

CAFFEINE FREE TEAS

Decaf

- Organic Sencha:** *Pan-Fried decaffeinated Japanese green tea leaves* \$2.50
- Orange Rooibos:** *Contains vitamin C and may help with asthma and allergy symptoms* \$2.75

Chai

- Rooibos Chai:** *Full flavored with intoxicating spicy cinnamon notes* \$3.50

Floral

- Chrysanthemum:** *Very floral with pungent notes. May help with skin care, sore throat, and reduce fevers* \$2.50
- Hibiscus:** *Enriched with vitamin C and has a deep red infusion with a taste similar to lemonade* \$2.50
- Lavender:** *Mild with slight floral notes. May help ease insomnia, anxiety, headaches, and stomachache* \$2.50
- Rose:** *Light floral notes with a pleasant lingering finish and high in protein* \$3.00

Herbal

- Organic Green Rooibos:** *Unfermented rooibos with delicate herb notes. May help with stomachaches, boosted immune system, and contains a high level of antioxidants* \$2.50
- Organic Red Rooibos:** *Fermented rooibos with sweet notes. May help with headaches, sleeping aid, and digestive problems* \$2.50

Fruit

- Cinnamon Cranberry Apple:** *Sweet, fruity tea that has cinnamon note throughout* \$2.75

Bagged Blends

- Ginseng Tea:** *May help relieve stress, improve circulation, and mental function* \$2.50
- Chocolate Mint Truffle:** *Rooibos, spearmint, cacao nibs. Good source of antioxidants; mellow mint and chocolate rounded off with honey tones* \$2.50
- Ginger Twist:** *Lemongrass, orange, mint, ginger, apple, ginseng, papaya, citrus, licorice. May help promote calm, focus, and good health* \$2.50
- Organic African Nectar:** *Rooibos leaves, hibiscus, marigold flowers. Rich and full body with a honey-like and tropical flavor* \$2.50
- Organic Detox Infusion:** *Peppermint, burdock root, dandelion root, spearmint, licorice root, red clover flowers, basil. Refreshing with a slight zest* \$2.50
- Organic Mint Melange:** *Nana mint. Round body with a sweet, minty finish* \$2.50

House Blends

- Orange Ginger Wellness:** *Green rooibos, lemongrass, orange spice, ginger. May help with allergy relief, ease cold/flu symptoms, and stomach pain* \$2.75
- Pink Lady:** *Herbal tea with rose petals, hibiscus, cranberry apple, stevia leaves. Sweet without sugar, high in protein, and may help clear toxins from the body* \$2.75
- Sweet Dreams:** *Red rooibos, lavender, mint. Relaxing and may help calm your nerves for a better night sleep* \$2.50
- Relax Time:** *Red rooibos, lavender, rose petals. Rich in vitamins; may help with disturbed sleeping patterns and headaches* \$2.50
- Aroma Therapy:** *Lavender, mint, ginger, green rooibos. May help ease stress and anxiety* \$2.75
- Rosencha:** *Rose buds and decaf Sencha. Contains antioxidants and may promote weight loss* \$3.00
- Evening Time:** *Rose buds and lavender. May help calm nervousness and anxiety* \$3.00
- Orange Sunrise:** *Rose buds and decaf orange spice. Full flavored tea, enriched with vitamins C, D, K, & E* \$3.00

CAFFEINATED TEAS

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| Pai Mu Tan (White Tea): <i>High grade white tea with a fresh aroma and smooth flavor. Contains 3 times as many antioxidants as green or black tea. May help with skin aging</i> | \$2.75 |
| Organic Gunpowder: <i>Full flavored green tea with surprising body, slightly vegetative but refreshing and clean</i> | \$2.50 |
| Organic Lucky Dragon: <i>Bold and full flavored green tea with hints of pine and grassiness</i> | \$2.50 |
| Genmaicha: <i>Green tea with toasted rice. Light, golden yellow liquor with a unique, toasty rice flavor</i> | \$2.50 |
| Jasmine Green: <i>Very mild green tea with slightly floral notes</i> | \$2.50 |
| Oolong Red: <i>Partially fermented tea between green and black. May help with dermatitis & tooth health</i> | \$2.50 |
| Organic Ceylon Red: <i>Black tea with hints of delicate floral notes</i> | \$2.50 |
| Golden Pu-erh: <i>Mild black tea with hints of mustiness & an earthy character. May help lower cholesterol levels</i> | \$4.00 |
| Monk's Blend Black: <i>Very flavorful with a combination of vanilla and grenadine</i> | \$2.50 |
| Golden Monkey Black: <i>Flavorful with mellow hints of oak and a toasty finish</i> | \$3.50 |
| Irish Breakfast: <i>Full bodied English black tea, highly caffeinated with a malty character</i> | \$2.50 |
| Lady Londonderry: <i>English black tea with flavors resembling strawberry and lemon, perfect afternoon tea</i> | \$2.50 |
| Yorkshire Harrogate: <i>English black tea, rich in fullness and flavor</i> | \$2.50 |
| <u>Chai</u> | |
| Indian Spicy Chai: <i>Black tea, cardamom, cinnamon, cumin seed, and coriander</i> | \$3.50 |
| <u>Flowering</u> | |
| Longing Heart: <i>Green tea, amaranth, jasmine flower. Delectable hint of peach throughout it</i> | \$2.50 |
| Tiffany Rose Melody: <i>Amaranth, marigold blossoms, green tea. A soft rose flavor</i> | \$2.75 |
| <u>Bagged Blends</u> | |
| Organic English Breakfast Black: <i>Black tea with a robust body, sweet maltiness and smooth finish</i> | \$2.50 |
| Green Tea Tropical: <i>Green tea, cornflower and marigold petals, pineapple bits. Smooth with blends of tropical fruit and rich in antioxidants</i> | \$2.50 |
| Orange Dulce Black: <i>Black tea, green tea, jasmine flowers. Full bodied dark tea with notes of orange, vanilla, and jasmine blossoms</i> | \$2.50 |
| Organic Earl Grey Black: <i>Black leaves and bergamot. Lively body with citrus notes</i> | \$2.50 |
| Rainforest Mate Herbal: <i>Rosehips, green mate, green anise, mint, licorice, cloves, apple pieces, cornflowers, marigold petals. Slight zestiness, fruited and spiced with a slightly sweet finish</i> | \$2.50 |
| White Orchard: <i>White tea, green tea, flower petals. Sweet, with notes of melon and peach</i> | \$2.50 |
| <u>House Blends</u> | |
| Rise & Shine: <i>Gunpowder, jasmine flower, & lemongrass. May help with allergy symptoms and weight loss</i> | \$2.50 |
| Pick Me Up: <i>Ceylon, Oolong, Golden Pu-erh. Contains antioxidants and may help with cardiovascular health</i> | \$3.50 |
| Cup of Health: <i>Golden Pu-erh and Chrysanthemum. May help with lowering blood pressure and itchiness in the eyes</i> | \$3.50 |

COLD DRINKS

(Iced tea made fresh with each order)

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| Blue Lagoon: <i>Herbal tea containing apple, rosehip, orange pieces, cornflower, hibiscus, dried blueberry</i> | \$3.00 |
| Lemon Mango Punch: <i>Herbal tea containing apple, rosehip, hibiscus, dried mango</i> | \$3.00 |
| Berry Berry: <i>Herbal tea containing apple, kiwi, strawberry, rosehip, hibiscus, dried raspberry</i> | \$3.00 |
| Pink Lady: <i>Herbal tea containing rose petals, hibiscus, cranberry apple, stevia leaves</i> | \$3.00 |