



Tea Selections Continued



Herbal Tea · caffeine free

Chamomile ✿

Organic German Chamomile

Ginger pieces ✿

Organic ginger root

Hibiscus ✿

Organic Hibiscus flowers

Lavender ✿

Organic Lavender flower

Lemon Grass ✿

Organic Lemon Grass

Lavender Orange ✿

This relaxing blend helps calm the nerves & spirit. Orange peel, lavender, blue vervain, basil, catnip, lemon verbena, CA poppy.

Peppermint ✿

Organic Peppermint leaf

Raspberry Leaf ✿

Organic Raspberry leaf

Raspberry Nectar

Sweet juicy raspberries beautifully blended with tropical hibiscus flowers.

Really Rootbeer

This sweet & spicy blend tastes like root beer.

Rosehips ✿

Organic Rosehips

Sassafras

Old fashion flavor your grandpa used to make

Spearmint ✿

Organic Spearmint leaf

Rooibos · caffeine free

Glass Slipper

Red rooibos blend with cherry, vanilla, & almonds.

Blueberry Green

Green rooibos with blueberries

Bonita Green

Green rooibos with peach, orange and strawberries

American Apple Pie

Red rooibos with apples and spices.

Latte Macchiato

Red rooibos blend with coffee beans

Honeybush Pumpkin Chai

Honeybush with Pumpkin and Chai spice flavors

Pu-Ehr Tea · caffeine is 60-90mg

Scottish Caramel Toffee

Yunnan pu-erh tea and butterscotch pieces with natural caramel flavors

Yerba Mate · caffeine is 150mg

Spiced Mate

Brazilian toasted mate blended with spices and citrus peels to add a little zest to an energizing brew.

Roasted Chai

Brazilian toasted mate blended with chai spices, great served with milk or cream

✿ = Organic · Coffee contains 150–200mg caffeine per 8 ounce cup