

## HOUSE BLENDED HERBAL TEAS

*Any of our 100 % organic house-made herbal blends are available by the cup, hot or iced, for 2.95*

### **ROOT & SPICE BLENDS:** *please allow 10 minutes steeping time*

- \* **Carob Café:** a rich and detoxifying blend of dandelion, chicory, carob & cacao
- \* **Liver Tonic Tea:** Sweet, earthy & liver-supportive, featuring roots like dandelion, sarsaparilla, burdock, barberry & licorice
- \* **Healthy Man Tonic:** Strengthening & balancing, featuring siberian ginseng, hawthorn, he shou wu, & saw palmetto
- \* **Detox Tea:** spicy, anti-inflammatory, liver-supporting, featuring milk thistle, turmeric, schisandra, dandelion, orange peel, shatavari & ginger
- \* **Achy Joints Tea:** with flavors slightly reminiscent of root beer, this pain-reducing, anti-inflammatory blend features birch bark, cat's claw, turmeric, sarsaparilla, prickly ash, ginger, and cinnamon.
- \* **Hibiscus Berry Tea:** An immune-boosting, anti-oxidant rich blend of black currants, elderberries, goji berries, rosehips, hibiscus flowers, schisandra berries & sweet cinnamon. A great tonic for cardiovascular health.
- \* **Energy Tonic Tea:** a mildly stimulating blend of goji, schisandra, eleuthero, ginger, astragalus, lemongrass, holy basil & gotu kola, this tea strengthens the body's vital energy & promotes circulation of this energy to enhance alertness.
- \* **Three Spice Tea:** A classic Ayurvedic formula of cumin, coriander & fennel that gently invigorates the digestive fire.

### **LEAF & FLOWER BLENDS:** *please allow 5-7 minutes steeping time.*

- \* **Allergy Season Tea:** soothing to irritated mucus membranes. Contains: nettle, goldenrod, peppermint, elderflower, mullein & plantain. Try it with a spoonful of local honey.
- \* **Sparkling Lung Tonic:** a clearing & calming blend for tired, congested, or aching lungs featuring mullein, plantain, red clover, hyssop, catnip and eucalyptus.
- \* **Sparkling Mind Tonic:** a clarifying blend of gotu kola, oat straw, oat tops, rosemary, lemon balm, holy basil, & bacopa that promotes mental focus.
- \* **Botanical Bliss:** an uplifting blend of damiana, holy basil, rose, orange peel, cardamom & dried milky oat tops.
- \* **Happy Hour Tea:** A relaxing blend of lemon balm, oatstraw, chamomile, passionflower, wood betony, holy basil, schisandra, cinnamon, hibiscus & skullcap.
- \* **Women's Tonic Tea:** a nourishing blend of raspberry leaf, nettle, rose, yarrow, lemon balm, skullcap, motherwort & chickweed formulated to ease cramps & irritability and tonify the uterine muscles.
- \* **Heart of Gold Tea:** a calming tonic for the heart featuring hawthorn, oats, linden, rose, yarrow & motherwort.
- \* **Wise Woman Tonic:** cooling, calming & hormonally balancing for women experiencing transition to menopause, this blend contains sage, vitex, elderflower, oats, st. john's wort, shatavari, dandelion, lemon balm, mugwort & motherwort
- \* **Digestive Harmony Tea:** a soothing, toning and strengthening tonic for the solar plexus featuring agrimony, chamomile, meadowsweet, wood betony & plantain.
- \* **Gypsy Cold Tea:** A classic cold & flu tea to support the fever mechanism- the body's innate way of expelling a virus
- \* **Summer Yum Tea:** A light, slightly sweet and simply refreshing blend of oatstraw & lemongrass
- \* **Lavender-Lemon After Dinner Tea:** This deliciously relaxing tea eases digestion and prepares you for a good night's sleep. Featuring lemon peel, linden, lemon verbena, lemon balm, lemongrass, lavender, chamomile, & peppermint.
- \* **Love Your Lymph Tea:** A verdant blend of nettle, cleavers, violet, chickweed & spearmint to help move the lymph
- \* **Hibiscus Flower Tea:** hibiscus flowers, chamomile, holy basil, oats, lemon verbena, linden & calendula create a vibrantly cooling and refreshing scarlet infusion
- \* **Heal-A-Heart Tea:** Supports grief & heartache, lightens & brightens the heart. With holy basil, oatstraw, linden, hawthorn, spearmint, damiana, St. John's wort, wood betony, rose petals, and motherwort.
- \* **Yogic Tea:** Grounding, focusing, energizing. This blend of holy basil, gotu kola, mullein, ginkgo, marshmallow, skullcap, oatstraw & rose petals supports the breath, the flow of prana, and leaves you feeling centered.

### **NOURISHING INFUSION OF THE DAY:**

A strong, nutrient-dense herbal brew that's been steeped overnight to maximize mineral extraction.

3.95

## MORE HERBAL CONCOCTIONS

### NOURISHING

- Tulsi-Rose Iced Chai, 16 oz** 3.95  
 For Summer, our unique blend of Rose petals, Rose hips, Tulsi & Shatavari root balance the temperament of summer, while the chai spices keep the digestive fire strong during the time of year when our digestion is at its weakest. Made hot or iced with your choice of milk.
- Mint-Chocolate-Hemp Smoothie, 16 oz** 5.95  
 A hearty yet refreshing smoothie made with avocado, hemp seeds, cacao powder, coconut flour, cocoa sugar, honey, peppermint extract, and your choice of milk. *Add a shot of CBD Hemp Extract (16 mg) for an extra \$3.00*
- Smoothie Special, 16 oz** 5.95  
 We keep a delicious rotation of seasonally appropriate smoothies that anyone can enjoy. See specials board for this month's flavor.
- Yum Yum Shot, 2 oz** 2.75  
 Chywanprash, the Ayurvedic antioxidant-rich herbal tonic jam + coconut milk = yummy + replenishing
- House-made Syrup, 1 oz** 1.75  
 Choose from immune-supporting Elderberry-Ginger syrup, expectorating Wild-Cherry cough syrup, or iron-rich Blood-Building syrup

### RELAXING

- Kava Cooler, 16 oz** 5.95  
 Kava is a potent muscle-relaxer with mood-altering and pain-relieving effects. Blueberries, cream, allspice, cinnamon & ginger make add an East-coast flare to this calming tropical trend-setter. *\*\*Please do not combine kava with alcohol.*
- Hakuna Matata, 16 oz** 7.95  
 Release your worries and improve your mood. With our homemade Damiana-Rose syrup and tonic water, combined with hemplucid CBD extract (16.6 mg) and a squeeze of fresh orange, this deliciously calming elixir will chill you out without knocking you out or harming your liver.

### STIMULATING

- Matcha-Spirulina Latte, 12 oz** 3.95  
 Organic powdered green tea mixed with spirulina, collagen peptides, and a bit of vanilla & honey, served warm with your choice of milk.
- Aztec Sipping Cocoa, 8 oz** 3.95  
 Roasted cacao, maca & chipotle, lightly sweetened with coconut sugar, warmed in a mixture of coconut & cow's milk: sensual & stimulating.
- Kids Hot Cocoa, 8 oz** 2.95  
 Roasted cacao, coconut sugar & choice of milk

### COOLING:

- Seasonal Sparklers, 16 oz** 4.95  
 A light and refreshing glass of house-made tonic water, herbal syrup, and fresh citrus. See daily specials board for current flavor
- Lavender Lemonade, 12 oz** 3.95  
 Fresh squeezed lemons, lavender infusion, and organic cane sugar. Simple, Refreshing & Delicious.

### DETOXIFYING

- Golden Glow Elixir, 16 oz** 4.75  
 Turmeric, ginger, cayenne & honey blended with fresh-squeezed citrus juice, then topped with tonic water, this invigorating, anti-inflammatory elixir will set you aglow! *Add a shot of sea buckthorn juice or a scoop of collagen peptides for 1.00 extra*
- Cultured Leaf Kombucha, 12 oz** 4.25  
 Bubbly, refreshing, and full of beneficial bacteria & enzymes, this local brew offers yet another way to support overall vitality
- Fire Cider, 1 oz** 1.95  
 A traditional apple cider vinegar-based remedy to stoke the fires of immunity. Infused with raw horseradish, onion, garlic, turmeric, ginger and other herbs & spices, then sweetened with a touch of honey, this elixir is not for the faint of heart.

### ADDITIONS:

**Liquid Extracts .50** *(1.00 for American Ginseng)*

**CBD Hemp Extract (16mg) 3.00**

**Collagen Peptides 1.00**

**Digestive Bitters .25**

**Trace Minerals Drops .25**

**Splash of Floral Water .25**

**Adaptogen Powders 1.00**

Liquid Extracts: Astragalus, Black Cohosh, Black Walnut, Burdock, Calendula, California Poppy, Cat's Claw, Chocolate Love Tonic, Cinnamon, Clarity Compound, Cramp Bark, Dandelion Root, Dong Quai, Elderflower, Elecampane, Eleuthero, Emotional Relief Compound, Energy Tonic, Fennel, Gentian, Ginger, Goldenseal, Hawthorn, Healthy Skin Compound, Holy Basil, Immune Tonic, Indian Pipe, Jamaican Dogwood, Joy Tonic, Lemon Balm, Licorice, Lobelia, Maca, Meadowsweet, Men's Tonic, Milk Thistle, Mimosa Bark, Motherwort, Oat, Oregon Grape, Osha, Passion-flower, Pau d' Arco, Peppermint, Plantain, Prickly Ash, Propolis, Reishi, Replenish Compound, Rhodiola, Rose Petal, Sarsaparilla, Schisandra, Seven Precious Mushrooms, Skullcap, Solomon's Seal, St. John's Wort, Turmeric, Ultimate Echinacea, VX Immune Support, Wild Yam, Willow, Wood Betony, Yarrow, Yellow Dock