



## TEA LIST

PRICE PER 1 OZ. WITH 2 OZ. MINIMUM PER TEA

### BLACK TEAS: (1 heaping teaspoon per cup, 195-212 degrees, 3-5 min.)

- MARGARET'S HOPE- A Darjeeling, with delicate astringency and "muscatel" grapes notes 6.00
- DARJEELING 2ND FLUSH-(190-195 degrees 3 min) A semi-brisk tea filled with big fruity flavors and floral aromas 7.75
- ASSAM – From north-eastern India. Assam has a bold and malty flavor and is often enjoyed with breakfast 6.75
- CEYLON SINGLE ESTATE-From high altitudes in Sri Lanka, this smooth tea is known for its floral and stone fruit notes 5.50
- DECAF ASSAM- Caffeine free, but still filled with the malty flavors and health benefits of Assam 6.75
- DECAF CEYLON – Still holds depth and aspects of floral and citrus flavor of Ceylon without the caffeine 6.25
- KEEMUN- One of China's most famous teas, when brewed it has a reddish color, with a subtle smoky and floral flavor 6.25
- LAPSANG SOUCHONG- Known for its smoky flavor, this is a brilliant tea to have with breakfast by a campfire 6.25
- ANCIENT GOLDEN YUNNAN- Notes of cacao and peppery spice with a smooth and sweet malty finish 7.50
- GOLDEN MONKEY (180 degrees, brew 3x) Handpicked with traces of cocoa from the high mountains of Fujian, China 19.75
- KENYA MILIMA- An elegant African tea reminiscent of classic Assams, only lighter in flavor 5.25
- ENGLISH BREAKFAST- Chinese Keemun black tea that is strong and simple 5.50
- IRISH BREAKFAST- A malty flavor and stronger Assam element than the English breakfast 5.50
- SUPREME BREAKFAST - A full-bodied blend of Assam and Keemun stronger and smoother than classic English 9.75
- EARL GREY- A famous British tea flavored with bergamot citrus oil 5.75
- DECAF EARL GREY- Caffeine removed yet still has the depth and flavor intact 6.75
- EARL GREY SUPREME- Stronger in flavor than regular Earl Grey with Silver Needles added for an antioxidant boost 6.75
- CREAM EARL GREY- Sweet overtones of vanilla smoothly enhances the traditional bergamot of Earl Grey 6.50
- RUSSIAN EARL GREY- A strong Earl grey with clover, lemongrass, cornflower, calendula, lemon & orange peel 6.50
- VERSAILLES LAVENDER EARL GREY- Soothing blue lavender added to a full flavored Earl Grey 6.50
- QUEEN ELIZABETH – A blend of Assam, Darjeeling, and Ceylon teas from India and Sri Lanka, toasty and malty 5.25
- PALM COURT- A deep blend formulated in New York, including Keemun, Assam, Ceylon and Formosa Oolong 5.50
- ALMOND- Warming black tea with a slight hint of almond and almond slices mixed in (contains nuts) 5.75
- ANGEL'S DREAM- Maple and blackberry essences blended with black and green tea leaves 5.75
- APRICOT- Warm, sweet, and nutty flavors blended into a rich black tea 5.75
- BLACK CURRANT-Strong fruity notes and pieces of black currants are masterfully blended with Chinese black tea 5.75
- CHOCOLATE – Blended with cocoa, delivers just the right amount of lightness and chocolate 6.75
- CHOCOLATE MINT- A great dessert tea. Mixed with cocoa, spearmint and peppermint 6.50
- CRANBERRY AUTUMN BLEND – Fruity, semisweet black blend with orange peels and dried cranberries 6.25
- ELYSE'S BLEND- A honey sweetened blend of Assam and Kenyan teas and smooth Ceylon 6.50
- FLORENCE- Luscious blend with chocolate and hazelnut flavors. Add milk for a great alternative to hot cocoa 6.50
- FRENCH BLEND- Luxurious black and green teas blended with rose, lavender, jasmine, and cornflower petals 5.50
- HOLIDAY TEA- Mellow orange-infused blend of black teas with almond and spice flavors 6.00
- HOT CINNAMON SPICE- Naturally sweet and spicy blend with a variety of cinnamon, orange peel, and sweet clove 5.75
- ICE WINE- Rich black tea leaves blended with grapes that are picked after they have frozen on the vine, a favorite iced 5.75
- LYCHEE RED- Light and refreshing lychee fruit blended with a rich black tea 5.75
- MANGO- Black tea blended with dried mango bits. Great hot or iced! 5.50
- MONK'S BLEND- Decadent pleasures of delicious vanilla and grenadine, with calendula petals (contains nuts) 5.50
- PARIS- Sweet, aromatic blend with black currant, caramel, vanilla and bergamot citrus oil 6.50
- PEACHES AND GINGER- Fine pieces of crystallized ginger and peaches, great iced in the summertime 5.50
- ROSE SCENTED- Strong Chinese black tea with a full rose aroma thanks to the presence of rose petals and oil 6.00
- VANILLA BLACK-Cured with vanilla extract & blended with hand chopped Grade-A vanilla beans 8.50

### CHAI: (1 full tsp. per cup/ 2 tsp. for latte; steep 5 min.)

- MASALA CHAI- The finest chai there is: Assam, anise, cardamom, pepper, cloves, ginger, and cinnamon 7.25
- CHOCOLATE CHAI- A blend of pu-erh tea with yerba mate, cacao bean, vanilla bean, coconut, and masala spices 7.75
- VANILLA CHAI- A creamy blend of vanilla rooibos with our fine black masala blend 7.25
- CHAI MATE- Yerba mate with roasted chicory and chai spices 6.50
- ROOIBOS CHAI- Spicy and sweet rooibos with coriander and masala spices. 6.00

### YERBA MATE: (1-2 tsp. per cup, run cool water over leaves quickly, 5 min.)

- ROASTED MATE- Traditional, deep, earthy, and smoky flavor 5.50
- DARK ROAST MATE- Mixed with roasted grains (Chicory, Barley, and Carob), this maté is filled with earthy flavors 6.75
- FRESH GREEN MATE- Following the Brazilian process, this maté is not aged and free of smoke flavors 5.50
- LEMON GINGER HERB MATE- Yerba maté blended with lemon myrtle and ginger bits 6.75
- TROPICAL LIME MATE- Yerba maté with roasted chicory, hibiscus and lime 6.50
- CHAI MATE- Yerba mate with roasted chicory and chai spices 6.50

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

- SENCHA** – (170 degrees, 1 min) Japanese green tea, cultivated under full sunlight and steamed to hold its flavor 6.25
- DECAF SENCHA** – (170 degrees, 2 min) A chemical-free decaffeination process maintains the classic flavor of Sencha 6.75
- BANCHA** –(170 degrees, 2 min) Japanese matured leaves and stems, more astringent than Sencha, great iced 6.25
- HOJICHA** – (180 degrees, 3-4 min) Roasted over high heat, this Japanese tea has a smooth, savory, barley-like flavor 7.00
- KUKICHA** -(175 degrees, 2.5-3 min) High grade Japanese tea with umami flavor, slightly sweet and high in amino acids 13.75
- GYOKURO**- (175 degrees 3 min) First flush high grade Japanese tea grown in the shade, dark green and slightly sweet 22.00
- GENMAICHA**- (175 degrees 3 min) Sencha with puffed and roasted sweet rice, a balanced nutty flavor and astringency 6.26
- MATCHA GENMAICHA** - (170 degrees 2 min) A blend of Genmaicha and high grade matcha 9.25
- MATCHA (GREEN TEA POWDER)**- Ceremonial Japanese green tea, stone ground into a fine powder 12.75
- SUPER GREEN**- (170 degrees 1.5 min) Chumushi Sencha and ceremonial matcha, smooth and sweet umami taste 22.00
- DRAGON WELL**- “Lung Ching” A high grade Chinese tea, with a bittersweet finish and roasted chestnut aroma 14.50
- JADE CLOUD**- A combination of steamed, oven-baked and roasted leaves yields a mellow and fresh flavor of Spring 6.50
- CHUNMEE**- A traditional Chinese tea known for its plum-like sweet and tart flavors 5.75
- GUNPOWDER**- Hand rolled Chinese green tea, high in caffeine and a slightly smoky, grassy taste 5.50
- JASMINE** – (180-185 degrees, 3-4 min) Mild Chinese green tea with a robust Jasmine aroma and taste 6.50
- DRAGON PEARL JASMINE** – (180-185 degrees, 3-4 min) Hand-rolled premium green & white teas infused with jasmine 13.50

➤ **GREEN TEA BLENDS: (1 tsp. per cup, 170-185 degrees, 2-4 min.)**

- BANGKOK** – Bancha blended with lemongrass, coconut, ginger, and a hint of vanilla 6.75
- CITRON GREEN**- A blend Chinese green teas with tart citrus and orange zest 6.25
- CUCUMBER MELON GREEN** – A light and fresh blend of Chinese green tea, cucumber slices, and watermelon flavor 6.25
- MAGHREB MINT**- Chinese green tea, ginger, peppermint, cardamom, licorice, fennel, cloves and black pepper 6.25
- MORROCAN MINT**- Delicate Chinese green tea infused with jasmine, blended with peppermint and jasmine flowers 6.50
- ORANGE BLOSSOM** – Jasmine green tea with sweet scented blossoms, lemongrass and tropical citrus fruits 6.75
- PAN ASIA**- Japanese Bancha and Chrysanthemum flowers, grassy with subtle floral notes 7.25
- POMEGRANATE HIBISCUS**- Gunpowder green with pomegranate and hibiscus, tastes fruity and semisweet 5.75
- RASPBERRY GREEN**- Chinese green tea blended with tart hibiscus and tender dried raspberries 6.75
- SENCHA KYOTO CHERRY ROSE**- High quality Chinese green tea with sweet cherry and morning rose petals 5.75

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

- 3 FLOWER BURST**: Mild green tea with peachy osmanthus, jasmine, and lily 12.75
- VOLCANO FLOWER BURST**- Premium green tea with amaranth, hibiscus, lavender, and light lemon flavor 12.75

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

- WHITE PEONY** – Smooth and sweet with a softly roasted aroma, pairs well with food and used as a digestive aid 5.75
- SILVER NEEDLE PREMIUM**- 1<sup>st</sup> flush white tea with light and refreshingly sweet flavor and a fruity aroma 15.50
- PEACH BLOSSOM** – Hand blended into White Peony with essences of succulent sweet peaches and zesty tangerines 7.00
- WHITE TEA ROSE MELANGE** - Floral and lightly sweet with hints of lavender and jasmine, with a bright minty finish 8.50
- CLOUD FOREST WHITE**- Dried by the sun, this tea has a delicate berry-like flavor and a smooth, sweet finish. 8.25

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

- IRON GODDESS OF MERCY**- Light coppery infusion and medium oxidation, with flavors of chestnut and dried apricot 8.50
- JADE OOLONG**- Lightly oxidized from the highlands of Taiwan with a smooth body and floral flavor 8.00
- BAO ZHONG** – Lightly oxidized green oolong with floral notes of lilac, lily, and orchid and an evergreen character 8.00
- RUBY OOLONG**- A full-bodied Oolong from Thailand with notes of cocoa, raisins, and black cherry 8.50
- MILK OOLONG**- Milky sweet aroma with notes of orchid, has a smooth and light lingering taste 11.75
- EARL GREEN**- From Taiwan, this Oolong is infused with pure essential bergamot citrus oil with a floral finish 9.25
- COCONUT OOLONG**- Bao Zhong blended with a rich, aromatic coconut essence 8.50
- TROPICAL OOLONG**- A tropical blend of creamy coconut, juicy pineapple and floral Bao Zhong oolong tea 8.50
- WATERMELON OOLONG**- Sweet and refreshing, this oolong is blended with watermelon rind and a touch of cherry rose 7.25

➤ **PU-ERH (MATURED) TEAS: (1 tsp. per cup, 190-212 degrees, light or dark. 3-7 min)**

- YOUNG PU-ERH**- Aged only 1 year, earthy elements with an underlying hardness 6.00
- SHU PU-ERH CLASSIC VINTAGE BLEND**- Blend of full-bodied Chinese teas, known for its profound effects on the gut 8.00
- ANCIENT SHU PU-ERH TUO CHA VINTAGE BLEND**- Compressed into small tea cakes rich and smooth dark tea 9.50
- SHU PU-ERH CAKE**- 4.4 oz Compressed into a large cake, a smooth flavor 45.00
- SHENG PU-ERH TUO CHA**-(180 degrees,3-4 min) 4.4 oz green pu-erh cakes; subtle, smoky, brisk and sweet 45.00
- GINGER PU-ERH**- A mild spicy and earthy tea blend that makes for a wonderful digestive aid 8.25
- BORDEAUX PU-ERH** – Refined structure of dark fruits, blackberry, cocoa nibs and a hint of fig 8.50
- VANILLA MINT PU-ERH**- Cool peppermint and vanilla notes with shared accents of espresso and cacao 8.50
- SCOTTISH TOFFEE PU-ERH**- Dessert in a cup, this earthy pu-erh has caramel flavors and almond bits (contains nuts) 6.25
- DEVIL’S PU-ERH** - The nuttiness of assam, green coffee beans, cocoa beans and chamomile petals blended with Pu-erh 6.25

➤ **SEASONAL TEAS: (1tsp. per cup, 180 degrees, 3 min)**

- YELLOW TEA**- All the clarity and benefits of a green tea with a light, floral taste 11.25
- HIMILAYAN CLASSIC**– (190 degrees, 3 min for 1st brew) A light bodied black tea with sweet and floral notes 11.75
- HIMILAYAN SPRING** – A brisk high, mountain tea with earthy notes 13.50

▶ **ROOIBOS: (naturally caffeine free, high in antioxidants, 1tsp. per cup, boiling water, 5 min.)**

**ROOIBOS-** Translated to “Red Bush” in Afrikaans, native to South Africa, and with a sweetness reminiscent of honey 5.25

**GREEN ROOIBOS-** Light, refreshing, un-oxidized, and citrus-like in flavor 5.75

**HONEY ROOIBOS-** Strong honey sweetness and bold taste blended with chamomile and calendula petals 5.50

**SUNSHINE LEMON ROOIBOS** – Just the right amount of lemon that lightly invigorates the rooibos taste, try it hot or iced 5.50

**BOURBON STREET VANILLA ROOIBOS** – A warm, sweet blend with calendula petals and almond slices (contains nuts) 5.50

**THAI ROOIBOS** – A delightfully decadent treat with coconut, ginger, lemongrass & cinnamon 6.50

**CHAI ROOIBOS-** Spicy and sweet rooibos with coriander and masala spices. 6.00

**BLUEBERRY ROOIBOS** – An antioxidant-rich rooibos blended with sweet blueberries, currants and hibiscus 6.75

**PROVENCE-** Sweet and floral combination of lavender, raisins, black & red currants, blueberries, rosehips and rose petals 5.50

**GINGER LIME ROOIBOS-** Strong yet soothing with ginger, lemongrass, licorice root, lime and tangerine peel 6.25

▶ **TISANE (FRUIT TEAS, 1 tsp cup, boiling water 5 min)**

**BELLA COOLA-** A blend of tart fruits and apples that makes for a refreshing cup, or try it frozen as a popsicle 5.50

**BERRY BERRY-** Creamy and tart all in one! This full flavored tea has deep berry notes and is filled with vitamin C 5.50

**CINNAMON PLUM-** A warming blend of plum, currants and hibiscus with ground cinnamon 6.25

**SCARLET-**Rosehips, hibiscus, cranberries, schisandra berries, mango, passion fruit, honeybush rooibos 7.25

**HIBISCUS BERRY-** Luscious currants and forest berries complement the scarlet red hibiscus 7.00

**LADY HANNAH’S WHOLE FRUIT-** Boldly refined with lemon, strawberry and blackberry highlights 6.75

**STRAWBERRY KIWI-** A blend of sweet dried fruits, also makes for great popsicles 5.75

**LEMON MANGO PUNCH-** Rosehips, hibiscus, lemon and tropical mango. Try hot, iced or frozen 5.75

**MANGO-** Sweet mangos, hibiscus, rosehips, and tart mixed berries 6.25

**ORANGE GROVE VANILLA-** Creamy orange highlights from dried peels, apples, sunflower, and rose hips 6.00

**BUBBLEGUM KID’S TEA-** Caramel, strawberry and lemon makes a delicious children’s treat 5.75

**BLOOD ORANGE-** Orange peel, apple, rose hips, hibiscus, beetroot, safflower, marigold, notes of raspberry and grapefruit 5.75

▶ **HERBAL BLENDS (1- 2tsp. per cup, boiling water, 10-15 min)**

**TURMERIC GINGER-** Turmeric, ginger, lemongrass, licorice root, lemon & orange peel (Anti-inflammatory, immune boost) 7.50

**TROPICAL MANGO TURMERIC** – Mango, turmeric, pineapple, ginger, green tea, jasmine, yuzu peel and kaffir lime oil 9.75

**TANGERINE GINGER-** Sweet and tart tangerine blended with a warming mix of ginger, hibiscus, and schisandra berries 7.50

**CHAMOMILE LEMONGRASS-** Calming and refreshing tea with a light but flavorful lemon character 6.00

**ON THE WATERFRONT-** Mint, ginger, hibiscus, rosehips, calendula, rooibos, & almonds a cleansing finish (contains nuts) 6.75

**NUTTY APPLE** – Blend of almonds, apples, hibiscus, rosehips, and cocoa beans, an all-time favorite (contains nuts) 5.75

**MOTHER’S BOUQUET-** A soothing combination of chamomile, orange peel, marigold, rose buds and petals 6.75

**TROPICAL CRIMSON-** Hibiscus, rosehips, lemongrass, peppermint, licorice root, tangerine and passion fruit oil 6.50

▶ **MEDICINAL HERBAL BLENDS (1 - 2 tbsp. boiling water, steep 5 min- 4hrs, depending on herb) \$8.50 per oz.**

**ALLERGY RELIEF-** Red clover, plantain leaf, mullein, elderflower, nettle, peppermint, licorice root, hibiscus, bee pollen (Preventative and relieving)

**ARTHRITIS BLEND-** Nettle, ginseng, ginger, rosemary, burdock, alfalfa, black cohosh, licorice root (Alleviates stiffness)

**BEAUTEA SKIN TONIC-** Elderberries, rosehips, hibiscus, schisandra berries, rose buds and petals (Vitamin rich)

**FERTILITEA-** Ladies mantle, maca, black cohosh, chastetree berry, nettle, don quai, red clover leaf & blossoms (Regulates hormones and encourages fertility)

**FLOW TONIC-** Black cohosh, chastetree berry, don quai, raspberry leaf, maca root powder, mugwort, nettle leaf, peppermint, spearmint, chamomile, ginger, fennel seed, licorice root, cinnamon, marshmallow, wild yam (Regulates and stimulates flow, alleviates cramp )

**GREEN HERBS BLEND-** Holy basil, nettle, lemongrass, rosemary leaf, verveine (Revitalizes and grounds, high in iron)

**HANGOVER HELPER-** Peppermint, green maté, fennel, licorice, nettle, Lapacho (Cleanses and awakens)

**IMMUNITEA BOOSTER-** Astragalus, elder flower, elder berry, rosehips, ginseng, ginger, peppermint, lavender, vervine

**MEMORY AID-** Ginkgo, maté, peppermint, ginseng, rosemary leaf (Concentration and focus)

**MOTHER’S MILK-** Raspberry leaf, nettle, oatstraw, fennel, alfalfa, fenugreek (Galactagogue)

**PREGNANCY NUTRITION-** Nettle, oatstraw, spearmint, red raspberry leaf, rosehips & red clover blossoms (Nourishing)

**PURIFYING TONIC-** Burdock root, dandelion root, nettle, plantain leaf, red clover blossom and leaf, sassafras leaf, ginger, licorice root, fennel seed (Detoxes and revitalizes)

**SERENITEA-** Lemon balm, lavender, peppermint, spearmint, skullcap, chamomile, lemongrass, french verveine, and rose petals (Calming, nerve relaxant)

**SWEET OBLIVION-** Valerian root, lemon balm, lemongrass, green rooibos, chamomile, fennel, spearmint, lavender and french verveine (A sleep aid that doesn’t make you groggy in the morning)

**TUMMY TONIC-** Peppermint, spearmint, chamomile, ginger, licorice root (Settles and soothes upset stomach, fights colds)

▶ **ORGANIC MEDICINAL HERBS**

**Alfalfa Leaf:** High in vitamins and minerals, stimulates lactation, and decreases cholesterol 4.50

**Anise Star Pods:** Expectorant, anti-spasmodic, carminative, aromatic, galactagogue 5.75

**Astragalus Root:** Immune strengthener; increases cells in bone marrow. Do not take when infection is present 5.25

**Bee Pollen:** Great for allergies, helps expel bad cholesterol, rich in protein 9.25

**Bilberry Leaf:** Improves circulatory problems including varicose veins, hemorrhoids, poor vision and cellulite 5.00

**Birch Bark:** Pain reliever, anti-bacterial, anti-inflammatory, diuretic, good for rheumatism and removing excess water 4.25

**Black Cohosh Root:** Prevents PMS and menopause symptoms. Avoid if pregnant, breast feeding or on estrogenic pills 6.25

**Burdock Root:** Improves skin by cleansing the liver, also improves sluggish digestion. Avoid if on diabetic meds 4.75

**Calendula Flowers:** Powerful healer for skin ailments, digestive inflammation, cramps and candida; lymphatic cleanser 5.00

**Chamomile:** Egypt's finest Chamomile flowers, soothes aching and tense muscles, poor digestion and calms anxiety 5.00

**Chastetree Berry:** Hormone balancer and PMS reliever. Avoid if pregnant or on birth control & hormone supplements 4.50

**Chickweed:** Acne, ulcers, skin irritations, and weight loss 4.50

**Chrysanthemum Flower:** Lowers blood pressure, calms allergies, relieves irritated or dry eyes 7.75

**Cinnamon (Cassia) Chips:** Antiseptic, warming, stops vomiting, relieves flatulence 4.25

**Comfrey:** Heal, soothe and protect damaged tissues, external and internal ulcers, arthritis 5.00

**Damiana Leaf:** Nerve tonic, anti-depressant, aphrodisiac, sexual tonic. Avoid if pregnant 5.00

**Dandelion Leaf:** Supports kidney, liver, gallbladder and bladder functions 6.25

**Dandelion Root:** Liver tonic, promotes bile flow, diuretic, mild laxative, anti-rheumatic 6.75

**Dong Quai Root:** Treats PMS and menopause symptoms, boosts fertility in men and women 6.75

**Echinacea Purpurea Root:** Prevents infections, however an endangered herb. Avoid if you have autoimmune issues 7.25

**Elder Berry:** Immune system booster: treats sore throat, runny nose, cough, fever, infections, and muscle pain 5.00

**Elder Flowers:** Boosts the immune system, flu fighter, anti-bacterial, anti-viral, lowers cholesterol, helps bronchitis 6.00

**Fennel Seed:** Diuretic, anti-inflammatory, anti-spasmodic, mild expectorant, digestive relief. Avoid large doses if pregnant 4.50

**Fenugreek Seed:** Relieves gastrointestinal inflammation, coughs and colic, galactagogue, and used for diabetes 4.00

**French Verveine:** Strengthens the nervous system while relieving stress and depression, helpful in early stages of fever 4.50

**Ginger:** Stimulates circulation, useful for any digestive complaints, cardiac tonic, anti-inflammatory, stimulant 6.00

**Ginkgo Leaf:** Improves blood flow to the brain, memory, cognitive function, vision, and fights free radicals 5.00

**Ginseng (Eleuthero Root):** Enhances stamina and memory, increases appetite, treats general weakness and agitation 5.75

**Hawthorn Leaf & Flower:** Cardiac and kidney tonic, atherosclerosis, soothes sore throats 5.00

**Hibiscus:** Rich in vitamin C, lowers cholesterol, antioxidant, refrigerant, and digestive 5.00

**Holy Basil/Tulsi:** Treats common colds, stomach issues, inflammation, heart disease, high blood pressure and depression 5.25

**Jasmine Buds:** Increases metabolism, improves circulation and digestion 6.75

**Kava Kava Root:** Has calming and sedative effects, good for nervousness, stress, and anxiety. Avoid taking if pregnant 9.75

**Lady's Mantle:** Helps ease pain in childbirth, cures infections of the pelvic organs, reduces fever and regulates hormones 6.25

**Lavender:** Muscle relaxant, sleep aid, relieves stress headaches, fragrant and cleansing. Avoid large doses if pregnant 6.00

**Lemon Balm:** Relaxant great for anxiety and stress, treats viral infections of the skin, and relieves itching 5.50

**Lemongrass:** Detoxifies the liver, pancreas, kidney, bladder, and digestive tract, also lowers cholesterol. 4.50

**Licorice Root:** Anti-inflammatory, demulcent, relieves arthritis, rheumatism, lowers blood sugar; natural antacid 4.50

**Linden Leaf & Flower:** Eases sore throat; relieves menopause symptoms including depression, anxiety, and insomnia 6.00

**Maca Root Powder:** Increases libido, fertility, and endurance making it a great natural energy boost 6.50

**Marshmallow Root:** Soothes mucous membrane irritation in the gastrointestinal, respiratory, and urinary tracts 6.25

**Moringa:** High in iron, vitamin C, calcium, protein, potassium and antioxidants. Benefits inflammation and immune system 5.50

**Mugwort:** Stimulates digestion, brings absent or late menstrual cycle, nerve tonic, anti-depressant, carminative 4.50

**Mullein:** Lung cleanser that treats dry coughs, bronchitis, asthma, hay fever and other respiratory conditions 4.50

**Nettle Leaf:** Rich in chlorophyll, protein, vitamin C, vitamin A, iron, tones whole female system, and a remedy for allergies 4.75

**Oatstraw:** High in vitamin A, B complex, C, E, calcium and magnesium. Reduces cholesterol, anxiety, and depression 4.75

**Pau d'Arco Bark/ Lapacho:** Used for lymphatic congestion, cancer, diabetes, and rheumatism 4.50

**Peppermint:** Eases nausea, heartburn, asthma, stress, congestion, and stomach pain. Avoid if acid reflux is an issue 4.50

**Plantain Leaf:** High in vitamin A, C, and calcium. Anti-bacterial, anti-microbial, anti-toxic, anti-inflammatory, pain reliever 6.75

**Red Clover Blossom:** Anti-inflammatory, anti-septic, anti-spasmodic, blood thinner, prevents hardening/softens tumors 9.75

**Red Clover Leaf:** Blood and lymphatic purifier, lowers fevers, and heals inflammatory conditions. 4.50

**Red Raspberry Leaf:** Tones uterus during pregnancy and labor, relieves morning sickness, also helps diarrhea 4.50

**Rosehips:** High in vitamin C, fights common colds and boosts immunity, diuretic, astringent and mild laxative 5.00

**Rosemary Leaf:** Improves memory, migraine and tension headaches, soothes nerves, flatulence and helps depression 4.50

**Rose Petals & Buds:** Promotes healthy skin, relieves stress, depression, colds, and overall well-being 6.25/whole 9.25

**Sassafras Leaf:** Detoxifying, good for eczema 6.75

**Schisandra Berry:** Liver tonic, stimulates production of antioxidants for anti-aging of the skin, and increases stamina 6.50

**Skullcap:** Deep muscle tension, arthritis, and anxiety. Avoid if on anti-anxiety and seizure meds & large doses if pregnant 7.75

**Slippery Elm:** A mucilage; for sore throat, stomach ulcers, IBS, diarrhea, constipation, bladder and urinary tract infections 6.75

**Spearmint:** Helps nausea, indigestion, migraines, morning sickness and diarrhea 4.50

**St. John's Wort:** Anti-inflammatory, anti-depressant, anxiety, shingles. Do not mix with anti-depressants 4.50

**Valerian Root:** Hypnotic, nervine, carminative and antispasmodic, relieves pain and promotes sleep 7.75

**Wild Cherry Bark:** Treats respiratory issues and coughs 5.00

**Wood Betony:** Good for headaches, nosebleeds, cramps, diarrhea, stress relief and nervous tension 5.00

### ***Please ask about our seasonal teas!***

Prices are subject to change as per seasonal influences

Our TEA SHOP is located on 96 Saint Marks Place, New York, NY 10009

Call to order 212-477-7334 OR order with us online [www.Physicalgraffitea.com](http://www.Physicalgraffitea.com)