



creativity • intuition • balance

Tea Menu

* 25 varieties from local suppliers

* Natural sweeteners - local raw honey, stevia leaf, xylitol

Herbal and Wellness Tea (no caffeine)

- Blue Tea (“giao gu lan” – helps you relax / sleep, helps immune system, and metabolism)
- Chamomile
- Deep Sleep (chamomile, rosehips, lavender, pink peppercorn, valerian, honeybush and kava kava)
- Ginger Zest (lemongrass, ginger, honeybush and lemon verbena)
- Immuni-tea (echinacea, hibiscus, rose hips, tulsi, currants, licorice, lavender)
- Jasmine Flower
- Lemongrass
- Wild Rose Bud

Rooibos Tea (no caffeine)

- Caramelized Pear (organic fair-trade rooibos, apple bits, marigolds, natural flavors)
- Chai (organic)

White Tea (low caffeine)

- Blue Hawaii (white tea blend, coconut, natural essences, vanilla pieces, blue cornflowers)
- Jasmine Pearl
- Silver Needles

Green Tea (medium caffeine)

- Dragon Well
- Roasted Green (hoji cha)

Oolong Tea (medium caffeine)

- Jade
- Kwan Yin
- Lishan
- Alishan

Puerh Tea (medium to high caffeine – please ask)

- Moonlight White (from white tea)
- Purple Tip (uncooked), from a 500+ year old tree
- Sticky Rice Cake
- Yunan Cake – 19 years of fermentation

Black Tea (high caffeine)

- Blueberry Red
- Orange Pekoe from Vietnam (“Nam Lahn”), from a 700-800 year old tree