

## Sparkling

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### **Leilo Sparkling Kava: Calm in a Can** .....

Raspberry Hibiscus • Tango Berry • Lemon Ginger  
Blackberry Orange • Leilo Sleep Shot • Leilo Relax Shot

### **Olipop**.....

Ginger Ale • Cherry Cola • Orange Squeeze • Watermelon  
Lime • Tropical Punch • Vintage Cola • Strawberry Vanilla  
• Crisp Apple • Banana Cream

### **Psychedelic Water**

Orange Vanilla • Prickly Pear • Blackberry + Yuzu •  
Hibiscus + Lime

### **Bottled Water (Non-Sparkling)**.....

## Munchables

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### **Mezcla Protein Bar** .....

Peruvian Cocoa Peanut Butter • Mexican Hot Chocolate  
Japanese Matcha Vanilla • Canadian Maple Blueberry

### **Dardimans California Crisps** .....

Crème Blood Orange Slices • Orange Chocolate Slices  
Pineapple Slices w Tajin • Dark Chocolate Orange Slices  
Ruby Chocolate Pineapple Slices

### **Douglas Sweets Shortbread Bites** .....

Traditional • Chocolate Chip • Coconut Chocolate Chip  
Lemon Drop • Orange Blossom • Latte Chocolate Chip  
Butter Pecan Shortbread • Double Dark Chocolate Chip  
Salted Caramel • Lemon Rosemary

### **Caramel Stroopwafels** .....

Soft, toasted waffles filled with caramel, cinnamon,  
and real Bourbon vanilla.

### **Nat's Nuts** .....

Cinnamon Whiskey Pecans • Maple Bourbon Almonds  
• Vanilla Rum Cashews • Espresso Roasted Almonds

# SPARKLING & MUNCHABLES



## House Specialty Lattes

10oz/16oz

### **Pink Rose Petal Latte** .....

Unsweetened oat milk, matcha pink rose petal, and maple syrup.

### **Butterfly Pea Flower Latte** .....

Almond milk, blue butterfly pea flower, raw vanilla, and agave.

### **Dragon Fruit Latte** .....

Rice milk, agave, and cinnamon.

### **MUD\WTR Rest Latte** .....

Rice milk, lavender infused honey, cinnamon, lavender, and vanilla extract.

### **MUD\WTR Rise Latte** .....

Oat milk, salt, maple syrup, and cinnamon.

### **Golden Latte** .....

Almond milk, monk fruit, and Clevr turmeric powder.

### **Sleep Latte** .....

Almond milk, Velerian, passionflower, hops and L-theanine .

## House Specialty Matcha

### **Iced Matcha Latte** ..... (16oz)

Smooth and creamy matcha sweetened just right with agave, cinnamon, and rice milk over ice.

### **Hot Matcha Latte** ..... (10oz)

A delightfully frothy and creamy matcha served hot with honey and steamed whole milk.

### **Traditional Hot Matcha** ..... (10oz)

Keep it simple with this Japanese classic perfectly whisked with hot water just before boiling point.

### **Shot of Matcha** ..... (3oz)

An invigorating shot mixed with pineapple juice. The perfect way to prepare for floating or meditation. cinnamon, and beetroot will remind you of Cinnabon.

## SPECIALTY MATCHAS & LATTES



## Fruit Tisane

2 Cups/4 Cups

### Mango Moon **D** ★ .....

A tropical blend of papaya, hibiscus, currants, pineapple, berries, coconut, and yogurt granules.

### Paradise in Midtown **D** .....

An energizing fusion of passionfruit, orange, berries, hibiscus, papaya, and currants.

### Warm Toasted Almond **D** ★ .....

This warm and inviting blend of apple, almonds, cinnamon, and beetroot will remind you of Cinnabon.

### Cranberry Orange **D** .....

A refreshing fusion of cranberries, orange, citrus flavoring, hibiscus and rooibos.

### Warm Apple Pie **D** .....

A delightful twist on an American tradition infused with cinnamon, apple pieces, rooibos, and marigolds.

### Cherry Jubilee **D** .....

A sweet and fruity blend of cherries, hibiscus, apples, rosehips, berries, beetroot, and natural vanilla bean.

## Rooibos

### Red Bush Rooibos .....2.Cups/4 Cups

South African red bush with notes of sweet vanilla bean and fresh citrus. **D** ★

### Rooi Relief .....

South African Rooibos fused with yummy shreds of tropical coconut and natural vanilla bean.

### Coco Rooibos **D** .....

Rooibos, peppermint, eucalyptus and orange peel

### Tall Grass Prairie **D** .....

A refreshing fusion of green rooibos, honeybush, rose hips and sweet pomegranate.

### Key West **D** .....

A green rooibos fusion with notes of sweet Mango, Papaya, orange peel and tropical flowers

### Organic Rooi Peach .....

Organic rooibos with natural peach flavor & Fruit pieces

## White Tea

### Organic Peach Ginger Jasmine 2..Cups/4 Cups

**Organic White Pomegranate** .....  
Organic Pai Mu Tan with pomegranate and safflowers.

### Silver Needle Yin Zhen Supreme .....

Silver Needle Supreme (Yin Zhen). Refreshing, subtle cup, using only the buds.

### White Melon .....

Organic Pai Mu Tan white tea with the refreshing and fragrant essence of honeydew melon. Great iced!

FRUIT TISANE, ROOIBOS & WHITE TEA





# OOLONG & GREEN TEA

## Oolong

2 Cups/4 Cups

### Lychee Oolong .....

A lightly oxidized and delicately fruity artisan green oolong with a fresh taste of lychee.

### Kwan Yin in Tulsa 🍃 .....

Iron Goddess of Mercy. Slightly nutty with a fresh, orchid flavor and a clean, mellow finish. Promotes a balanced digestion system.

### Buddha's Blend 🍃 .....

A delicate and fragrant blend of lightly oxidized organic oolong and jasmine.

## Green Teas

2 Cups/4 Cups

### Genmaicha 🍃 .....

A nutty and roasted flavored bancha green tea with popped corn and toasted rice. Great with food.

### Organic Jasmine Pearls 🍃 .....

Rolled organic green leaf, scented with jasmine. A treat for the eyes!

### Green Citrus 🍃 .....

Fruity and zesty with ginger, orange and peach.

### Moroccan Mint 🍃 .....

A refreshing, versatile, and robust green tea with mint. The most popular green blend in the world.

### Green Country 🍃 .....

A soothing blend of orange, rose petals and an underlying note of almonds.

### Strawberry Sencha .....

A smooth and delicate blend of strawberry pieces, peppermint, rose hips, lemon myrtle, and holy basil with flavors of strawberry and vanilla.

### Great Pumpkin .....

A seasonal favorite with pumpkin and vanilla cream.

### Turkey Mountain .....

Fresh, fruity, and slightly astringent.

## Flowering & Blooming

4-5 Cups

### Jasmine Globe .....

Green tea with a pink globe amaranth flower infused with flavors of jasmine.

### Double Happiness .....

Green tea with a double set of amaranths, chrysanthemums and jasmine flower.

### Guava Flower .....

Green tea opening up to an exquisite twist of lily-like orange flower and sweet guava flavors.

# OOLONG & GREEN TEA





# BLACK & CHAI TEA

## Black Teas

2 Cups/4 Cups

**Assam**  .....  
Robust and full bodied. The perfect breakfast cup.

**Darjeeling Makaibari Estate** .....  
Autumnal flush, mild & floral. The champagne of teas.

**Ceylon Black**  .....  
Full bodied but not too strong. A great all-day tea.

**English Breakfast**  .....  
The familiar cup of rich, bold, and full-bodied tea.  
Great any time of day. (Decaf Available)

**Irish Breakfast** .....  
Robust and full bodied with a malty flavor. Even stronger than English Breakfast tea.

**Winter Solstice** .....  
A mild seasonal blend of orange peel, almonds, cinnamon spice, and rose petals.

**Cherry Lemon** .....  
A refreshingly fruity and tangy tea with flavors of cherry and lemon. Great hot or iced.

**Tango Squeeze** .....  
Perfectly balanced with mango and a dash of orange. Our house iced tea blend.

**Coconut Vanilla** .....  
Smooth and creamy with coconut and vanilla.

**Tulsa Rose Garden** .....  
Ceylon tea with rose petals and safflower.

**Lavender Earl Grey** .....  
A distinct lush flavor and exquisite fragrance of bergamot orange sprinkled with lavender.

**Lapsang Souchong** .....  
Crisp and edgy with a unique smoky and flavor.

**Organic Raspberry Black**  .....  
Organic black tea with natural raspberry flavor.

**French Quarter** .....  
Black tea, lemon verbena, mango/berry flavors, and a hint of bergamot.

**Organic Ginger Peach**  .....  
Organic black tea with organic ginger root, flowers, and natural ginger and peach flavors.

**Silk Road** ★ .....  
The best of Assam and China breakfast teas - malty, rich, creamy. A best-seller.


## Chai

10oz Cup with Milk & Sweetener

**Chai**  .....  
A creamy organic black tea richly spiced with cinnamon, ginger, cardamom, and vanilla.

**Coconut Chai** ★ .....  
Spicy chai with a creamy twist of shredded coconut and natural vanilla bean.

**Chocolate Chai** .....  
Spicy chai with notes of sweet chocolate chips for the perfect balance of sweet and spicy.

**Temple Chai**  .....  
Spicy chai with fragrant hints of cardamom and natural vanilla bean.

**Turmeric Chai**  .....  
An organic turmeric chai blend spiced with notes of pepper, cardamom, clove, and natural vanilla bean.

# BLACK & CHAI TEA



## Herbs & Herbal Blends

2 Cups/4 Cups

### Yerba Maté ..... **D**

As the most popular morning drink of South America, this is the perfect way to begin any day.

### Chamomile Lavender **D** .....

A delightfully blissful and calming blend of chamomile flowers and blue lavender.

### Orange Ginger Mint **D** .....

A cool and refreshing citrus blend of ginger root, orange peel, mint and eucalyptus.

### Swanderland Mint **D** .....

Balance your digestive system with this soothing blend of peppermint leaf, ginger root and lemon peel.

### Ginseng Zingo **D** .....

An herbal boost with ginseng, licorice, peppermint, hibiscus, lemongrass, passion flowers, St. John's wort and lemon flavor.

### H2O Detox **D** ★ .....

Nourish your body from the inside out with this cleansing blend of holy basil, spearmint, rose hips, lemon myrtle and linden blossoms.

### Spring Equinox **D** .....

Keep your allergies at bay with this herbal blend of licorice, honey bee pollen, peppermint, hibiscus, eucalyptus, and holy basil.

### Turmeric Relief **D** 🌿 ★ .....

Provides comfort and relief with this organic blend of honeybush, rooibos, turmeric, cinnamon, whole black pepper, ginger root, and honeybee pollen.

### Herb Revive **D** .....

Apple, stinging nettle, verbena leaves, lemongrass, cranberry slices, sweet black leaf, and flavoring.

## Ayurvedic Blends

2 Cups/4 Cups

### Agni (Fire Pitta) **D** .....

Chrysanthemum, saffron, marigolds, green cardamom, hibiscus, peppermint, sarsaparilla, raspberry leaves, holy basil, lemon, and peach flavor.

### Vayu (Air Vata) **D** .....

Chamomile, saffron, licorice, ginger root, fennel, rosebuds, spearmint, rose hips, lemongrass, holy basil and natural orange flavor.

### Prithvi (Earth/Water Kapha) **D** .....

Ginger, saffron, black pepper, licorice, mint, clove, cardamom, fennel, cinnamon, holy basil, safflowers, and sambuca.

### Aakash (Space) **D** .....

Cardamom, saffron, licorice root, fennel, ginger root, cinnamon, rosebuds, lemongrass and rose scent. jasmynes with a hint of peach.

# HERBAL TEA



## Chocolate Elixirs

3oz/6oz

### Coconut Hibiscus

A tangy blend of pure 100% unsweetened chocolate, coconut sugar, hibiscus flowers, almond flour, coconut, almond, and vanilla. (No dairy products, soy or salt)

### Golden Chocolate

This barely sweet blend will warm and soothe the body and soul with 70% dark chocolate, canella, ginger, turmeric, black pepper, maca, and vanilla.

### Rose Almond

100% chocolate with Coconut Sugar, Almonds, Roses, Chipotle Morita Chili and Mexican Vanilla

### Mayan Full Spice

Unsweetened 100% chocolate, coconut sugar, herbs, flowers, nuts, spices, chilhuacle negro chiles, and Mexican vanilla.

### American

70% dark chocolate, evaporated cane juice, and Madagascar vanilla.

### Modern Mexican

72% dark chocolate, canella, roasted almonds, organic evaporated cane juice, and 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, and an organic spice blend.

### Chocolate Chai

70% dark chocolate, house made traditional Masala chai spice blend and a hint of vanilla.

### Chili

100% unsweetened chocolate, agave nectar, ancho chili, and vanilla.

## Prairie Song Tonic Elixirs

Mix w/ Seltzer or Add-On to a Tea

### Headache Tonic **D**

Feverfew, peppermint, spearmint, white willow bark, lavender, and everclear.

### Immune System Tonic **D**

Echinacea, goldenseal, oregano, rose hips, hibiscus, reishi mushroom, holy basil, and everclear.

### Anti-Inflammatory Tonic **D**

Ashwagandha, rhodiola, holy basil, St John's wort, yarrow, lemon balm, and everclear.

### Joy Tonic **D**

Turmeric root, ginger root, feverfew, white willow bark, yarrow, lemon balm, and everclear.

### Kidney Tonic **D**

Dandelion root, yarrow, oatstraw, white oak bark, nettle leaf, and everclear.

### Lung Tonic **D**

Wild crafted mullein, oregano, lemon balm, spearmint, licorice root, and everclear.

### Stomach Tonic **D**

Peppermint leaf, ginger root, cayenne, spearmint leaf, lemon balm, and everclear.

### Libido Tonic **D**

Horney goat weed/epimedium, ginger root, rhodiola, hawthorn berry, red raspberry leaf, cinnamon leaf, licorice root, rose hips, lavender, and everclear.

### Sleep Tonic **D**

Passionflower, lemon balm, lavender, chamomile, valerian root, lavender, and everclear.

### Heart Tonic **D**

Hawthorn berries, holy basil, rose hips, cayenne pepper, and everclear.



# CHOCOLATE & TONIC ELIXIRS





# OXYGEN & AROMATHERAPY

Our oxygen bar allows you to enjoy over 90% pure oxygen from a disposable nasal hose with an added aromatherapy essential oil of your choice.

## Oxygen Sessions

*Includes 1 Essential Oil*

<b>15 Minute Session</b> .....	<b>\$12</b>
<b>20 Minute Session</b> .....	<b>\$15</b>
<b>30 Minute Session</b> .....	<b>\$20</b>
<b>Optional CBD Add-On</b> .....	<b>\$25</b>

*Includes CBD water, cream, and full spectrum sublingual drops (16-32mg).*

## Essential Oil Blends

### Calming

Serene and sweet like a lake in full moonlight, this blend combines the "peace maker" essential oils, for a soothing and relaxing experience. *Contains: lavender, orange, geranium, cedarwood, marjoram, omanese frankincense, rose.*

### Relaxing

A perfectly sweet blend full of lightness and peace. Very inviting with exuding feelings of happiness and bliss bringing instant relaxation and stress relief. *Contains: cedarwood, sweet orange, ylang ylang.*

### Stress Release

This delightful blend will help bring some tranquility to your day and perfect for melting the stress away. *Contains: lavender, neroli, rose maroc.*

### Breath Well

A fresh and cooling blend that clears the mind and opens your breathing to soothe congestion. *Contains: sage, hyssop, eucalyptus, spruce, thyme, myrtle.*

### Prana

This cooling, sweet, and pleasantly herbaceous aroma is mind-clearing and full of fresh energy. *Contains: eucalyptus globulus, cajeput, peppermint, menthol.*

### Inspiration

Take a fresh look at life. Uplifting, refreshing and inspirational oils of citrus fruits open the door to the New. *Contains: mandarin orange, lemon, bergamot, tangerine, lime, may chang/litsea cubeba, lemongrass, fir needle.*

### Buddha

An enlightening blend that's strong, light and cheerful, like a moment of full-hearted laughter. *Contains: orange, pine needle, ho leaf, omanese frankincense, patchouli, cistus labdanum.*

### Love

The perfect blend for a romantic evening blend that encourages feelings of love and affection. *Contains: rosewood, patchouli, geranium, litsea cubeba, orange, muhuhu, petitgrain, ylang ylang.*

### Feminine Balance

Nourishing the female essence, this balancing blend gives a soothing influence in times of hormonal turmoil. *Contains: orange, sandalwood, clary sage, moroccan rose, jasmine abs, yarrow, tanacetum, ylang ylang, vetiver.*

