



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)

*Cardamom, saffron, licorice root, fennel, ginger root,
cinnamon, rosebuds, lemongrass, rose scent*

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 - (Premium)

Rooibos 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*

Tzul

*70% dark chocolate, 36% caramelized milk chocolate, whole milk,
cacao beans, mexican vanilla, organic spice blend*

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, 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 Cinnamon!
Apple, almonds, cinnamon and beetroot*

Cranberry Orange - (Premium)

*Cranberries, orange, citrus flavoring,
hibiscus and Rooibos*

Warm Apple Pie - (Premium)

*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