

-  **DARJEELING: (1 heaping teaspoon per cup, boiling water, 3-5 mins)**
DARJEELING 2ND FLUSH- this harvest yields a semi-brisk tea with big fruity flavors and floral aromas 11.75
MARGARET'S HOPE- 2nd flush- delicate astringency with nice muscatel notes 4.50
-  **BLACK TEAS: (1 heaping teaspoon per cup, 195-212 degrees, 3-5 mins)**
ASSAM – bold malty cup. Great morning tea to kick start the day 5.00
CEYLON SINGLE ESTATE- Orange Pekoe- smooth, slight malty floral notes. A well rounded Ceylon tea 4.50
DECAF ASSAM- caffeine removed yet still has the depth and flavor intact 5.25
DECAF CEYLON – caffeine removed yet still has the depth and flavor intact 4.75
KEEMUN- smooth, semisweet, subtly smoky with a pine aroma. Traditional English tea 4.75
ANCIENT GOLDEN YUNNAN- notes of chocolate and a sweet malty finish with a hint of peppery spice 6.00
LAPSANG SOUCHONG- strong. A brilliant breakfast tea to have with eggs, potatoes, or bacon 4.25
GOLDEN MONKEY- high grown and carefully handpicked. Notes of cocoa and roasted apple 19.25
KENYA MILIMA- an elegant African tea reminiscent of fine Assams. Light and mellow 3.75
PALM COURT- medium bodied blend of warm blacks 4.00
ENGLISH BREAKFAST- Chinese Keemun black tea that is strong and simple 4.00
IRISH BREAKFAST- strong, robust blend of Assam 4.00
QUEEN ELIZABETH – Assam, Darjeeling, and Nilgiri are used for a warm, malty blend 3.75
SUPREME BREAKFAST - a full-bodied blend of Indian and China blacks 5.00
-  **BLACK TEA BLENDS: (1 heaping teaspoon per cup, 195-212 degrees, 3-7 mins)**
EARL GREY- bergamot citrus oil with a select black tea. Nice and smooth 4.50
DECAF EARL GREY- caffeine removed yet still has the depth and flavor intact 4.50
EARL GREY SUPREME- strong with a smooth flavor and added antioxidant boost 4.50
VERSAILLES LAVENDER EARL GREY- soothing blue lavender added to this full flavored Earl Grey 4.50
RUSSIAN EARL GREY- earl grey, clover, lemongrass, cornflower, calendula, lemon & orange peel 4.50
CREAM EARL GREY- tantalizingly sweet overtones of vanilla with this excellent Earl Grey 4.50
ALMOND- warm and smooth with a slight hint of almond 4.25
VANILLA BLACK- creamy and enchanting. Cured with vanilla extract & hand chopped Grade A vanilla beans 7.00
CHOCOLATE – light and chocolatey. Black tea blended with cocoa 5.25
CHOCOLATE MINT- a great after dinner tea. Cocoa, spearmint, and peppermint 4.50
PARIS- sweet, aromatic black teas blended with black currant, caramel, vanilla and bergamot citrus oil 4.50
FLORENCE- luscious black blend with chocolate and hazelnut flavors 4.50
MONK'S BLEND- decadent pleasures of delicious vanilla and grenadine in this blend 4.00
ELYSE'S BLEND- Assam and Kenyan teas blended with smooth Ceylon, sweetened with honey flavors 5.00
ANGEL'S DREAM- maple sweetness and blackberry essence blended with black and green teas 4.25
BLACK CURRANT- strong fruity notes of black currants are masterfully blended with Chinese black teas 4.25
CRANBERRY AUTUMN BLEND – fruity, semisweet black blend with orange peels and dried cranberries 4.50
FRENCH BLEND- luxurious black and green tea blend with rose, lavender, jasmine, and cornflower petals 4.00
HOLIDAY TEA- mellow orange infused blend of black teas, with almond and spice flavors 4.50
HOT CINNAMON SPICE- naturally sweet and spicy black blend with cinnamon, orange peel, sweet clove 4.25
ICE WINE- rich black tea leaves blended with grapes frozen naturally on the vine 4.25
LYCHEE RED- light and refreshing. lychee fruit blended with a rich black tea 4.25
MANGO- black tea blended with dried mango bits, great iced! 4.00
APRICOT- warm, sweet, nutty flavor 4.25
PEACHES AND GINGER- full leaf Ceylon blended with ginger and peach bits 4.00
ROSE SCENTED- strong with a full rose aroma complete with rose petals 4.50
-  **CHAI: (1 full tsp per cup/ 2tspn for latte; steep 5 minutes)**
MASALA CHAI- the finest chai there is. Assam, anise, cardamom, pepper, cloves, ginger, cinnamon 5.25
VANILLA CHAI- a creamy blend of vanilla rooibos with our fine black masala blend 6.25
CHOCOLATE CHAI- a perfectly blended pu-erh tea with maté, cacao, vanilla, coconut, and pepper. 6.25
ROOIBOS CHAI- spicy and sweet rooibos with coriander and masala spices. 4.50
CHAI MATÉ- yerba maté with roasted chicory and chai spices 5.00
-  **YERBA MATÉ: (1 -2tsp per cup, run cool water over leaves quickly, 5 min)**
ROASTED MATÉ- earthy, smoky flavor 4.00
DARK ROAST MATÉ- stronger, earthy, smoky flavor 4.25

FRESH GREEN MATÉ- from the only farm that uses the low-heat method, vegetal and crisp. 4.00

LEMON GINGER HERB MATÉ- yerba maté blended with lemon myrtle and ginger bits 4.50

LEMONGRASS ROASTED MATÉ- a subtle blend of maté, lemongrass, and licorice root 4.50

TROPICAL LIME MATÉ- yerba maté with roasted chicory, hibiscus and lime 5.00



GREEN TEA: (1 tsp per cup, 170-185 degrees, ½ min -4 min depending on the tea)

SENCHA – mid-steamed Japanese green tea 4.75

DECAF SENCHA – decaffeinated Japanese green tea 4.75

BANCHA – made of mature leaves and stems harvested in fall and winter 4.75

HOJICHA – roasted tea leaves, smooth, bold barley-like flavor 5.75

KUKICHA - fresh green umami flavor that is balanced and bittersweet. High in amino acids 13.75

CHUNMEE- produced in China and hand rolled, known for its plum-like sweetness and smoothness 5.50

GUNPOWDER- rolled leaf balls produce a grassy infusion with a slight smoky flavor 4.00

ANCIENT EMERALD LILY – early spring tea, notes of wildflowers, tropical fruits and toasted pine nut 9.25

DRAGON WELL- refreshing with a bittersweet finish and roasted chestnut aroma 11.50

GREEN NEEDLES SPECIAL- accents of pine and evergreen from beautifully steamed tea leaves 12.75

MATCHA (GREEN TEA POWDER)- premium green Japanese tea with 4 times the amount of anti-oxidants 12.75

MATCHA SUPER GREEN- chumushi sencha and a ceremonial grade matcha, smooth and sweet umami taste 22.00

GENMAICHA- sencha with partially puffed and roasted rice 4.50

GENMAI MATCHA – green tea and stone milled matcha with sweet roasted rice powder 8.75

PAN ASIA- Japanese Bancha and Chrysanthemum flowers 4.25



GREEN TEA BLENDS: (1 tsp per cup, 170-185 degrees, 2-4 mins)

BANGKOK – bancha blended with lemongrass, coconut, ginger, and a hint of vanilla 5.50

MORROCAN MINT- Chinese gunpowder blended with organic spearmint 4.75

POMEGRANATE HIBISCUS- gunpowder green with pomegranate and hibiscus. Fruity, and semisweet 4.50

CITRON GREEN – green rooibos, green tea and lemongrass blended with tangerine and jasmine blossoms 5.00

ORANGE BLOSSOM – a floral green tea with sweetly scented blossoms, lemongrass and tropical citrus fruits 6.25

RASBERRY GREEN- blended with tart hibiscus and tender raspberries 5.25

SENCHA KYOTO CHERRY ROSE- high quality green tea with sweet cherry and morning rose 4.75



BLOOMING TEAS: (handmade blend of premium green & white & floral teas, 175 degrees, 5min or longer)

3 FLOWER BURST: mild green tea with peachy osmanthus, jasmine, and lily 11.75

VOLCANO FLOWER BURST- premium green tea with amaranth, hibiscus, and lavender. Light lemon flavor 11.75



WHITE TEAS: (1 heaping tsp per cup, 170-185, 3-4mins)

WHITE PEONY – smooth and sweet with a woody and soft roasted aroma, used as a digestive aid 5.25

SILVER NEEDLE PREMIUM- Organic white tea, 1st flush, light, sweet flavor, and fruity aroma 14.75

PEACH BLOSSOM – hand blended with essence of succulent peaches and tangerines 6.50

PLUM BERRY – blend of white tea and fruits with a tart, fruity flavor 8.75

TANGIERS LEMON WHITE- exquisite lemon notes with a clean finish 6.50



JASMINE: (1 tsp per cup, 180-185 degrees, 3-4 mins)

JASMINE – Green blend with fresh jasmine blossoms 5.00

DRAGON PEARL JASMINE – Premium green & white teas infused with jasmine and hand-rolled into balls 12.50

JASMINE SILVER NEEDLE – refreshing smooth white tea with jasmine flowers 15.75

JASMINE PEARLS: Premium green tea infused with Jasmine 15.50



OOLONG: (1 tsp per cup, 185-200 degrees, 5-7 min)

IRON GODDESS OF MERCY- light, golden, coppery infusion. medium oxidation, moderate roasting 8.00

JADE OOLONG- lightly oxidized with smooth body and brisk fruity flavor 8.00

WU YI OOLONG- smooth body devoid of astringency with sweet notes of raisins, honeysuckle, and sugar 6.75

BAO ZHONG – light oxidized green oolong with floral notes of lilac, lily and orchid with evergreen character 7.00

MILK OOLONG- milky sweet aroma with a smooth and sweet lingering taste 11.75

EARL GREEN- from Taiwan- pure essential bergamot citrus oil with floral notes 8.75

COCONUT OOLONG – oolong tea blended with a rich, aromatic coconut essence 7.75

CITRON OOLONG- high grown, jasmine scented oolong with rare rose blossoms and orange oil 8.00

POMEGRANATE OOLONG- leaves with a fruity undertone combined with a rich pomegranate flavor 6.00

PLUM OOLONG – only 12% oxidized and has the fruitiness of an oolong and the freshness of a green tea 6.75





PU-ERH (MATURED) TEAS: (1tsp per cup, 190-212 degrees, for light cup 3-7 min)


YOUNG PU-ERH- aged 1 year, elemental and earthy with an underlying hardiness 4.50


SHU PU-ERH CLASSIC VINTAGE BLEND- a blend of multiple vintages, full-bodied and rich Chinese dark tea 6.00

ANCIENT SHU PU-ERH TUO CHA VINTAGE BLEND- a blend of multiple vintages in a compressed tea cake 6.50

-  **SHENG PU-ERH TUO-CHA** (180 degrees, 3-4 min)- green pu-erh, subtle, smoky, brisk and sweet 5.50
- ANCIENT SHU PU-ERH TUO CHA VINTAGE BLEND-** a blend of multiple vintages in a compressed tea cake 6.50
- GINGER PU-ERH-** a mild spicy, earthy tea blend; wonderful as a digestive aid. 6.00
- BLOOD ORANGE PU-ERH-** tart and robust shu pu-erh with orange, hibiscus, grapefruit, and blood orange 6.50
- VANILLA MINT PU-ERH-** cool peppermint and vanilla notes. Its flavor has accents of espresso and cacao 6.50
- SCOTTISH TOFFEE PU-ERH-** earthiness of a pu-erh infused with caramel; like dessert in a cup 5.00

-  **ROOIBOS: (naturally caffeine free, high in antioxidants 1tsp per cup, boiling water, 5 min)**
- ROOIBOS-** oxidized rooibos tends to be slightly honey-like in sweetness 4.00
- GREEN ROOIBOS-** light, refreshing, un-oxidized, citrus-like in flavor 4.25
- GINGER LIME ROOIBOS-** strong yet soothing. ginger, lemongrass, licorice root, lime and tangerine peel 4.50
- SUNSHINE LEMON ROOIBOS –** lemon invigorates the rooibos taste, good hot or iced 3.75
- BOURBON STREET VANILLA ROOIBOS –** a smooth vanilla flavor blended with rooibos 3.75
- HUNNY ROOIBOS –** honeyed and bold tasting with chamomile blossoms and calendula petals 3.75
- PROVENCE-** floral and sweet. Lavender, raisins, black & red currants, blueberries, rosehips & rose petals 3.75
- JAMAICA ROOIBOS-** tart and juicy with hibiscus, tropical herbs and a hint of spice 5.00
- THAI ROOIBOS –** this is a delightfully decadent treat. Coconut, ginger, lemongrass & cinnamon 5.00

-  **TISANE (HERBAL & FRUIT TEAS, naturally caffeine free): (1tsp per cup, boiling water, 5 min)**
- BELLA COOLA-** a blend of tart fruits that makes for a refreshing cup or even a popsicle 4.00
- BERRY BERRY-** a full flavored tea with deep berry notes, a terrific herbal tea 4.00
- BUBBLEGUM KID'S TEA-** caramel, strawberry and lemon creates a youthful taste sensation 4.25
- CINNAMON PLUM-** warming blend of plum, currants, hibiscus with cinnamon 4.50
- HIBISCUS BERRY-** luscious currants and forest berries complement the scarlet red hibiscus 5.50
- LADY HANNAH'S WHOLE FRUIT-** boldly refined with strawberry and blackberry highlights 5.50
- LEMON MANGO PUNCH-** rosehips, hibiscus, lemon character and tropical mango 4.25
- MANGO-** sweet mangos, hibiscus, rosehips, and tart mixed berries 4.75
- ORANGE GROVE VANILLA-** creamy orange highlights makes for a smooth cup 4.50
- PASSION PLUM-** sweet passion fruit and plums are masterfully blended together in this fruit tea 5.25
- SCARLET-**rosehips, hibiscus, cranberries, schisandra berries, mango, passion fruit, honey bush, etc. 6.25
- STRAWBERRY KIWI-** blend of sweet dried fruits, makes great popsicles 4.50
- TANGERINE GINGER-** sweet tangerine blended with spicy ginger, hibiscus, and schisandra berries 4.75
- HERBAL (HERBAL naturally caffeine free): (1tsp per cup, boiling water degrees 5-10 mins minimum)**
- CHAMOMILE –** exclusively Egypt's finest Chamomile flowers 4.00
- CHAMOMILE LEMONGRASS-** very refreshing with a light and flavorful lemon character, great iced! 4.50
- FRENCH VERVEINE-** fragrant lemony aroma and smooth taste 4.00
- GINGER -** invigorating ginger pieces, great for blending with other teas 4.00
- HIBISCUS-** ruby red tangy herbal tea, rich in vitamin C, and lowers cholesterol. makes a tasty iced tea 4.00
- LAVENDER –** brisk with a distinctive floral perfume 5.00
- MOTHER'S BOUQUET-** very soothing. Chamomile, orange peel, rosebuds and petals 5.50
- ON THE WATERFRONT-** cleansing finish. blend of mints, ginger, hibiscus, rosehips, calendula, rooibos 5.25
- PEPPERMINT-** bold and refreshing. Helps nausea, heart burn, asthma, stress, congestion, stomach pain 4.00
- SPEARMINT-** mild and a tad sweet. Helps nausea, indigestion, migraines, morning sickness, and diarrhea 4.00
- TROPICAL CRIMSON-** refreshing hibiscus, with a smooth mint aftertaste 6.25

-  **MEDICINAL HERBAL BLENDS (1tsp- 2 tbsp. boiling water, steep 5min- 4hrs, depending on herb) \$7.00 per oz.**
- ALLERGY RELIEF-** red clover, plantain leaf, elder flower, nettle, peppermint, licorice root, hibiscus.
- HANGOVER HELPER-** peppermint, green maté, fennel, licorice, nettle, Lapacho (cleanses, settles)
- TUMMY TONIC-** also fights cold, peppermint, spearmint, chamomile, ginger, licorice root (calms, soothes)
- BEAUTY SKIN TONIC-** elderberries, rosehips, hibiscus, schisandra berries, rose buds and petals (potent, vitamin rich)
- IMMUNITY BOOSTER-** astragalus, elder flower, elder berry, rosehips, ginseng, ginger, peppermint, lavender, verveine (congestion, fever reduction)
- BLOOD CLEANSER-** red clover, plantain leaf, burdock root, sassafras bark, lemongrass, hibiscus.
- MEMORY AID-** ginkgo, maté, peppermint, fire ginseng, rosemary leaf (concentration, focus)
- SWEET OBLIVION-** valerian root, lemon balm, lemongrass, green rooibos, chamomile, fennel, peppermint, verveine, and lavender (sleep aid)
- FERTILITEA-** ladies mantle, maca, black cohosh, chastetree berry, nettle, don quai, red clover leaf & blossoms. (steep for 4 hours and up)
- PREGNANCY NUTRITION-** nettle, oatstraw, peppermint, red raspberry leaf & red clover blossoms.
- LABOR SUPPORT-** wood betony, rose petal, partridge berry, red raspberry leaf, mugwort, lady's mantle.
- GREEN HERBS-** holy basil, nettle, lemongrass, verveine, rosemary leaf (revitalizes)
- RED GINSENG RECHARGE-** red ginseng, dandelion root, cinnamon, fig, licorice, orange peel, apple, vanilla. (detox tea) -7.75

Alfalfa Leaf: a cell nutritive promotes strong teeth, bones; stimulates new skin growth, heals wounds and burns. 3.50

Anise Star Pods: stimulant, diuretic. 5.25

Astragalus Root: immune booster; increases cells in bone marrow & matures them into active white blood cells. 3.75

Bee Pollen: natural anti-histamine. Helps expel bad cholesterol, rich in protein. 4.00

Bilberry Leaf: promotes weight loss, improves vision, arterial support, varicose veins, hemorrhoids. 4.50

Black Cohosh Root: helps with symptoms associated with PMS, menopause, reduces inflammation. 3.75

Burdock Root: cleansing properties for skin, digestive sluggishness. 3.75

Calendula Flowers: indigestion, cramps, multiple skin ailments. 3.50

Chastetree Berry: hormone balancing, PMS reliever. Not recommended during pregnancy. 3.25

Chickweed: acne, ulcers, skin irritations, weight loss. 4.00

Chrysanthemum Flower: lowers blood pressure, calms allergies. 7.25

Cinnamon (Cassia) Chips: antiseptic. It stops vomiting, relieves flatulence. 2.25

Cinnamon (Sweet) Chip: antiseptic. It stops vomiting, relieves flatulence. 3.75

Dandelion Leaf: supports kidney functions as well as liver, gall bladder and bladder. 6.25

Dandelion Root: liver tonic, promotes bile flow, a diuretic, a mild laxative and anti-rheumatic. 4.00

Echinacea Purpurea Root: increases bodily resistance to infection. 4.25

Elder Berry: immune system booster, sore throat, runny nose, cough, fever, infections, muscle pain. 4.00

Elder Flowers: immune system booster, flu fighter. For bacterial & viral infections. Lowers cholesterol. 4.00

Fennel Seed: diuretic, anti-inflammatory, anti-spasmodic, mild expectorant, digestive relief. 3.00

Fenugreek Seed: prevents fevers; is comforting to the stomach, used for diabetes. 2.00

Ginkgo Leaf: improves blood flow, cognitive function, vision, and fights free radicals. 3.50

Ginseng (Eleuthero Root): boosts concentration, focus, immunity, athletic performance. 3.50

Hawthorn Leaf & Flower: heart troubles, kidney troubles, sore throats. 3.75

Holy Basil: common colds, headaches, stomach disorders, inflammation, heart disease. 4.00

Jasmine Flowers: helps speed up metabolism & improves blood circulation and digestion. 4.50

Kava Kava Root: nervousness, stress, anxiety; calming, sedating action. 6.25

Lady's Mantle: helps ease childbirth pain, cure infections of the pelvic organs, reduces fever. 5.75

Lemon Balm: treat viral infections of the skin, relieves itching, lesions heal sooner. Antianxiety. 3.50

Lemongrass: detoxifies the liver, pancreas, kidney, bladder, digestive tract, lowers cholesterol. 3.00

Licorice Root: anti-inflammatory relieves arthritis, rheumatism, lowers blood sugar. Natural antacid. 3.50

Linden Leaf & Flower: eases sore throat; menopause symptoms (depression, anxiety, insomnia, stress). 5.50

Maca Root Powder: increases libido, fertility, and endurance. High energy drink. 4.00

Marshmallow Root: treats excess stomach acid and indigestion. 4.00

Nettle Leaf: chlorophyll, vitamin C, iron rich. Helpful in treating iron deficiency anemia and chronic skin diseases. 3.50

Oatstraw: high in vitamin A, B complex, C and E; rich in calcium and magnesium, reduces cholesterol, helps with stress, anxiety, insomnia and depression. Great for MS, skin and bones- excellent for the whole system. 3.50

Oregon Grape Root: improves liver function, is a blood purifier. Anti-inflammatory, anti-bacterial. For psoriasis. 3.75

Paud' Arco Bark/ Lapacho: strengthens the immune system, fights bacteria, fevers, liver disease, skin conditions, and assists cancer recovery. 3.00

Plantain Leaf: antibacterial, antimicrobial, antitoxic, anti-inflammatory relieves pain. Vitamin A, C, & Calcium. 3.75

Red Clover Blossom: anti-inflammatory, antiseptic, antispasmodic, blood thinner. 7.25

Red Clover Leaf: good blood and lymphatic purifier. Lowers fevers, heals inflammatory conditions. 3.50

Red Raspberry Leaf: tones uterus during pregnancy and labor, relieves morning sickness, also helps diarrhea. 3.50

Rosehips: high in vitamin C. Fights common colds and boosts immunity. Diuretic, astringent and mild laxative 3.75

Rosemary Leaf: prevention of breast cancer, improves memory, treats migraine and tension headaches, soothes nerves, eases flatulence, and helps depression. 3.50

Rose Buds & Petals: immune booster, promotes healthy skin and bones, rich in vitamin C, helps iron absorption. 4.00

Sassafras Bark: heals wounds and rheumatic pains. It has been praised as a dental antiseptic. 6.25

Sarsaparilla Root: virility; autoimmune joint diseases. Help treat upper respiratory infections. 4.00

Schisandra Berry: liver tonic; stimulates production of antioxidants for anti-aging of the skin; increases stamina. 4.75

St. Johns Wort: antiviral, anti-inflammatory, anti-depressant, sedative. Helps shingles, sciatica, tension, anxiety. 4.00

Valerian Root: nervous, carminative and antispasmodic, relieves pain and promotes sleep. 4.50

Wild Cherry Bark: helps treat bronchitis of various types, nervous cough, whooping-cough, and dyspepsia. 4.00

Yarrow Leaf and Flower: treats high blood pressure, common cold, fevers, influenza, and varicose veins. 3.75