

## 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 10-15 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.
- \* **Smoky Forests Tea:** A smoky, earthy, winter woodland-inspired brew composed of birch bark, pine needles, smoked black tea, spikenard, allspice & juniper berries. This tea is wonderful when sipped next to a fire on a cold day.
- \* **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.

**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
- \* **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
- \* **Heart-Warming Tea:** Opens and enlivens the heart chakra. With Hawthorn, Damiana, Rose, Cinnamon, Holy Basil & oatstraw, this blend makes a great salve for a broken heart, grief or sadness.
- \* **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

### FRESHLY SQUEEZED

- Fresh Organic Juice, 12 oz** 5.95  
We offer a rotation of seasonal juices, made to order using organic fruits & veggies. See our specials board for the current menu options.
- Lavender Lemonade, 16 oz** 3.95  
Made from scratch using organic lemons, lavender flowers & cane sugar. Refreshing & delicious.
- Golden Glow Elixir, 16 oz** 4.95  
Freshly juiced turmeric, ginger and orange and lemon mixed with a pinch of cayenne, sweetened with honey & topped with sparkling tonic water. This invigorating, anti-inflammatory elixir will set you aglow!

### SMOOTHIES

- 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 our specials board for this month's flavor.
- Kava Cooler, 12 oz** 5.95  
Kava is a potent muscle-relaxer with mood-altering and pain-relieving effects. Blueberries, allspice, coconut milk and honey make up this deeply relaxing drink. \*Please do not use kava concurrently with alcohol\*

### LATTES AND COCOAS

- Herbal Chai Latte, 12 oz (Can be made Hot or Iced)** 4.65  
Our house-made chai varies with the seasons. Flavors include Roasted Dandelion Chai for Spring, Tulsi-Rose Chai for Summer, Elderberry Chai for Autumn, and Turmeric Chai for Winter. All include the classic chai spices, are sweetened with honey, and include your choice of milk.
- Daily Wellness Latte, 12 oz** 3.95  
Strengthens the adrenal glands and supports the liver. This brew of ashwagandha, shatavari, fo-ti, sarsaparilla, milk thistle, dandelion, carob, chicory, ginger & licorice is restorative, deeply nourishing & gently detoxifying. Great of everybody every day.
- 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

### SPARKLING TONICS

- Hakuna Matata, 9 oz** 7.95  
Release your worries & improve your mood. Our homemade Botanical Bliss syrup & tonic water are combined with CBD extract (16.6 mg) and a bit of freshly squeezed orange, this deliciously calming elixir will chill you out without knocking you out or harming your liver.
- Seasonal Sparkler, 16 oz** 4.95  
A light and refreshing glass of freshly squeezed citrus, house-made syrup, house-made tonic water, and bitters. A healthier herbal alternative to soda. See our Special's Board for this month's flavors.
- 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

### SHOTS

- 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 will clear congestion and invigorate the body.
- Yum Yum Shot, 2 oz** 2.75  
Chywanprash, the Ayurvedic antioxidant-rich herbal tonic jam + coconut milk = yummy + replenishing
- Shot of Syrup, 1 oz** 1.95  
**Blood-Building:** An iron-rich syrup made with herbs, dried fruits and spices, sweetened with molasses. Great for when you feel depleted.  
**Elderberry-Ginger:** A delicious & comforting syrup with anti-viral and immune-boosting properties.

**ADD-ONS:**      **Tinctures .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, Cinnamon, Cramp Bark, Dandelion Root, Dong Quai, Elderflower, Elecampane, Eleuthero, Emotional Relief Compound, Energy Tonic, Fennel, Gentian, Ginger, Goldenseal, Hawthorn, Healthy Skin Compound, Holy Basil, 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, 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