





# TEA MENU

## HERBS & HERBAL BLENDS

### Peppermint

Good for digestion, Soothing

### Spearmint

Clean and minty, Soothing

### Yerbe Mate'

The most popular morning drink of South America

### Chamomile/Lavender

Blend of chamomile flowers and blue lavender

### Orange Ginger Mint

Ginger root, orange peel, mint, eucalyptus

Ginger/Orange flavor

### Swanderland Mint

Peppermint leaf, ginger root and lemon peel

### Ginseng Zingo

Herbal boost with Ginseng, licorice, mint, hibiscus, lemongrass, passion flowers, St. John's wort and lemon flavor

### H2O Detox - (Best Seller)

Holy basil (Tulsi), spearmint, rose hips, lemon myrtle and Indian flowers

### Spring Equinox - (Seasonal)

Licorice, honey bee pollen, peppermint, hibiscus, eucalyptus & Tulsi

### Turmeric Relief - (Organic)

Blended to provide comfort and relief. Organic honeybush & Rooibos, turmeric, cinnamon chips, whole black pepper, ginger root & honey bee pollen

## HERBAL AYURVEDIC BLEND

### Agni (Fire Pitta)

Chrysanthemum, saffron, cardamom, hibiscus, mint, Tulsi, sarsaparilla, raspberry leaf, flowers, lemon and peach flavor

### Vayu (Air Vata)

Chamomile, saffron, licorice, ginger, fennel, rose, spearmint, rose hips, lemongrass, Tulsi, natural orange flavor

### Prithvi (Earth/Water Kapha)

Ginger, saffron, black pepper, licorice, mint, clove, cardamom, fennel, cinnamon, Tulsi, safflowers, sambuca flavor

### Aakash (Space)

Cardamom, saffron, licorice, fennel, ginger, cinnamon, rosebuds, lemongrass and rose scent

## ROOIBOS (NON-CAFFEINATED)

### Red Bush Rooibos - (Premium, Best Seller)

South African Red Bush with vanilla and citrus

### Coco Rooibos - (Premium)

Rooibos with vanilla and shredded coconut

### Tall Grass Prairie - (Premium)

Green Rooibos, honeybush, rose hips & pomegranate flavor

### Golden Roy

Roobios with caramel and chocolate flavor

## CHOCOLATE ELIXIRS

### American

70% dark chocolate, evaporated cane juice, madagascar vanilla

### Modern Mexican

72% dark chocolate, canela, roasted almonds, organic evaporated cane juice, mexican vanilla

### 1775 Marie Antoinette

70% dark chocolate, orange blossom water, organic evaporated cane juice, ceylon cinnamon, vanilla and culinary orange blossom essential oil

## BOTANICAL ELIXIRS

### New Pathways Botanical Elixir

Flower essences: angel's trumpet, forget-me-not, trillium, rose quartz, kukui, watermelon tourmaline, mariposa lily

### Heart Connection Botanical Elixir

Flower essences: Hawthorne, wild rose, moss, oregon opal, pineapple

### Headache, Allergy Sinus Relief Botanical Elixir

Flower essences: Trailing blackberry, CA poppy, starry solomon seal, indian pipe, bleeding heart.

## FRUIT TISANE

### Mango Moon - (Premium)

Papaya, hibiscus, currants, pineapple, berries, coconut, yogurt granules and flavor

### Paradise in Midtown - (Premium)

Taste of passionfruit and orange. Berries, hibiscus, papaya, orange, currants, passionfruit

### Warm Toasted Almond - (Premium)

Warm inviting, reminds you of a Cinnabon! Apple, almonds, cinnamon and beetroot

### Cranberry Orange - (Premium)

Cranberries, orange, citrus flavoring, hibiscus and Rooibos

### Warm Apple Pie

Cinnamon chips, apple pieces, roobios, marigold flowers, and apple/cinnamon flavors

## HOUSE SPECIALTIES

### Iced Matcha Latte - \$4.75 (16oz)

Made with rice milk, agave and cinnamon

### Hot Matcha Latte - \$4.75 (10oz)

Made with whole milk and honey

### Traditional Hot Matcha - \$4.75 (10oz)

Whisked with hot water

### Shot of Matcha - \$3.75 (3oz)

Matcha mixed with pineapple juice. Perfect before floating or meditation

## SMOKY

### Lapsang Souchong

Mainland China smoked tea