



book of teas

S I X T H E D I T I O N

Prices reflect two ounces of loose leaf tea, and yields approximately twenty cups of tea when brewed.



SIGNATURE BLEND

CAFFEINE VARIES

- Belmora** (ORGANIC) 9.00
The perfect everyday tea with nutrients and antioxidants of rooibos, green tea, and white tea. To liven up your brew, we've added strawberry and pineapple pieces, jasmine blossoms, and coconut bits.
- Morning Dew** 4.75
This nutty and comforting tea offers a varied set of flavors to pair easily with any meal. A blend of coconut pieces, almond bits, rooibos, and green tea.
- Secret Garden** 8.00
Illuminate your palate with this seductive and sweet brew. A fun blend of green tea, white tea, cherries, apricots, mango pieces, orange peels, papaya chunks, strawberries, and red currants.
- Strawberry White** (ORGANIC) 8.00
A mellow but deeply satisfying tea. Tender white tea buds will deliver a sense of peace while organic strawberries, papaya, and green tea leaves liven up the brew to keep you in a relaxing, meditative state.

FRUIT INFUSION

CAFFEINE-FREE

- Fruit Fusion** 6.00
This natural fruit punch is packed with pineapple, black berry, sweet orange peel, lemon peel, raspberry, hibiscus, rosehip chip, pineapple, and strawberry. Naturally satisfying.
- Goji Treasures** 6.00
A tea tribute to the popular Skittles® candy! Naturally sweet, guilt-free, and antioxidant rich. Blended with apple and pear pieces, whole goji berries, hibiscus blossoms, rose hips, and honeydew melon cubes.
- Mango Splash** 6.50
Have fun in the sun any time of the year with this mango citrus tea. We've blended pineapple cubes, orange and strawberry slices, mango and tangerine pieces, safflower, and marigold blossoms.
- Pineapple** 5.00
Take pleasure in the tart and sweet flavors of the pineapple fruit with this blend of apple, crushed almonds, cinnamon, beet root pieces, and natural pineapple extract.
- Tropical Breeze** 4.75
A wonderful fruity blend of apple pieces, hibiscus blossoms, rose hip peels, pineapple cubes, and coconut shreds. Enjoy it iced and it's guaranteed to quench your thirst on a hot day.

BLACK TEA

HIGH CAFFEINE

- Almond Biscotti** 4.50
Comfort in a cup. This blend of roasted almonds, black tea, and vanilla is aromatic from across the room. Add a splash of milk for the ultimate creamy concoction of nutty perfection.
- Black Currant** 4.50
A sweet, grape-like tea made with fruit and leaves of the naturally fragrant black currant bush, and black tea leaves.
- Creamy Toffee** 4.50
This simple caramel and black tea blend delivers a bold and robust brew.
- Darjeeling 2nd Flush** (ORGANIC) 8.00
These leaves are new grown tips of the tea plant during the 2nd harvest of the year. It is strong in character and offers a clean finish with muscatel tones. Best enjoyed hot and pure.
- Earl Grey** (ORGANIC) 5.00
This traditional teatime favorite is sure to enhance your mood. We use the best Italian bergamot oil to bring you the most fragrant cup of black tea.
- Earl de la Crème** 5.00
A sweet and creamy homage to our Earl Grey. Delightfully enchanted with a touch of vanilla and cornflower blossoms.
- English Breakfast** (ORGANIC) 3.50
Perfect to begin your day yet satisfying and mellow enough to enjoy all day long. These neutral leaves are great for adding caffeine to other tea blends.
- French Blend** 4.00
A fragrant black tea bouquet of jasmine blossoms, lavender blossoms, and rich vanilla flavor.
- House Assam** (ORGANIC) 4.00
This single estate black tea is rewarding to black tea lovers looking for a strong and malty brew.
- House Assam CTC** (ORGANIC) 3.50
The "go to" tea for an intense caffeine kick and deep dark flavors. This tea stands up well to sugar and cream.
- Lapsang Souchong** (ORGANIC) 6.00
The Lapsang, also known as "Mr. Smoky", is for the refined tea palate. The distinctive smoky aroma and flavor comes from the traditional process of placing tea leaves over burning pine wood. Some say it's a camp-fire in a cup. We recommend enjoying it hot and pure.
- Masala Chai** (ORGANIC) 5.50
Rejuvenate your mind and body with the Masala's intense warming and healing effects. Our chai blend is 90% spices, and 10% black tea. Spices include green cardamom, cinnamon, fennel, black pepper, licorice root, ginger, clove, peppermint, and star anise.
- Peach Apricot** 4.00
This harmonious fusion of peaches, apricots, and black tea is pleasant hot or over ice. Add a dash of sweetener to enhance the delicious fruit flavor.
- Pomegranate Cranberry** 5.50
Sweeten up any day with this antioxidant rich blend of pomegranate, cranberries, raspberries, black tea leaves, and peony petals.
- Puerh Leaves** (ORGANIC) 6.00
Hand harvested from Yunnan's ancient tea forest, it's recognized as a natural weight controller and detoxifier. If Puerh is too earthy for you, we recommend combining its leaves with other teas to create a personal blend.
- Puerh Ginger** (ORGANIC) 6.50
Maximize the health benefits of pure Puerh leaves with the healing effect of the ginger root. Formulated to soothe and regulate digestion, as well as detoxify the body and promote weight loss.
- Rose** 4.00
Close your eyes and enjoy the perfume that roses impart. Taste the splendid flavors of delicate rose petals and black tea leaves.
- Soursop** 4.00
The soursop fruit is cherished in South East Asia for its sweet and tangy character. Experience this Asiatic novelty hot or over ice.
- White Chocolate Mousse** 4.00
Indulge in the creamy goodness of this blend of rich white chocolate and the bold character of black tea. A dash of milk will enhance its smoothness.
- Yunnan Golden Buds** (ORGANIC) (FAIR-TRADE) 6.00
Hand harvested in Yunnan's ancient tea forest and carefully prepared to create this majestic tea of pure golden buds. Best enjoyed hot and pure.

GREEN TEA

MEDIUM CAFFEINE

- Almond Walnut** 4.50
This aromatic dessert tea is a blend of green tea leaves, walnuts, almonds, pineapple, coconut, and brittle candy pieces. It's a popular choice for a dash of sweetener, milk, and boba.
- Dragonwell** 9.00
Possibly the most famous Chinese green tea in the world. Prized for its delicate chestnut flavor, flat sword-shaped form, and captivating aroma. We recommend enjoying it hot and pure.
- Genmaicha** 4.50
Historically known as the "poor man's tea", it's transcended into a popular Japanese tea made with sencha leaves and roasted rice kernels. A toasty tea to be enjoyed throughout the day.
- Gunpowder** 4.00
Perfectly named for its pellet-shaped leaf style and slightly smoky character.
- Jasmine Green (ORGANIC)** 5.50
During the Autumn months when jasmine blossoms are in full bloom, green tea leaves are scented by layering jasmine blossoms above. Each cup is a pleasant brew with floral character.
- Jasmine Pearl (ORGANIC)** 14.00
A bold and aromatic jasmine tea made with green tea leaves that are naturally scented and carefully hand-rolled into tight pearls.
- Kyoto Cherry Rose (ORGANIC)** 4.50
Celebrate cherry blossoms year-round with this Japanese influenced blend of sencha leaves, rose petals, and natural extract of the cherry fruit.
- Long Island Strawberry (ORGANIC)** 4.00
A virgin green tea cocktail with sweet strawberry and papaya pieces. Make it iced and throw a party!
- Mango Sunburst** 5.50
Brighten up your day with a little sunshine from the mango sunburst. A blend of green tea, marigold blossoms, lemon peels, mango bits, safflower, and the essence of mango and citrus fruits.
- Matcha** 8.00 / 18.00
This powdered Japanese green tea is recognized for its array of health benefits and deep tea flavor. **Premium Grade** — Recommended for mixed drinks, smoothies, and baking recipes
Ceremony Grade — Best enjoyed pure, hot, iced, and in tea ceremonies
- Moroccan Mint** 4.00
Refreshingly cool. This blend of peppermint and gunpowder green tea is sure to awaken your senses.
- Rain Drop** 4.50
Chase the rain away with the sweet, bright flavor of this fruity blend of green tea, orange peels, Everlasting flowers, and strawberries.
- Sencha Superior** 7.50
Japan's most popular tea style and a green tea lover's choice. Our sencha is Spring harvested and deep steamed to yield a clean, vegetal brew. It's extremely refreshing over ice, and calming when warm.
- Tongyu Mountain** 8.75
This beloved green tea is a high grown, handpicked, and traditionally fired tea. The leaves are delicate, long, and uniform. Every sip is delightfully piney and slightly fruity.





APOTHECARY'S CHEST

CAFFEINE-FREE

- The Detox** (ORGANIC) 7.00
 Formulated to aid your body and naturally cleanse itself from unwholesome meals or hangovers. We've combined juniper berries, burdock root, chaste tree berries, dandelion root, ginger root, and licorice root for the ultimate detoxification.
- Earth-Birth** (ORGANIC) 7.00
 A womb strengthening tea. Lovingly made with red raspberry leaf, stinging nettle leaf, red rooibos, and red clover flower. It prepares the body for a healthy pregnancy, uncomplicated birth, and restores balance postpartum. Proceeds from this blend support Earth-Birth, promoting safe and peaceful birth around the world (Earth-Birth.com).
- Harmony** (ORGANIC) 7.00
 Combat menstrual discomfort with the calming brew of raspberry leaves, chamomile, chaste tree berries, juniper berries, and linden blossoms.
- Herbal Energy** (ORGANIC) 7.00
 An invigorating tea that rebuilds a weakened body and alleviates mental and physical stress. A sweet and spicy blend of red Korean ginseng, cinnamon, orange peel, ginger, star anise, licorice root, black pepper, and natural oils of mandarin orange.
- The Immunita** (ORGANIC) 8.00
 Alleviate symptoms of the seasonal cold and flu with this must-have apothecary's blend of Echinacea, chamomile, peppermint, lemon verbena, and ginger. Enjoy it hot with a touch of honey to soothe your body and mind.
- Rest Tea** (ORGANIC) 7.50
 Relax, take a deep breath, and reap the benefits of this calming blend of antioxidant-packed green rooibos, chamomile, jasmine, linden, and a hint of peppermint.

ORGANIC NATURAL HERBS

Echinacea Purpurea Leaves	5.00
German Chamomile Blossoms	4.50
Ginger Root	4.00
Hibiscus Blossoms	5.00
French Lavender Blossoms	6.00
Peppermint	4.00
Licorice Root	6.00
Raspberry Leaves	5.00

ROOIBOS

CAFFEINE-FREE

- Blueberry** 4.00
Simply refreshing! This blend of sweet blueberries and red rooibos yields an aromatic cup that's sure to make your day a little more interesting. Add a dash of sweetener to enhance blueberry's sweetness.
- Bourbon Vanilla** 4.50
Enjoy this soothing blend of rooibos, almond slices, vanilla, and calendula petals.
- Chai Rooibos** 5.50
Counteract stress and environmental toxins with this warm and spicy blend of rooibos, cinnamon, cardamom, black pepper, honeybush, fennel, star anise, clove, licorice root, peppermint, and ginger. Calm the spices with a splash of milk.
- Green Rooibos** (ORGANIC) 4.00
This unprocessed rooibos shares the flavor and aroma of Spring picked green tea but without any astringency.
- Hawaiian Divine** 4.50
The perfect poolside companion is intensely refreshing. Rooibos, pineapple, and coconut bits come together for a divine brew. Sort of like Hawaii. In a cup.
- Island Fruit Allure** (ORGANIC) 6.00
A unique blend that captures the essence of tropical fruits. Made with green rooibos, calendula, orange peels, rose petals, apple and mango pieces.
- Orange Creamsicle** 5.00
A citrus lover's dream comes true. The creamsicle's orange aroma is intoxicating, while each sip is pleasingly sweet. Orange peels, rooibos, yogurt pieces, and natural extract of the orange fruit join together for a twist to a familiar taste.
- Red Rooibos** (ORGANIC) 4.00
The fully processed, needle-like leaves of the aspalathus linearis plant brew a naturally nutty, smooth, and full flavored cup. Naturally rich in Vitamin C.
- Summer Spice** 4.50
Stimulating, soothing, and unique. This spicy and creamy recipe consists of cinnamon, cardamom, rooibos, almond, ginger, black pepper, apple bits, and coconut slices.
- Vanilla Lemongrass** 4.75
Luscious, lemony and smooth. A purifying blend of green rooibos, lemongrass, apple and orange bits, vervain, vanilla, and orange slices.

WHITE TEA

LOW CAFFEINE

- Berry Sorbet** 8.00
Refresh yourself with this summertime treat bursting of flavors. White tea blends with apple slices, pineapple, mango, papaya, pear, raspberry, strawberry, and cornflower blossoms.
- Jasmine Silver Needle** (ORGANIC) 12.00
Transport yourself to China's fragrant jasmine fields with this highly aromatic blend. We recommend enjoying it hot and pure to preserve its delicate flavor.
- Luminescent Moon** 9.75
A bright and fruity white tea blend of hibiscus blossoms, pineapple and papaya cubes, red currants, marigold blossoms, apple pieces, and acai extract.
- Raspberry Champagne** 9.00
Sophisticated and delicate, this blend of subtle white tea consists of safflower petals and natural raspberry flavor.
- Snow Buds** (ORGANIC) 8.50
This new style of hand picked tea is harvested with only one bud and the top leaf of the tea plant. It fuses the fresh, clean flavor of green tea with the savory chestnut aroma of white tea.
- Yinzhen Silver Needle** (ORGANIC) 20.00
These silvery down-covered leaves are picked during the first few days of Spring before the buds are revealed to the sun. Its infusion is light gold with a unique nutty aroma and flavor. Rare and highly sought-after. Best enjoyed hot and pure.

OOLONG

MEDIUM CAFFEINE

- Coconut** 9.50
Lovers of coconut will be delighted by this rich and creamy blend of Taiwanese oolong and natural coconut flavors. Shake it up with ice and coconut milk for a fun tea cocktail.
- Earl of Oolong** 12.00
Excite your senses with the unique blend of select Taiwanese oolong and the finest oil of the bergamot fruit.
- Nantou's Lilac** 10.00
The philosopher's ideal tea. A hand crafted tea from the mountains of Nantou, Taiwan that naturally imparts a multitude of floral aromas and flavors. Discover the depths of your mind with each sip. Best enjoyed hot and pure.
- Monkey Picked** 20.00
This exquisite oolong naturally produces a bewildering array of fruity and floral notes. The term "monkey picked" is used today to represent the highest quality Tie Guan Yin oolong. Long ago, monks trained monkeys to gather tea leaves from steep mountain-sides and high tree tops to obtain these leaves. Best enjoyed hot and pure. Keep your tea leaves for multiple brews.
- The Phoenix** 9.50
As beautiful as the namesake, our Phoenix oolong is long, slender, and graceful. It is a moderately dark tea that exudes flavors of the honeysuckle nectar.
- Snow Pear** 9.00
Cool and refreshing best describes this green oolong. We recommend Snow Pear to green tea lovers who seek a bit more complexity at times.
- Wuyi** 6.00
Harvested from the Wuyi Mountains of Northern Fujian, China, this tea imparts the classic roasted aroma and smoothness of highly oxidized oolongs.

YERBA MATE

HIGH CAFFEINE

- Lemon Citrus Mate** 5.75
A brisk, lemony cup of shade-grown yerba mate blended with orange extract, lemon pieces, and blades of lemongrass.
- Tiramisu** 5.50
Indulge your sweet tooth with this Italian influenced blend of roasted yerba mate, rooibos, chocolate chips, cocoa beans, brittle pieces, chamomile, yogurt granules, roasted coffee bean, caramel, and hazelnut. Dessert, anyone?
- Yerba Mate** (ORGANIC) (FAIR-TRADE) 4.00
This shade-grown herb provides a natural source of energy and creates a robust brew. An organically grown and Fair Trade certified mate from cooperative owned farms in Paraguay.



CONTACT US

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HEALTH BENEFITS OF TEA

For centuries, tea has been recognized for its multitude of health benefits. The healing properties come from tea's antioxidants, nutrients, and caffeine content. Research reveals that drinking 2-5 cups of tea a day can...

- * Strengthen the immune system
- * Reduce the risk of cancer
- * Increase brain functions
- * Prevent dental cavities
- * Reduce the risk of heart attacks
- * Increase metabolism
- * Improve digestive health
- * Boost longevity

The stimulating affect associated with caffeine in tea is different than coffee. Tea is complemented with L-theanine, which modifies the stimulating effect of tea to give you lasting and stable energy.

STORING TEA

Tea is vulnerable to air, light, heat, odor, and moisture. When exposed to any of these variables, tea loses freshness and flavor. Store your tea leaves in airtight containers and keep them away from spices. Do not refrigerate or freeze your tea leaves.

NOTES+RECIPES

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