

## MEDICINAL TEAS & TISANES

Steep: 212°, 7-10 minutes

### Adapt

*For stress, fatigue, anxiety*

ashwagandha root, eleuthero root, goji berry, holy basil leaf, licorice root, reishi mushroom, rhodiola root, schisandra berry

### Allergy

*Antimicrobial, anti-inflammatory, reduces histamine*

echinacea root, ginkgo biloba leaf, licorice root, marshmallow root, nettle leaf, peppermint leaf, rooibos leaf, sage leaf, turmeric

### Appetite ‡



*Curbs cravings, aids in digestion*

burdock root, chickweed, cinnamon, dandelion root, eleuthero root, fennel seed, ginger root, green tea leaf, guarana seed, licorice root

### Bladder

*For cleansing the urinary tract*

cleavers, cornsilk, dandelion leaf, dandelion root, horsetail, juniper berry, marshmallow root, parsley leaf, saw palmetto berry

### Blood

*Promotes blood flow, detoxes the liver and kidneys*

burdock root, dandelion leaf, dandelion root, ginger root, ginkgo biloba leaf, hawthorne leaf & flower, nettle leaf, turmeric, yellow dock root

### Brain

*For focus and clarity*

ashwagandha root, bacopa leaf, ginkgo biloba leaf, gotu kola, rosemary leaf, sage leaf, skullcap

### Breathe

*Clears congestion, eases cough*

elecampane root, eucalyptus leaf, licorice root, lungwort, marshmallow root, mullein leaf, oregano leaf, peppermint leaf, plantain leaf, thyme leaf

### Calm

*For stress, anxiety, and racing thoughts*

ashwagandha root, bacopa leaf, chamomile flower, hop flower, lavender flower, lemon balm leaf, motherwort, passionflower, skullcap, st. john's wort, valerian root

### Creative

*Good for clarity, balance, and concentration*

ashwagandha root, bacopa leaf, chamomile flower, ginkgo biloba leaf, lavender flower, licorice root, passionflower, st. john's wort

### Detox

*Aids in the removal of toxins*

burdock root, cilantro leaf, dandelion root, ginger root, milk thistle seed, nettle leaf, parsley leaf, turmeric

### Digest

*Reduces gas, speeds digestion, relaxes the digestive tract*

burdock root, chamomile flower, dandelion root, fennel seed, ginger root, lemon balm leaf, licorice root, marshmallow root, olive leaf, peppermint leaf, turmeric

### Dream

*Increase lucid dreaming, Enhance memory*

chamomile flower, ginkgo biloba leaf, holy basil leaf, lavender flower, lemon balm leaf, mugwort, passionflower, peppermint leaf, rosemary leaf, valerian root

### Energy ‡



*For increasing stamina, reducing fatigue, and promoting balance*

ashwagandha root, astragalus root, eleuthero root, ginkgo biloba leaf, gotu kola, green tea leaf, reishi mushroom, schisandra berry, yerba maté leaf

### Fertility

*For males and females, supports reproductive hormones*

ashwagandha root, black cohosh root, chaste tree berries, cinnamon, dong quai root, ginger root, nettle leaf, raspberry leaf, red clover

### Flatulence

*For gas, bloating, and nausea*

chamomile flower, cinnamon, coriander seed, dill seed, fennel seed, ginger root, peppermint leaf, rosemary leaf

### Hair ‡



*Improves blood circulation, induces hair growth*

bacopa leaf, dandelion root, fenugreek seed, gotu kola, green tea leaf, hibiscus flower, lavender flower, nettle leaf, peppermint leaf, rose bud & petal, rosemary leaf

### Happy

*Anti-anxiety, anti-depressant*

chamomile flower, ginkgo biloba leaf, kava kava root, lavender flower, lemon balm leaf, licorice root, passionflower, st. john's wort, valerian root

### Headache

*For prevention and pain relief*

feverfew, ginger root, lavender flower, passionflower, peppermint leaf, rosemary leaf, valerian root, white willow bark

\* not certified organic † wild crafted

‡ tea is in more than one category

☕ denotes caffeine content from 0 – 3 teapots

**Heart ‡**

*Helps to reduce inflammation, blood pressure, and cholesterol*  
cinnamon, ginger root, ginkgo biloba leaf, green tea leaf, hawthorne leaf & flower, linden leaf & flower, motherwort, rosemary leaf, turmeric

**Hormones**

*For males or females, hormone balance, supports healthy estrogen & testosterone levels*  
ashwagandha root, black cohosh root, chaste tree berries, dandelion root, dong quai root, fenugreek seed, holy basil leaf, raspberry leaf, saw palmetto berry

**Immune**

*For fighting infection and strengthening the immune system*  
ashwagandha root, astragalus root, echinacea root, elderberry, eleuthero root, olive leaf, reishi mushroom

**Inflame**

*For inflammation and pain relief*  
basil leaf, boswellia tear, cinnamon, ginger root, licorice root, parsley leaf, rosemary leaf, turmeric, white willow bark

**Kidney**

*For fighting infection or kidney stones*  
dandelion leaf, dandelion root, ginger root, goldenrod, gravel root, horsetail, Hydrangea root, marshmallow root, nettle leaf, parsley leaf

**Lactation**

*To help increase breast milk production*  
alfalfa leaf, blessed thistle, fennel seed, fenugreek seed, hop flower, milk thistle seed, nettle leaf, raspberry leaf, shatavari root

**Libido**

*For both males and females, increases blood flow, calming*  
ashwagandha root, damiana leaf, eleuthero root, ginkgo biloba leaf, horny goat weed, muira puama, saw palmetto berry, tribulus fruit

**Liver**

*Improves liver function & elimination; antiviral, antimicrobial to detoxify liver & gallbladder*  
artichoke leaf, burdock root, calendula flower, chicory root, dandelion root, licorice root, milk thistle seed, peppermint leaf, turmeric

**Longevity ‡**

*Good for allergies, inflammation, infections, blood sugar and cholesterol*  
ashwagandha root, cinnamon, ginkgo biloba leaf, goji berry, green tea leaf, holy basil leaf, sage leaf, turmeric

**Menopause**

*Balances estrogen, increases progesterone, stabilizes mood*  
black cohosh root, chaste tree berries, dong quai root, ginkgo biloba leaf, kava kava root, licorice root, red clover, st. john's wort, valerian root

**Moon Cycle**

*Alleviates and regulates PMS and menstrual symptoms*  
black cohosh root, chamomile flower, chaste tree berries, cramp bark, dandelion leaf, dandelion root, dong quai root, ginger root, ginkgo biloba leaf, raspberry leaf, st. john's wort, valerian root

**Motion Sickness**

*Soothes digestion, reduces acid, calming*  
chamomile flower, clove, fennel seed, ginger root, licorice root, peppermint leaf

**Mouth**

*Antibacterial, antiseptic, antiviral, anti-inflammatory*  
cinnamon, clove, echinacea root, goldenseal root, lavender flower, licorice root, peppermint leaf, sage leaf, turmeric

**Muscle Rest**

*For muscle soreness, spasms, and deeper rest for recovery*  
black cohosh root, chamomile flower, cramp bark, ginger root, kava kava root, lavender flower, rosemary leaf, st. john's wort, turmeric, valerian root

**Nerves**

*For stress, tension, and anxiety*  
chamomile flower, lavender flower, lemon balm leaf, motherwort, oat straw, passionflower, skullcap, st. john's wort, valerian root

**Pregnancy**

*Supports digestion, appetite, inflammation, and blood circulation*  
alfalfa leaf, chamomile flower, dandelion leaf, dandelion root, ginger root, nettle leaf, oat straw, peppermint leaf, raspberry leaf

**Skin**

*Encourages collagen production, hydrates, and soothes the skin*  
burdock root, calendula flower, chamomile flower, dandelion root, lavender flower, nettle leaf, peppermint leaf, rooibos leaf

**Sleep**

*For relaxation and sleep, contains natural sedative herbs*  
catnip leaf, chamomile flower, hop flower, lavender flower, lemon balm leaf, passionflower, skullcap, st. john's wort, valerian root

**Throat**

*Soothes the throat, reduces cough, loosens congestion*  
chamomile flower, echinacea root, ginger root, licorice root, marshmallow root, peppermint leaf, sage leaf, slippery elm bark

\* not certified organic † wild crafted

‡ tea is in more than one category

denotes caffeine content from 0 – 3 teapots

## HERBAL & FRUIT TISANES

Steep: 208°, 4-5 minutes

### Blueberry Delight

*Delicious and refreshing, makes a great iced tea*

hibiscus, apple, rosehip, elderberry, orange peel, \*natural blueberry flavoring

### Cafe Mocha \*

*Coffee substitute; roasty & silky*  
chicory, roasted dandelion, roasted cacao nibs

### Dreamy \*†

*Promotes sleep, eases tension*  
california poppy, wild cherry bark, lemon balm, anise hyssop, tulsi, catnip, cornflower

### Full Moon

*Supports hormone health*  
red raspberry leaf, nettle, lemon balm, milky oat tops, oat straw, rose hips, hibiscus, ginger root

### Goddess \*†

*Menstrual health, fertility, pregnancy, lactation*  
raspberry leaf, milky oats, apple, chocolate mint, beet root, nettle

### Golden Hour Tonic \*†

*Smooth, spicy, and sweet*  
ginger, turmeric, rosehips, pineapple, papaya, apple, lemon rind, orange rind, hibiscus, spearmint, grapefruit oil

### Golden Milk

*Anti-inflammatory, good for digestion, tastes great as a latte*  
turmeric root, coconut flakes, ginger root, peppercorns, ceylon cinnamon

### Goldenberry \*

*tropical with light citrus and sweet fruit flavors*

apple pieces, candied papaya pieces (papayas and sugar), strawberry leaf, hibiscus, lemongrass and natural Goldenberry flavor

### Hibiscus

*Floral and tart*  
hibiscus

### Hibiscus Cucumber

*A flat belly cleansing tea*  
hibiscus, licorice, lemongrass, sage, rose hips, cucumber flavoring, lime flavoring, fennel

### Hibiscus Twist

*Tangy-tart & fruity, touch of spearmint*  
hibiscus flowers, lemongrass, spearmint, rose petals, calendula petals, elderflowers

### Holy Basil

*Anti-inflammatory, anti-anxiety, supports eyesight, brain function*  
krishna tulsi, rama tulsi, vana tulsi

### Inner Strength \*†

*Adrenal support, increases circulation*  
nettle, hyssop, ashwagandha, tulsi, ginseng, ginkgo biloba

### Lavender Lace

*Floral & minty*  
cinnamon, \*spearmint, rosemary, \*lavender flowers, \*lemon verbena

### Lemon Ginger

*Aids digestion*  
ginger, lemongrass, licorice root, lemon peel, spearmint

### Pink Rose Lemonade \*

*Floral, with lemon and mint*  
lemongrass, orange peel, rose petals, lemon balm, spearmint, lemon verbena, chamomile, lavender, natural lemon flavoring

### Pomegranate Detox ‡

*fruity, cleansing detox*  
\*dandelion root, \*burdock root, milk thistle, \*eleuthero root, \*hibiscus, green rooibos, \*orange peel, \*natural pomegranate flavor, ginger root, tulsi, \*sweet blackberry leaf

### Rest

*Peppermint and chamomile calm*  
peppermint, lemongrass, rosehip, hibiscus, chamomile, valerian root, natural flavoring

### Rivertown Blues

*Color changing; earthy and smooth*  
lemon balm, rosemary, hyssop, \*butterfly pea flower, sage

### Serenity

*Light minty, floral, sleepy time tea*  
spearmint, chamomile, passionflower, lemon balm, rose, lavender, cinnamon chips

### Strawberry Fields \*

*Tart, sweet, and soothing*  
cranberries, hibiscus, blueberries, cherries, strawberries, black currants, raspberry & strawberry flavoring

### Turmeric Chili Chai

*Anti-inflammatory, aids digestion*  
turmeric, ginger, cinnamon, black pepper, red chili flakes

### Turmeric Ginger

*Anti-inflammatory*  
ginger, licorice root, lemongrass, turmeric, orange peel, lemon peel, lemon oil, \*natural mandarin flavoring

### Venus Rising

*PMS, mood, and cramp support*  
hibiscus, licorice, lady's mantle, red raspberry leaf, lavender, fennel, cramp bark, \*natural flavor, st. john's wort

\* not certified organic † wild crafted

‡ tea is in more than one category

☕ denotes caffeine content from 0 – 3 teapots

## HONEYBUSH TEAS

Steep: 200°, 3-5 minutes

### Ginger Peach Honeybush

*Naturally sweet with a little spice*  
honeybush tea, ginger root, apple pieces, apricot pieces, \*natural apricot flavor

## ROOIBOS TEAS

Steep: 208°-212°, 5-7 minutes

### Cherry Blossom

*Very fruity, naturally sweet*  
red rooibos, hibiscus, apples, orange peel, cherries, rosehips, red rose petals, blue cornflower, vanilla bean, natural flavor

### Dragonfruit

*Blissful coconut & sweet chai spices*  
green rooibos, \*apple pieces, \*mango pieces (manoes and sugar), \*hibiscus flowers, \*orange peel, \*natural dragonfruit flavoring, \*strawberry pieces, lemon peel, \*malva flowers, \*orange blossoms

### Ginger Jazz ‡

*Invigorating, velvety, & exotic*  
rosemary, nettle, rosehip, rooibos, lavender, ginger, yerba mate, pu'erh tea, fennel, cinnamon, licorice root, cardamom, black pepper, clove buds

### Hearthstone Chai ‡

*Earthy, balanced fruity & spicy*  
black tea, red rooibos, cinnamon, dried apple, ginger, licorice root, pumpkin seed, spices, vanilla bean, sunflower petals

### Keep Fit ‡

*Fuel for your metabolism, light and invigorating*  
green tea, yerba maté, rooibos, lemongrass, matcha, \*natural lemon flavoring

### Lavender Rose Vanilla

*Smooth, beautiful*  
rooibos, \*lavender, \*rose buds, \*natural vanilla flavor

### Lemon Pound Cake

*Delicious dessert tea*  
green rooibos, marshmallow root, lemon peel, \*natural flavor

### Pomegranate Detox ‡

*fruity, cleansing detox*  
\*dandelion root, \*burdock root, milk thistle, \*eleuthero root, \*hibiscus, green rooibos, \*orange peel, \*natural pomegranate flavor, ginger root, tulsi, \*sweet blackberry leaf

### Red Rocks \*

*South African red rooibos blend, sweet, earthy, reminiscent of pipe-tobacco*  
rooibos, birch bark, vanilla flavoring

### Rooibos \*

*Full-bodied and nutty*  
South African rooibos

### Rooibos Orange

*Sweet and zesty*  
rooibos, orange peel, natural orange flavoring

### Sour Strawberry Lemonade

*refreshing, sweet and sour*  
green rooibos, lemon peel, hibiscus, \*natural Sour Strawberry Lemonade flavor, \*strawberry pieces

## WHITE TEAS

Steep: 170°, 2-3 minutes

### Bai Mu Dan Lavender \*

*Relaxing simple blend*  
Bai Mu Dan White Tea, lavender

### Ginger Laced Pear

*Lightly sweet & spicy*  
white tea, ginger, blackberry leaves, apple pieces, lemon balm leaves, natural pear flavor, mallow flowers

### Hazy Peach

*Light, fruity, refreshing with hint of sweet and spice*  
white tea, crystallized ginger (ginger, sugar), dried orange peel, dried peaches, cinnamon, natural peach essence

### Jasmine Peach Oolong ‡

*Fruity, floral*  
oolong tea, silver needle white tea, jasmine flowers, ginger, apple pieces, apricot pieces, calendula flowers, \*natural peach flavor

### Jasmine Sage \*

*Earthy, floral*  
Jasmine silver needle white tea, jasmine flowers, rubbed Moroccan sage

### Meditative Mind ‡

*An exotic aromatherapy experience*  
white tea, jasmine pearls, rose petals

### Silver Needle

*One of the rarest teas in the world*  
white tea

\* not certified organic † wild crafted

‡ tea is in more than one category

☕ denotes caffeine content from 0 – 3 teapots

## Snow Bud



*Unique tea plucked in December*  
white tea

## White Peach ‡



*peachy, floral with white and green*  
teas

white tea, green tea, \*natural peach  
flavoring with other natural flavoring,  
ginger

## YERBA MATÉ TEAS

*Steep: 160°, 3-5 minutes*

## Climber's High Chai \*‡



*Spiced chai with high caffeine, anti-inflammatory and stamina boosting*  
roasted yerba maté, black tea, green tea, white tea, pu'erh, ginger root, cinnamon, cardamom, licorice root, eleuthero ginseng root, saffron, black pepper, clove, fennel, safflowers, peppermint, tulsi, vanilla flavoring

## Cocoa Mint Maté



*Delightful & energizing*  
yerba maté, cocoa nibs, peppermint, chicory root, vanilla bean

## Energy ‡



*Increase stamina, reduce fatigue*  
ashwagandha root, astragalus root, eleuthero root, ginkgo biloba leaf, gotu kola, green tea leaf, reishi mushroom, schisandra berry, yerba maté leaf

## Ginger Jazz ‡



*Invigorating, velvety, & exotic*  
rosemary, nettle, rosehip, rooibos, lavender, ginger, yerba mate, pu'erh tea, fennel, cinnamon, licorice root, cardamom, black pepper, clove buds

## Keep Fit ‡



*Metabolism fuel, light and invigorating*  
green tea, yerba maté, rooibos, lemongrass, matcha, \*natural lemon flavoring

## Nettle Yerba Mint



*Great for allergies*  
stinging nettle, spearmint, alfalfa, Brazilian yerba maté

## Yerba Maté



*Healthy and stimulating*  
Brazilian yerba ma

## GREEN TEAS

*Steep: 170°, 2-3 minutes*

## Appetite ‡



*Curbs cravings, aids in digestion*  
burdock root, chickweed, cinnamon, dandelion root, eleuthero root, fennel seed, ginger root, green tea leaf, guarana seed, licorice root

## Awaken



*Refreshing minty green*  
Sencha green tea, peppermint, spearmint, nettle, lemongrass, eleuthero

## Blood Orange Green



*Citrus, floral*  
green tea, orange peel, natural orange flavor, hibiscus flowers, rosehips, natural vanilla flavor

## Blueberry Moon



*Fruity green, antioxidant-rich, beautiful color*  
green tea, elderberries, lemon peel, elderflowers, dried blueberries, butterfly pea flowers, lemon verbena, calendula, natural blueberry essence

## Boulder Blues \*



*Rich yet refreshing, delicious hot or iced*  
Japanese sencha green tea, Chinese Dragonwell green tea, cornflower petals, sunflower petals, strawberry & rhubarb flavoring

## Chun Mee



*Chinese green tea with a plum-like flavor*  
green tea

## Climber's High Chai \*‡



*Spiced chai with high caffeine, anti-inflammatory and stamina boosting*  
roasted yerba maté, black tea, green tea, white tea, pu'erh, ginger root, cinnamon, cardamom, licorice root, eleuthero ginseng root, saffron, black pepper, clove, fennel, safflowers, peppermint, tulsi, vanilla flavoring

## Creme de la Berry



*Strawberry cream with a hint of chocolate*  
\*Chinese green tea, cacao nibs, \*strawberry flavoring, \*strawberry fruit pieces

\* not certified organic † wild crafted

‡ tea is in more than one category

denotes caffeine content from 0 – 3 teapots



## Dragonwell



*Lightly sweet, hint of chestnut*  
green tea

## Energy ‡



*For increasing stamina, reducing fatigue, and promoting balance*  
ashwagandha root, astragalus root, eleuthero root, ginkgo biloba leaf, gotu kola, green tea leaf, reishi mushroom, schisandra berry, yerba maté leaf

## Genmaicha \*



*Nutty & earthy*  
green tea, toasted brown rice

## Ginger Lemon Green



*Invigorating, green with a perfect balance of ginger and lemon*  
green tea, ginger root, lemongrass, lemon myrtle

## Hair ‡



*Improves blood circulation, induces hair growth*  
bacopa leaf, dandelion root, fenugreek seed, gotu kola, green tea leaf, hibiscus flower, lavender flower, nettle leaf, peppermint leaf, rose bud & petal, rosemary leaf

## Hawaiian Pineapple



*tropical golden green*  
\*green tea, \*apple pieces, \*natural Hawaiian Pineapple Flavor, and lemongrass

## Heart ‡



*Helps to reduce inflammation, blood pressure, and cholesterol*  
cinnamon, ginger root, ginkgo biloba leaf, green tea leaf, hawthorne leaf & flower, linden leaf & flower, motherwort, rosemary leaf, turmeric

## Hojicha



*Baked, nutty Sencha*  
Japanese green tea

## Jade Blossom



*Green tea with pomegranate and a hint of blackberry*  
green tea, blackberry leaf, safflower petals, \*natural flavors

## Jasmine Green



*Green tea base layered with jasmine petals (which are later removed by hand)*  
scented green tea

## Keep Fit ‡



*Fuel for your metabolism, light and invigorating*  
green tea, yerba maté, rooibos, lemongrass, matcha, \*natural lemon flavoring

## Longevity ‡



*Good for allergies, inflammation, infections, blood sugar and cholesterol*  
ashwagandha root, cinnamon, ginkgo biloba leaf, goji berry, green tea leaf, holy basil leaf, sage leaf, turmeric

## Meditative Mind ‡



*An exotic aromatherapy experience*  
white tea, jasmine pearls, rose petals

## Moroccan Mint \*



*Smoky gunpowder tea with pick-me-up spearmint*  
green tea, spearmint

## Passion



*A delightful blend of passion fruit and green tea, excellent iced or hot*  
green tea, marigold flowers, \*natural passionfruit flavoring, \*natural peach flavoring, \*natural mango flavoring, \*natural strawberry flavoring

## Raspberry Basil \*



*Sweet, floral, refreshing*  
green tea, natural raspberry flavor, raspberry leaves, raspberries, rose petals, holy basil (tulsi)

## Sencha



*A popular green tea, incredibly versatile.*  
green tea

## White Peach ‡



*peachy, floral with white and green teas*  
white tea, green tea, \*natural peach flavoring with other natural flavoring, ginger

## OOLONG TEAS

*Steep: 190°, 3-4 minutes*

## Bao Zhong



*Smooth, floral, lingering sweetness*  
Taiwanese oolong tea

## Coconut Cabana \*



*Decadent, like a macaroon*  
oolong tea, coconut flavoring

\* not certified organic † wild crafted

‡ tea is in more than one category

☕ denotes caffeine content from 0 – 3 teapots

## Coconut Cardamom Chai Oolong



*Sweet, zesty*

Pouchong oolong tea, coconut chips, natural coconut flavor, cardamom, ginger root, cinnamon, allspice, clove, black pepper

## Jasmine Peach Oolong ‡



*Fruity, floral*

oolong tea, silver needle white tea, jasmine flowers, ginger, apple pieces, apricot pieces, calendula flowers, \*natural peach flavor

## Milk Oolong



*aka Jin Xuan or Golden Lily*

Chinese oolong tea

## Pink Passionfruit



*Sweet, fruity*

hibiscus flowers, \*rosehips, \*malva flowers, \*natural passionfruit flavor, \*raspberry pieces

## Russian Caravan ‡



*Bold, smoky campfire tea*

lapsang souchong black tea, oolong tea, assam black tea, pu'erh tea

## Taiwan GABA



*Light caramel notes*

Taiwanese oolong tea

## Ti Kwan Yin



*Sweet, yet toasty*

oolong tea from Fujian, China

## BLACK TEAS & PU'ERH TEAS

*Steep: 208°-212°, 2-5 minutes*

### Assam



*Perfect substitute for coffee*  
black tea

### Ceylon Orange Pekoe \*



*Full bodied Sri Lankan tea*  
black tea

### Choco-Mint Truffle \*



*Like a decadent mint mocha*  
black tea, peppermint leaves, chocolate flavoring

### Chocola-Tea



*Rich, dark, luxuriously indulgent*  
\*black tea, \*cacao nibs, \*figs, \*cracked coffee beans, \*chocolate chips (dairy-free), natural flavor

### Chocolate Covered Strawberry \*



*Your favorite romantic treat in a tea!*  
pu'erh tea, strawberry pieces, cocoa nibs, natural strawberry & vanilla & hazelnut flavors

### Climber's High Chai \*‡



*Spiced chai with high caffeine, anti-inflammatory and stamina boosting*  
roasted yerba maté, black tea, green tea, white tea, pu'erh, ginger root, cinnamon, cardamom, licorice root, eleuthero ginseng root, saffron, black pepper, clove, fennel, safflowers, peppermint, tulsi, vanilla flavoring

## Country Chai



*Full-bodied chai*

assam black tea, ceylon cinnamon, ginger, cardamom, fennel seed, anise seed, clove

## Earl Grey



*Classic black tea with Mediterranean bergamot*  
black tea, natural bergamot flavor

## English Breakfast



*Traditional black tea from India*  
black tea

## Forest Berry



*berry fruity, bold & smooth*

assam black tea, rose hips, dried strawberry, blue corn flowers, strawberry essence

## Ginger Black



*Caffeine with belly warming ginger*  
black tea, ginger

## Ginger Jazz ‡



*Invigorating, velvety, & exotic*  
rosemary, nettle, rosehip, rooibos, lavender, ginger, yerba mate, pu'erh tea, fennel, cinnamon, licorice root, cardamom, black pepper, clove buds

## Hearthstone Chai ‡



*Earthy, balanced fruity & spicy*

black tea, red rooibos, cinnamon, dried apple, ginger, licorice root, pumpkin seed, spices, vanilla bean, sunflower petals

## Irish Breakfast



*Malty black tea from India*  
black tea

\* not certified organic † wild crafted

‡ tea is in more than one category

denotes caffeine content from 0 – 3 teapots

### Kosabei



*Notes of malt, currant, & earthiness*  
Kenyan black tea

### Lady Lavender \*



*Smooth Earl Grey roots with citrus and lavender*

black tea, lavender, orange peel, mallow flowers, bergamot & vanilla flavoring

### Lapsang Souchong



*Smoky, dried over pinewood*  
black tea

### Lemon Drop



*Zesty tart and citrus sweetness*  
black tea, lemongrass, essential lemon oil, lemon peel

### Morning Mojo



*High caffeine, smooth*  
pu'erh tea, black tea, orange peel, \*natural vanilla flavoring

### New Moon Darjeeling



*Perfectly balanced 2nd flush*  
*Darjeeling*  
black tea

### Nutty Chai



*chai meets hazelnut*  
black tea, cardamom, ginger root, clove, \*natural cinnamon flavor, \*natural hazelnut flavor, cinnamon bark

### Pu'erh



*Fermented black tea; deep, rich, & earthy*  
pu'erh tea

### Roasted Chestnut Sage



*Nutty, cleansing, energizing*  
assam black tea, \*natural chestnut flavor, black sage, white sage

### Rose Black \*



*Black tea with rose petals*  
black tea, rose petals, rose flavor

### Russian Caravan ‡



*Bold, smoky campfire tea*  
lapsang souchong black tea, oolong tea, assam black tea, pu'erh tea

### Sister Grey



*Earl grey with heavenly florals, creamy coconut, & vanilla*  
black tea, tea rose, culinary lavender, coconut slivers, vanilla bean, italian bergamot oil

\* not certified organic † wild crafted

‡ tea is in more than one category

denotes caffeine content from 0 – 3 teapots