 and we wish to honor her for the courage, strength and never ending faith she showed while fighting this debilitating Motor Neuron Disease. We will be forever grateful that she was with us here at Maggie's Tearoom when it opened on November 26th 2005. She died just 3 months later after her four year battle.

The Garden of Joy is named for Teresa's Mother who loved herb and flower gardening. There you will find items and accents for your garden, patio, pool, or lanai.



Jackie Sayles

Teresa Rogers

Maggie's Tea Room Menu

❁ "Please ask your server for details of our specials of the day". ❁

❁ Lunches on the Light Side ❁ Sandwiches

Any of the following served on Croissant, Whole Wheat, White of Pita, with lettuce, onion or tomato by request:

Maggie's Tuna Salad	\$7.25
Delightful Chicken & Dill Salad	\$7.25
Awesome Egg Salad	\$7.25
Oven Roast Turkey Breast	\$7.95
Health & Fitness (Turkey & Ezekielbread)	\$7.95
Add Cheddar or Swiss Cheese	\$0.35
Soup & Half Sandwich	\$7.95

❁ Salads ❁

Served on Organic Spring Greens with Gourmet Chips:

Maggie's Tuna Salad	\$7.95
Delightful Chicken & Dill Salad	\$7.95
Awesome Egg Salad	\$7.95
Sumptuous Tuna, Chicken & Egg Salad	\$8.25
Oven Roast Turkey Breast	\$8.25
Dr Bain's Cleanse Salad	\$7.95
Soup and Half Salad	\$8.25

Dressings: Blue Cheese, Sundried Tomato Vinaigrette, Peppercorn Ranch, Oil & Vinegar

❁ Soup of the Day ❁

Bowl	\$5.00
Cup	\$3.50

❁ A La Carte Selections ❁

Scone of the Day	\$2.00
Cream & Jam	\$1.75
Homemade Chocolate & Lemon Cake	\$3.50
Carrot Cake	\$4.50
Croissant	\$1.75
Assorted Finger Sandwiches	\$6.50
Bowl of Fruit Salad	\$3.75
Belgium Waffle w/Fruit & Whipped Cream	\$6.95
Pita Pizza w/Fruit or Salad	\$7.50

❁ Maggie's Teatime Treats ❁

Hearty High Tea \$14.95

Served with the following:

Assorted Finger Sandwiches, Scones with Cream & Jam, Assorted Mini Cakes & Pastries... Tea of Choice

Miracle's High Tea (High & Mighty Tea?) \$16.95

Served with the following:

Cup of Soup, Combo Salad on Organic Spring Greens, Cocktail Croissant, Scone, Cream & Jam, Piece of Lemon or Chocolate cake... Tea of Choice

Scrumptious Scone Tea \$8.00

Served with the following:

2 Scones of the day, Cream & Jam, Individual Pot of Tea

Sweetheart Tea \$8.00

Served with the following:

Mini Cakes & Pastries, Individual Pot of Tea

Teddy Bear Tea \$6.95

Peanut Butter and Jelly Sandwiches, Chips & Teddy Grahams, Choice of Lemonade, Milk, Apple Juice or Chocolate Milk, Fruit Gummies
(Hot tea \$1.50 extra)

Zoo Time Tea \$8.50

Turkey Breast Sandwich, Chips, Animal Crackers, 3 Mini Cakes, Choice of Lemonade, Milk, Apple Juice or Chocolate Milk, Fruit Gummies
(Hot Tea \$1.50 extra)

❁ Beverages ❁

Pot of Tea per person \$4.00

Iced Tea \$1.75

Cup of Coffee \$1.75

Soft Drink, Soda or Lemonade \$1.75

Milk \$1.75

Apple Juice \$1.75

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".