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## TEA LIST

**BLACK TEAS = 3-5 MIN 212°** 25% caffeine compared to coffee & contains polyphenols; antioxidants that help protect cells from DNA damage

**Cinnamon Orange Spice:** Cinnamon, Orange peel, cloves and nutmeg blended together gives this black tea a rich, spicy & sweet flavor

**Madagascar Vanilla:** generous pieces of vanilla beans garnish for memorable flavor & aroma.

**Earl Grey:** a full-bodied black tea blend, scented with oil of bergamot to produce a strong flavor with a delicate citrus aroma

**WHITE TEAS = 2-3 MIN 175°** 4% caffeine, improves oral health, has antioxidant & anti-aging properties for less skin wrinkles, & protects the skin from harmful effects of UV rays

**Divine Temple:** a white & green tea with flowers & fruit

**GREEN TEAS = 2-3 MIN 175°** 1% caffeine & acts as a mild stimulant, without causing insomnia or nervousness. It refreshes & quiets

**Garden:** (organic) green tea, cinnamon, cassia oil, chamomile, cloves, star anise & raspberry

**Jasmine:** a green tea with surprising body and a captivating floral character accentuated by specially selected May Jasmine blossoms

**Almond Cookie:** this almond coconut tea has an organic china green sencha tea base. Its full flavor actually tastes like you're biting into a freshly baked almond cookie with grated coconut flakes & almond flakes.

**YERBA MATE TEA = 3-6 MIN 203°** low caffeine & an appetite suppressant, high in Vitamin C, potassium, magnesium, & manganese



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## TEA LIST

**E RED/ROOIBOS TEAS = 5-7 MIN 212°** no caffeine & can be consumed by people who have kidney stones. Rich in iron, calcium, potassium, copper, manganese, zinc, magnesium, & alpha hydroxy acid

**Chai:** (organic) spicy cinnamon, savory cardamom & piquant ginger root combine with a kick of black pepper corn and fresh, bold clove. Complete the symphony of flavor with bay leaf, sweet fennel seed

**Organic Honey Rooibos!:** made from the South African red bush. 50% more anti-oxidants than green tea & is low in tannin, rich in vitamins, natural minerals.

**E HERBAL TEAS = 5-7 MIN 212°** no caffeine & may cure ailments including indigestion, allergies, & insomnia

**Chamomile:** (organic) a light, sweet, apple like taste & aroma said to promote sleep, relieve anxiety and ease digestion

**Exotic Dream:** this natural fruit blend has a pineapple vanilla taste flavored with hibiscus blossoms, apple bits, currants, rosehip peels, pineapple bits, papaya & cornflower blossoms

**Peppermint:** (organic) a great “all around” helping herb that is a mild stimulant and a refreshing drink. Soothes upset stomachs reduces gas & rejuvenates minds

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**E Matcha powdered green tea:** a mood-enhancing, antioxidant powerhouse, a natural weight loss aid, pH balancer & detox agent, a sugar-free coffee alternative without the jitters. TASTES GREAT AS A MILK LATTE!

**Make Any Tea a “Milk Tea Latte”**  
**We lightly sweeten with honey or syrup of your choice & milk of your choice for just \$0.75 more!**