

## 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 blend of goji, schisandra, eleuthero, hawthorn, ginger, codonopsis, orange peel, and a touch of licorice. This tea strengthens the body's vital energy reserves, known in Chinese Medicine as the *jing* or the essence.

**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.
- \* **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, chickweed & spearmint to help support the flow of lymph
- \* **Hibiscus Flower Tea:** hibiscus flowers, chamomile, holy basil, oats, lemon verbena, linden & calendula create a vibrantly cooling and refreshing scarlet infusion
- \* **Moringa Mint Mate:** a refreshing & energizing blend of yerba mate, moringa, tulsi, gotu kola, lemongrass & spearmint
- \* **Heart-Warming Tea:** Opens and enlivens the heart chakra. With Hawthorn, Damiana, Rose, Cinnamon, Holy Basil & Oat straw, this blend makes a great salve for a broken heart, grief or sadness.
- \* **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.
- \* **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:

3.95

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

~ more herbal concoctions ~

\* detoxifying \*

**Roots & Shrooms Tonic, 16 oz**

4.95

Reminiscent of old-fashioned root beer, this tonic is composed of dandelion, sassafras, sarsaparilla & spices, sweetened with maple syrup and topped with house-made tonic water, Reishi & Chaga mushroom extracts, and a splash of vinegar.

**Golden Glow Elixir, 16 oz**

4.95

This anti-inflammatory elixir will set you aglow! Made with turmeric, ginger, lemon juice, orange juice, honey & a pinch of cayenne, topped with sparkling tonic water.

**Boochy Call Kombucha, 12 oz**

4.95

Locally-brewed fermented tea filled with probiotics and flavor. Get some!

\* Cooling \*

**Lavender Lemonade, 16 oz**

4.95

Made from scratch using organic lemons, lavender flowers & cane sugar. Refreshing & delicious.

**Grapefruit-Chamomile Sparkler, 16 oz**

4.95

House-made chamomile syrup, grapefruit juice, tonic water and a touch of ginger, topped with a sprinkling of bee pollen. Super refreshing & great for digestion :) *Add a shot of milk thistle or dandelion extract for extra liver support.*

**Hibiscus-Berry Sparkler, 16 oz**

4.95

Anti-oxidant rich; great for your skin & blood vessels. The tartness is cooling & invigorating. *Add Schisandra, Tulsi or Ginger extracts for extra energy and focus.*

**Kava Cooler, 12 oz**

5.95

Kava is a potent muscle-relaxer with mood-altering and pain-relieving effects. Blueberries, allspice, coconut milk & honey are blended with ice to make this luxuriously relaxing beverage.

\* nourishing \*

**Jaz's Maca Mocha Smoothie, 16 oz**

6.95

A rich blend of roots and South American fruits: banana, cacao, and maca combine with our adaptogenic herbal 'coffee,' coconut milk and a bit of honey. This smoothie is deeply nourishing & energizing. *Add a shot of ashwagandha for extra stamina*

**Ojas Milk, 8 oz**

4.95

Another Ayurvedic tonic that replenishes ojas (vital energy), supports strength, mood, focus, immunity and fertility. We blend dates & almonds with oat milk, ashwagandha, shatavari, rose, cardamom, fennel, cinnamon, ginger & vanilla.

**Herbal Chai Latte, hot or iced**

4.95

Our house-made chai blends are rotated seasonally. These herbal brews are caffeine free and delicious variations on a classic spiced chai. Lightly sweetened with honey & made with your choice of milk.

\* stimulating \*

**Aztec Sipping Cocoa, 8 oz**

4.95

Roasted cacao, maca & chipotle, lightly sweetened with coconut sugar, warmed in a mixture of coconut & cow's milk. Sensual & stimulating. *Add a shot of damiana, maca or epimedium extract for extra aphrodisiac effect.*

**Matcha-Chlorella Latte \*with lion's mane\*, 12 oz**

4.95

Organic green tea mixed with lion's mane powder, chlorella, and a bit of vanilla & honey. Served warm with your choice of milk. *Add a shot of gotu kola, rosemary or ginkgo extract for extra brain power.*

\* Additions \* ~ supercharge your elixir by adding a dropperful of extract

Liquid Chlorophyll Drops 1.00

Full Spectrum Hemp Extract (16 mg CBD) 3.00

Collagen/Biotin Drops 2.00

**Tinctures 0.75/2.5 ml**

- **Brain-** bacopa, gotu kola, ginkgo, rosemary, tulsi, skullcap, schisandra, turmeric, lion's mane
- **Mood-** mimosa, St. John's wort, damiana, ashwagandha, rose petal, motherwort, lavender, lemon balm
- **Tension-** CBD, skullcap, hops, California poppy, motherwort, black cohosh, cramp bark, passionflower
- **Beauty-** schisandra, rose petal, burdock, shatavari, calendula, collagen/biotin drops, plantain, violet,
- **Immune-** elderberry, VX Immune Support, 7 Precious Mushrooms, astragalus, echinacea, he shou wu, pau d' arco
- **Detox-** chlorophyll drops, milk thistle, dandelion, turmeric, sarsaparilla, yellow dock, violet, chickweed, nettle
- **Stamina-** ashwagandha, eleuthero, maca, codonopsis, rhodiola, cordyceps, astragalus, he shou wu, epimedium,

- **Digestion**- chamomile, peppermint, angelica, fennel, orange peel, dandelion, ginger, yellow dock, black walnut
- **Pain**- willow, turmeric, meadowsweet, Jamaican dogwood, ginger, wild lettuce, feverfew, wild yam, CBD, prickly ash
- **Circulation**- yarrow, hawthorn, cinnamon, prickly ash, ginkgo, dong quai, linden, motherwort, rose petal
- **Lung**- elecampane, propolis, mullein, hyssop, catnip, licorice, lobelia, ginger, wild cherry bark, honey