

## 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

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## 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

### Detox Chai

*Detoxifying with chai spices*  
cinnamon pieces, \*dandelion root, \*burdock root, ginger root, \*fennel seed, licorice root, juniper berries, black peppercorns, \*orange peel, cloves, cardamom pods, \*pau d'arco, \*uva ursi, \*horsetail, \*parsley

### 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

### 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

### Golden Sunset

*Floral and citrusy anti-inflammatory*  
turmeric, ginger, hibiscus, lemon peel, orange peel, lemon myrtle

### 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

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## Vitality ‡



*Energy and hormonal support*

\*eleuthero root, cinnamon, \*orange peel, ashwagandha root, \*roasted yerba mate, astragalus root, \*ginkgo biloba, \*gotu kola, nettle, oat straw, oat tops, ginger root, \*sweet blackberry leaf, \*natural blood orange flavor

## 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

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## Meditative Mind ‡



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

## Silver Needle



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

## 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

## Vitality ‡



*Energy and hormonal support*  
\*eleuthero root, cinnamon, \*orange peel, ashwagandha root, \*roasted yerba mate, astragalus root, \*ginkgo biloba, \*gotu kola, nettle, oat straw, oat tops, ginger root, \*sweet blackberry leaf, \*natural blood orange flavor

## 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

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## 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

## 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

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## 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

### 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

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**Hearthstone Chai ‡**

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

**Irish Breakfast**

*Malty black tea from India*  
black tea

**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