

# CUP *of* TEA

Welcome to Cup of Tea! We're delighted to invite you into our world of exceptional teas and community spirit.

Our shop is more than just a place to buy tea—it's a cozy retreat where you can relax, connect with friends, and discover ethically sourced teas from around the globe. Every tea in this catalog has been carefully selected to offer you a unique sensory experience. For your convenience, all our teas are available in bulk, with precise scales on hand to measure out exactly what you need.

At Cup of Tea, we believe in giving back. Our Tea of the Season program spotlights a special blend each season, with 15% of its sales supporting a local non-profit. We're currently proud to partner with Oregon Wild in their conservation efforts.

Whether you're seeking a quiet moment of reflection, a warm conversation with friends, or engaging in one of our community events, we're honored you've chosen Cup of Tea. Your support fuels our passion and helps us continue to serve our community.

Thank you for being part of our story. I hope this catalog inspires you to embark on a delightful journey through the world of tea with us. With warm regards,

Susie Q Sisk

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———— Cup of Tea ————

# White Tea

White tea is the least processed of all teas, offering a uniquely delicate experience. The leaves and buds are carefully picked before they fully open, then gently withered to preserve their natural antioxidants and subtle sweetness. This withering process, typically done in the sun or in a cool, breezy room, helps draw out moisture while maintaining the tea's delicate qualities.

At first sip, white tea may seem light, but its subtle sweetness and unique characteristics soon unfold. The clear to yellowish brew showcases its refined nature.

Rich in antioxidants, white tea helps protect the body from oxidative stress and supports overall health. Its high catechin content is linked to improved cardiovascular health and reduced risk of chronic diseases. These antioxidants also promote healthy, youthful skin by combating free radicals.

*Water Temperature: 175°F*

*Steeping Time 2-3 minutes*

## Traditional White Tea

### **Gong Mei Brick**

**\$7/oz**

*Flavor Profile: Smooth, Fruity, Earthy*

Immerse yourself in the refined essence of this captivating mini brick white tea, handpicked from the lush foliage of Fuding, China. Harvested in April 2021, this tea was carefully aged for nearly two years to enhance its flavor complexity before being gently shaped into mini bricks in 2023. Known for its distinctive fruity bouquet, this exquisite brew reveals a velvety texture and a deep orange infusion with each sip. The aging process has allowed the tea to develop a richness and depth that is truly unique, capturing the serene and natural beauty of its origins.

*Contains: white tea (China)*

### **Jade Needle**

**\$10/oz**

*Flavor Profile: Smooth, Floral, Sweet*

Savor the unique flavors of this exceptional white tea from the Ai Lao Range, grown high in the peaks of Jing Dong County's mountains. With a robust aroma, it reveals delicate undertones of grassy, floral, and sugarcane notes. The leaves are meticulously dried to preserve their fine texture and natural hairs, offering a truly distinctive sensory experience. This high mountain tea embodies the pure essence of its elevated origins, delivering a refined and unforgettable taste.

*Contains: white tea (China)*

### **Moonlight Dragon Balls** *(not for tea flights or drinks)*

**\$6/each**

*Flavor Profile: Sweet, Smooth, Delicate*

Discover the magic of this exquisite tea from Jinggu, China. Crafted from Yunnan large leaf varietal, each ball represents a perfect blend of tradition and artistry. Spring-plucked leaves are carefully wilted and dried, creating a brew that balances sweetness and malty richness. Initially reminiscent of young white tea, it evolves towards red tea flavors over time. Watch these dragon balls unfurl, offering a sweet, thick taste that lasts through multiple infusions. Each cup promises a new adventure in flavor.

*Contains: white tea (China)*

### **Nannuo Mountain Leaf**

**\$5/oz**

*Flavor Profile: Malty, Sweet, Grassy*

Delight in the sweet, malty, and grassy undertones of this unique white tea, enhanced by a subtle umami kick. These leaves were plucked in Spring 2020 from the pure Assamica varietal growing near Shi Tou Xin Zhai village in the Nannuo Mountains of Xishuangbanna. Meticulously pressed into leaf shape with a unique sun-drying method, this tea offers a tantalizing blend of flavors, bridging the gap between white and Darjeeling black tea.

*Contains: white tea (China)*

### **Nilgiri**

**\$10/oz**

*Flavor Profile: Creamy, Floral, Complex*

Experience the refined elegance of Nilgiri, a white tea of exceptional purity. With its delicate taste that evokes sweet cream and bright floral notes, Nilgiri transports you to the lush landscapes of Southern India's Nilgiri region. Handcrafted with meticulous care, this tea is made from the finest tea buds, offering a light, refreshing experience. What truly distinguishes Nilgiri is its rich mouthfeel, adding depth and complexity to every sip. Enjoy a cup and savor the unique balance of lightness and richness that sets Nilgiri white tea apart.

*Contains: white tea (India)*

### **Prakash**

**\$9/oz**

*Flavor Profile: Creamy, Chestnut, Sweet*

Indulge in the creamy chestnut flavor and delightful sweet aftertaste that sets this white tea apart. Unlike other white teas, this exceptional Nepalese variety owes its distinct chestnut notes to a unique drying process. The leaves are carefully withered for a few hours, then gently rolled under low to medium pressure for 8-10 minutes to release their essential oils. Crafted with precision and care, this remarkable tea is a cherished creation from the Kanchanjangha Tea Estate and Research Center. Sip slowly to savor the extraordinary flavor of this one-of-a-kind white tea.

*Contains: white tea (Nepal)*

### **Wild Tree**

**\$10/oz**

*Flavor Profile: Earthy, Smoky, Subtle*

Discover our unique caffeine-free tea, made from ancient wild tea tree buds from China's Nan Mei Valley. Sun-dried and lightly oxidized, these buds create a brew with complex piney and smoky notes, reflecting their rich heritage. The distinctive appearance of the sun-dried buds adds to this tea's exotic appeal. Perfect for those seeking a flavorful, caffeine-free option, this tea offers a taste of the Nan Mei Valley's timeless traditions and natural beauty.

*Contains: white tea (China)*

### **Zomba Pearls**

**\$15/oz**

*Flavor Profile: Buttery, Sweet, Earthy*

Experience the exquisite taste of Zomba Pearls from the renowned Satemwa Tea Estate in Malawi, East Africa. Each hand-rolled pearl unfurls to reveal a rich, sweet, and buttery smooth flavor, highlighted by refreshing hints of cucumber. With a legacy of nearly 100 years in tea cultivation, Satemwa delivers unparalleled quality in every sip. These exceptional pearls can be resteepped up to six times, with a reduced infusion time for each steep, allowing you to savor their evolving flavors. Proudly UTZ Certified and Rainforest Alliance Certified, Zomba Pearls are a testament to sustainable and ethical tea production.

*Contains: white tea (Africa)*

## Flavored White Tea

### **Blooming Balls** *(not for tea flights or drinks)*

*\$5/each*

*Flavor Profile: Smooth, Floral, Sweet*

Check out this fusion of fresh Fujian tea and vibrant flowers in our blooming tea balls. Crafted with jasmine flowers, globe amaranth flowers, yellow chrysanthemums, and silver needle white tea, each ball unfurls into a stunning display of flavor and aroma. Revel in the harmonious blend of floral notes and delicate tea, encapsulated in every mesmerizing bloom.

*Contains: white tea (China), jasmine, amaranth, chrysanthemum*

### **Hood River Mint**

*\$5/oz*

*Flavor Profile: Minty, Herbaceous, Refreshing*

Indulge in the invigorating allure of our Hood River Mint tea, a refreshing blend where the essence of mint meets the delicate notes of white tea. Crafted with care, this blend offers a refreshing burst of mint flavor that harmonizes perfectly with the subtle complexity of white tea. Minty and herbaceous, with a natural sweetness, savor every sip as you're transported to a tranquil oasis of refreshment and rejuvenation.

*Contains: white tea (China), peppermint, spearmint, licorice, rosemary, eucalyptus, blackberry leaves, rose*

### **Jasmine Silver Needle**

*\$15/oz*

*Flavor Profile: Delicate, Floral, Fragrant*

Crafted in limited batches, this spring-harvested Silver Needle originates from the mountainous regions of Simao, China. Scented with the exquisite smell of Yunnan-grown jasmine flowers many nights during the drying process, this delicate blend harmonizes the sweetness of Silver Needle with the lush fragrance of jasmine, promising a truly enchanting tea experience.

*Contains: white tea (China), jasmine scented*

### **Lavender Rose**

*\$5/oz*

*Flavor Profile: Floral, Smooth, Delicate*

Embark on a sensory journey with Lavender Rose, where delicate floral notes mingle in perfect harmony. The subtle sweetness of rose petals intertwines with the soothing aroma of lavender, creating a serene and captivating experience with every sip. Refreshing and evocative, this blend offers a delicate balance of flavors, inviting you to unwind and indulge in moments of tranquility. Crafted with the finest white tea from China, it adds a subtle complexity to this enchanting infusion.

*Contains: white tea (China), rose, lavender*

### **Moulin Rouge**

**\$7/oz**

*Flavor Profile: Fruity, Floral, Sweet*

Enjoy the delicate embrace of cherry and rose with each sip of this white tea. Transport yourself to the serene tea gardens of China, where the finest Silver Needle is carefully selected amidst misty mountains and lush valleys. This exquisite white tea serves as the canvas for a mesmerizing blend, offering a journey through layers of flavor and fragrance. Immerse yourself in a world of sensory delight with every cup.

*Contains: white tea (China), cherry, strawberry, red fruit, hibiscus, red rose petals, rose hips*

### **Oregon Summer**

**\$7/oz**

*Flavor Profile: Vibrant, Refreshing, Fruity*

Indulge in a refined journey of taste with this blend, where the invigorating aroma of pineapple and the zesty tang of rhubarb dance alongside the subtle complexities of white and green teas sourced from China. Together, they compose a symphony of flavors that awaken the senses, reminiscent of a sun-drenched summer day. Let this delightful infusion accompany you as you embrace the vibrant essence of the season, sip by sip.

*Contains: white tea (China), green tea (China), pineapple, lemongrass, raspberry leaves, morello cherry, sun flower petals, lemon myrtle, rhubarb, strawberry, pear*

### **Persimmon Peach**

**\$7/oz**

*Flavor Profile: Fruity, Refreshing, Fragrant*

Experience the exotic and heavenly fusion of flavors in this exceptional blend. Inspired by the Latin “Diospyros,” meaning “Fruit of the Gods,” the persimmon imparts its heavenly flavor to this infusion. The fruity allure of peach dances in perfect harmony with the exotic sweetness of persimmon, creating a taste experience fit for the divine. Enhanced with premium white tea, this blend offers a delicate depth that elevates the palate to celestial realms.

*Contains: white tea (China), apple, candied papaya, orange, persimmon, lemongrass, peach, red currants, rose petals*

### **Stumptown Chai**

**\$5/oz**

*Flavor Profile: Gingery, Spice, Fruity*

Designed for those who appreciate a chai with a brighter and lighter flavor, Stumptown Chai offers a refreshing twist on tradition. This blend combines the delicate notes of white tea with the aromatic spices of a ginger-forward chai. Its clean, silky texture dances on the palate, accompanied by invigorating citrusy undertones and a delightful sweetness reminiscent of ginger snap cookies.

*Contains: white tea (China), ginger, lemongrass, cinnamon, pineapple, coconut, clove, cardamom, apple, red peppercorn*



**Tangerine Dragon Balls**

*\$4/each*

*Flavor Profile: Mellow, Citrus, Earthy*

Immerse yourself in the captivating blend of Shou Mei white tea and the creamy zest of aged tangerine peel found in our single-serving dragon balls. Harvested later than other white teas, this blend boasts a higher concentration of valuable nutrients and a robust flavor reminiscent of lighter oolong teas. Delight in the gentle sweetness perfectly complemented by citrus undertones, expertly crafted for your convenience.

*Contains: white tea (China), tangerine peels*

**Tropical Fusion**

*\$5/oz*

*Flavor Profile: Fruity, Citrus, Floral*

Savor the essence of a tropical oasis with this enchanting white tea, meticulously sourced from China's lush gardens. Infused with the luscious flavors of papaya, tangerines, and an array of tropical fruits, each sip unveils a symphony of exotic notes that transports you to sun-kissed shores. Delicately sweet and refreshingly aromatic, this blend offers a tantalizing escape from the everyday hustle, inviting you to indulge in a moment of pure bliss.

*Contains: white tea (China), candied papaya, apple, pineapple, peach, tangerine, lemon peel, sweet blackberry leaves, sunflower blossoms, rice flour, lemon oil, citric acid*

# Green Tea

Green tea comes from the fully opened leaves of the *Camellia sinensis* plant. Gently steamed or pan-fired to prevent oxidation, then rolled and dried, this process helps preserve the tea's vibrant green color, fresh flavor, and beneficial nutrients.

The flavors of green tea can vary wonderfully. Some offer a delicate, vegetal taste with hints of sweetness, while others present more robust notes reminiscent of earthy seaweed or toasted nuts. Fresh, grassy undertones and a gentle astringency often provide a refreshing experience.

Known for its health benefits, green tea is rich in catechins, especially EGCG, which may help protect against free radicals. Some studies suggest potential cancer-fighting properties. The natural combination of caffeine and L-theanine in green tea is thought to enhance cognitive function, offering a sense of calm, focused energy.

*Water Temperature: 175°F*

*Steeping Time 2-3 minutes*

## Traditional Green Tea

### **Dragonwell**

\$7/oz

*Flavor Profile: Buttery, Bright, Smooth*

Enjoy the sweet, buttery, and floral flavors of this exquisite Longjing tea, also known as “dragon well,” from China’s Zhejiang province. As the distinctively feather-shaped leaves twirl gracefully while steeping, they resemble a dragon in motion. This tea captivates the palate with its clean, nuanced blend of floral and herbaceous notes, finishing with a pleasing sweetness. Remarkably smooth and free from astringency, Longjing tea offers a truly harmonious tea experience.

*Contains: green tea (China)*

### **Emperors Cloud & Mist**

\$10/oz

*Flavor Profile: Nutty, Vegetal, Full bodied*

With a nutty, crisp, and vibrant flavor, this refined gunpowder green tea is crafted from the finest high-mountain grown Chinese leaves. To preserve its freshness, the leaves undergo a steaming process and are meticulously rolled into small, dense pellets resembling gunpowder. When steeped, this tea unfurls to produce a cup that showcases its premium quality and robust flavor.

*Contains: green tea (China)*

### **Gyokuro**

\$10/oz

*Flavor Profile: Oceanic, Salty, Savory*

Prized for its exceptional quality, Gyokuro is a distinguished green tea from the serene gardens near Japan’s Hiki River in Wakayama district. This premium tea is shade-grown, enhancing its chlorophyll content and resulting in a vibrant, rich infusion. Gyokuro delights the palate with its distinct seaweed-like flavor, complemented by a sweet and full-bodied aftertaste. Rich in catechins, which offer potent antibacterial properties, this tea marries remarkable health benefits with a refined taste experience. Each cup of Gyokuro promises a refreshing and healthful indulgence, making it a treasured addition to any tea collection.

*Contains: green tea (Japan)*

### **Hojicha Japan**

\$10/oz

*Flavor Profile: Roasty, Caramel, Woody*

Originating from Japan, Hojicha is a unique green tea characterized by its leaves being roasted over charcoal. This traditional process imparts a deeply roasty flavor, complemented by notes of caramel and a subtle woodiness, which markedly contrasts with the usual vegetal taste of green tea. The resulting brew is light brown with a soothing aroma and a clean, mellow finish. Loved for its low caffeine content, Hojicha is an ideal choice for evening relaxation, offering a comforting taste that captures the essence of Japanese tea craftsmanship.

*Contains: green tea (Japan)*

### **Hojicha Vietnam**

*\$10/oz*

*Flavor Profile: Smoky, Chocolatey, Sweet*

Explore the rich warmth of Hojicha, a roasted green tea with roots in Japan, now being exquisitely crafted in Vietnam. Unlike traditional green teas, Hojicha offers deep, smoky, and chocolatey notes derived from a special roasting process of Sencha leaves. This tea is distinguished by its robust roast and a subtle lingering sweetness, offering a unique taste experience. Savor the delightful fusion of Japanese tradition and Vietnamese craftsmanship in our Hojicha.

*Contains: green tea (Vietnam)*

### **Mao Feng**

*\$5/oz*

*Flavor Profile: Clean, Delicate, Floral*

Mao Feng, celebrated for its unique processing, is baked rather than pan-fried, giving it a notably clean and fresh flavor. This popular Chinese green tea, named for the fine hairs on its leaves and the peak-like shapes they form, offers a delicate sweetness with a floral aroma. Grown at 800 meters in She County, Anhui, its harvesting starts just after the Qing Ming festival on April 5th. Delightful and refreshing, Mao Feng is an excellent choice for your daily green tea.

*Contains: green tea (China)*

### **Rwandan Rukeri**

*\$5/oz*

*Flavor Profile: Sweet, Bright, Toasty*

Experience the distinctive allure of this Rwandan green tea, a rare find cultivated at an impressive altitude of approximately 1,800 meters above sea level. Featuring wiry, dark-green leaves that embody the essence of Rwanda's highlands, this tea delivers a delightful sensory experience. Each sip unveils a sweet taste, complemented by a middle note reminiscent of spring water, and concludes with a toasty aftertaste. The high-altitude cultivation enriches the tea's unique flavor profile, choice for connoisseurs of fine green teas.

*Contains: green tea (Africa)*

### **Sencha Japan**

*\$7/oz*

*Flavor Profile: Refreshing, Vegetal, Edamame*

Originating from the lush fields of Shizuoka Prefecture, under the watchful presence of Mt. Fuji, this Sencha green tea epitomizes the height of Japanese tea tradition. Steamed to preserve its vibrant green color and fresh flavors, this tea reflects its noble heritage through its meticulous processing. Harvested at the start of the season, this first flush tea has a refreshing taste with robust vegetal notes.

*Contains: Green tea (Japan)*

**Sencha Vietnam**

*\$10/oz*

*Flavor Profile: Vegetal, Fresh, Subtly Sweet*

Experience the unique charm of Vietnam's Sencha, a distinctive interpretation of the classic green tea. Traditionally celebrated for its pronounced vegetal flavor, Sencha undergoes a steaming process that preserves its vibrant green color and fresh aroma. The Vietnamese version of Sencha stands out with its delightful and pleasantly sweet aftertaste, offering a fresh twist on a beloved classic. This exceptional tea combines the best of traditional methods with a touch of Vietnamese innovation, resulting in a truly unique and enjoyable tea experience.

*Contains: green tea (Vietnam)*

## Flavored Green Tea

### **Almond Biscotti**

\$5/oz

*Flavor Profile: Nutty, Crisp, Toasty*

This blend is a delightful tribute to classic Italian biscuits, combining smooth and sweet almond flavors with the crisp, refreshing qualities of green tea. It delivers a nutty and invigorating taste experience, ideal for those who enjoy a sweet twist on traditional green tea. Perfect for any time of day, it provides a unique and satisfying flavor that will leave you wanting more.

*Contains: green tea (Japan), orange, almonds, pink peppercorns, safflower*

### **Apple Crumble**

\$5/oz

*Flavor Profile: Warm, Toasty, Fruity*

Why spend hours in the kitchen when you can enjoy the rich, comforting flavors of apple crumble in a tea? This autumn-inspired blend perfectly captures the essence of the classic dessert with its warm spices, fruity apple notes, and a hint of sweetness. Just brew for a few minutes and pair with your coziest sweater to fully embrace the delightful warmth in every sip. Ideal for crisp, cool days, this tea offers a comforting, nostalgic experience.

*Contains: green tea (Japan), roasted apple*

### **Genmaicha**

\$7/oz

*Flavor Profile: Lightly Roasted, Grassy, Toasty*

Genmaicha offers a light, roasted flavor with a subtle caramel sweetness. Originating in Kyoto, this unique blend of Sencha green tea and toasted rice was created out of necessity. According to legend, a tea farmer added brown rice to his least expensive tea to make it more affordable and nutritious for the poor. The result is a lime-colored tea that provides a burst of energy and a delightful, savory twist on traditional green tea.

*Contains: green tea (Japan), brown rice*

### **Jasmine Mist**

\$15/oz

*Flavor Profile: Floral, Aromatic, Delicate*

Experience the exquisite floral aroma and flavor of Jasmine scented green tea from Vietnam. This tea is meticulously crafted, infused three times with the essence of organic jasmine flowers to achieve a profound aromatic depth. Each sip reveals the persistent and delicate charm of jasmine, perfectly complementing the smooth, vegetal notes of high-quality green tea. Enjoy a sensory-rich journey that captures the serene elegance of Vietnam's tea gardens.

*Contains: green tea (Vietnam), jasmine scent*

### **Jasmine Pearl**

**\$7/oz**

*Flavor Profile: Subtle, Sweet, Floral*

Experience the delicate flavors and captivating aromas of this extraordinary green tea. Each sip reveals a harmonious blend of subtle green tea notes and luscious honeyed jasmine. Meticulously hand-rolled pearls undergo a six-night infusion with night-blooming jasmine flowers, creating a unique sensory journey. Crafted with unparalleled passion and precision, this tea promises an elegant and charming experience that will enchant your senses.

*Contains: green tea (China), jasmine scent*

### **Jasmine Phoenix Pearls**

**\$15/oz**

*Flavor Profile: Smooth, Floral, Enchanting*

Savor our handcrafted jasmine-infused green tea, a premium blend from China's mountainous regions. Harvested from young bushes and repeatedly scented with fragrant jasmine flowers, this tea embodies a cherished Fujian tradition of hospitality. Its buttery smoothness and subtle sweetness offer an exquisite experience, lovingly prepared in small batches for discerning tea enthusiasts.

*Contains: green tea (China), jasmine scent*

### **Moroccan Mint**

**\$5/oz**

*Flavor Profile: Refreshing, Aromatic, Invigorating*

Embark on a sensory journey with our refreshing mint tea blend. Fine green tea leaves mingle with aromatic mint, creating a revitalizing infusion. Each sip offers invigorating freshness and subtle sweetness, transporting you to exotic lands. This meticulously crafted blend promises a delightful and energizing experience.

*Contains: green tea (China), peppermint, peppermint oil*

### **Pomelo**

**\$15/oz**

*Flavor Profile: Citrusy, Floral, Refreshing*

Discover the vibrant zest of wild pomelo flowers paired with the robust flavors of green tea in our Pomelo Infused Green Tea, embodying the dynamic spirit of Vietnam. This blend artfully combines the bright citrus notes of pomelo with the light, vegetal flavors of green tea, sourced from ancient trees in the Ha Giang mountains. Infused three times, the wild pomelo flowers impart a unique floral fragrance that beautifully complements the tea's delicate nuances. Each sip offers a refreshing and distinctly Vietnamese flavor profile, capturing the lush splendor of Vietnam.

*Contains: green tea (Vietnam), pomelo blooms*

### **Purple Rain**

\$5/oz

*Flavor Profile: Fruity, Vibrant, Mystical*

A rock star blend with a royal secret—if you know, you know! This enchanting fusion of green tea and tropical fruits transforms as it steeps, revealing hues of purple rain. From misty lavenders to electric purples, each sip deepens the mystique. Crisp green tea harmonizes with zesty citrus, watermelon, and dragonfruit notes in this princely brew.

*Contains: green tea (China), apple, purple dragon fruit, lemongrass, butterfly pea blossoms, pomelo, lemon, watermelon*

### **Starfruit**

\$5/oz

*Flavor Profile: Tropical, Citrus, Refreshing*

Dive into the exotic world of Starfruit tea, where zesty green tea meets lush tropical sweetness. This vibrant blend dazzles with bright citrus and subtle floral notes, offering an invigorating escape to paradise. Refreshing and energizing, it's perfect for kickstarting your day or as a delightful afternoon pick-me-up

*Contains: green tea (Japan), candied mango cubes, orange peel, mango flakes, starfruit, citrus oil, safflower*

### **Verdant Chai**

\$5/oz

*Flavor Profile: Clove, Spice, Floral*

Discover our unique Verdant Chai, where bold cloves and cardamom take center stage. Subtle floral notes and warm spices create a rich, aromatic experience, perfectly balanced by refreshing green tea. This carefully curated blend offers a comforting yet invigorating cup—ideal for moments of reflection or a soothing break in your day.

*Contains: green tea (China), cinnamon, cardamom, cloves, rose petals, saffron*



———— Cup of Tea ————

# Oolong Tea

Oolong tea, a semi-oxidized treasure, beautifully blends characteristics of green and black teas. Comprising just two percent of global tea production, oolong is truly special. Its unique processing involves outdoor withering, gentle tossing in bamboo baskets to promote oxidation, indoor withering, fixing to halt oxidation, rolling, and final drying. This meticulous process, which can vary based on the specific oolong type and regional traditions, typically results in tea leaves with 3-4% moisture content, ready for storage and transport. The careful control of oxidation and drying contributes to oolong's special status among tea varieties, offering a diverse range of flavors and aromas.

Each sip of oolong offers a captivating experience. Flavors range from sweet and softly roasted to rich and toasty, delighting tea enthusiasts.

Oolong tea is not only cherished for its flavor but also for its potential wellness properties. Some research suggests that the polyphenols in oolong may help support overall well-being. Tea enthusiasts often appreciate oolong for its possible role in promoting healthy metabolism and digestion. While more studies are needed, early research hints at potential benefits for heart health.

*Water Temperature: 195°F*

*Steeping Time 3-4 minutes*

## Traditional Oolong Tea

### **Butterfly Formosa**

\$7/oz

*Flavor Profile: Sweet, Toasty, Honeyed*

Grown in the highlands of Taiwan, this tea presents a subtly sweet, honey-like taste with a light toasted note. The fermentation process is carefully stopped at just the right time, resulting in leaves that combine hints of brown with vibrant green centers. When brewed, these distinctively shaped leaves slowly unfurl in the water, showcasing their naturally spiraled beauty.

*Contains: oolong tea (Taiwan)*

### **Dark Pearl**

\$10/oz

*Flavor Profile: Honey, Vanilla, Toasty*

From the Tai Tung area in Eastern Taiwan comes this full-bodied tea, known for its advanced fermentation process that exceeds the norms for oolongs. This method gives the tea a taste that rivals that of the best pu-erh teas, but without the usual earthy flavors. It offers a deep, toasted flavor, perfectly offset by a subtle peach sweetness, ensuring a delightful aftertaste that lasts.

*Contains: oolong tea (Taiwan)*

### **Iron Goddess**

\$7/oz

*Flavor Profile: Sweet, Minerally, Nutty*

Iron Goddess, also known as Tie Guan Yin, is an oolong tea known for its pleasant floral notes and subtle sweet mineral finish. This tea originates from Anxi County in Fujian, China, and takes its name from the Chinese goddess Guanyin. Typically harvested from higher elevations, the leaves begin their journey with a gentle sun-withering. The production of Iron Goddess involves multiple steps, with different estates employing their own traditional methods. This careful process often results in a tea that offers a balance of refreshing and complex flavors. Many tea enthusiasts appreciate Iron Goddess for its nuanced taste profile and the skill evident in its crafting.

*Contains: oolong tea (China)*

### **Oriental Beauty Vietnam**

\$15/oz

*Flavor Profile: Fruity, Honeyed, Complex*

Delight in the rich honey sweetness and subtle fruity nuances of this unique Vietnamese interpretation of Oriental Beauty tea. In the verdant hills of Vietnam, green flies gently graze on the tea leaves, initiating a distinctive natural oxidation process before harvest. This unexpected yet fruitful interaction with nature imparts this Vietnamese tea with a flavor profile reminiscent of traditional Oriental Beauty, inviting you on a complex and delightful tasting journey. The unusual origin and specific insect interaction make this tea a truly special and rare find, offering a fascinating twist on the classic Oriental Beauty style.

*Contains: oolong tea (Vietnam)*

### **Tung Ting**

*\$8/oz*

*Flavor Profile: Sweet, Floral, Vanilla*

Mr. Chang has gifted us this Tung Ting from the mountain range of the same name. Fun fact, “Tung Ting” means “frozen summit,” or “ice peak.” This tea is oxidized for 18 hours to give it a dark color and a warm, smooth flavor. The first steeping of this tea is sweet and fruity; subsequent steepings are nutty and rich. Enjoy this tea thoroughly; it has many flavor paths to take you on. Tung Ting oolong is traditionally crafted using the “turn over” or “shake green” method, where the leaves are gently tumbled in bamboo baskets during processing. This technique contributes to the tea’s distinctive aroma and tightly rolled leaf appearance, which unfurls beautifully during brewing.

*Contains: oolong tea (Taiwan)*

### **Jin Xuan**

*\$8/oz*

*Flavor Profile: Milky, Sweet, Smooth*

Discover the velvety allure of Jin Xuan, also known as Milk Oolong, a prized tea cultivated in Taiwan’s misty high mountains. This exceptional oolong captivates with its naturally creamy aroma and silky texture, requiring no artificial additives. When brewed, Jin Xuan yields a pale golden liquor that delights the senses with its delicate floral scent and smooth, buttery undertones. Each sip reveals a harmonious blend of subtle sweetness and a luxurious, milk-like quality that lingers on the palate. Ideal for multiple infusions, this tea continues to unfold its complex character, offering tea enthusiasts a truly indulgent and serene experience with every steeping.

*Contains: oolong tea (Taiwan)*

### **Shangrila**

*\$10/oz*

*Flavor Profile: Sweet, Woody, Minerally*

Indulge in the exceptional flavor profile of this unique Nepal Oolong tea. Crafted from mature leaves harvested in the Himalayan foothills, it boasts the sweet richness of dark, heavily oxidized oolong complemented by nutty notes, earthy minerals, woody undertones, and a subtle smoky finish. Each element harmonizes to create a complex and captivating experience, bridging the gap between lighter oolongs and full-bodied black teas. This rare gem showcases the diversity of oolong teas from unexpected origins, offering a delightful departure from more familiar varieties. Perfect for those looking to explore beyond the ordinary, this Nepal Oolong promises a sensory journey that evolves with each steeping, inviting tea enthusiasts to discover new dimensions of flavor.

*Contains: oolong tea (Nepal)*

## Flavored Oolong Tea

### **Coconut**

\$5/oz

*Flavor Profile: Sweet, Toasty, Coconut*

Savor a delightful tea blend that merges the creamy essence of coconut with the crisp freshness of apple, all enriched by the robust depth of toasted oolong. Perfect for those who appreciate a sophisticated and full-bodied cup, this exquisite combination offers a comforting yet complex flavor profile. Each sip invites you to relax and enjoy the harmonious interplay of carefully balanced flavors, creating a truly unique tea experience.

*Contains oolong tea (China), coconut, apple*

### **Crown of Clarity**

\$5/oz

*Flavor Profile: Toasty, Sweet, Floral*

This sweet and elegant infusion combines lotus oolong with green tea, beautifully enhanced with the floral accents of rose and chamomile blossoms. Take a sip and let the quiet moments transport you to a serene vision of royal flowers blossoming atop your head. Ideal for moments of peace and enlightenment, the brew luxuriously dances across the palate.

*Contains: oolong tea (China), green tea (China), rose, roman chamomile*

### **Lemon Creme**

\$5/oz

*Flavor Profile: Bright, Citrus, Toasty*

A masterful blend of flavors awaits in this toasted oolong, where creamy, subtle lemon notes dance with a delicate hint of basil. The soft earthiness of Formosa tea perfectly rounds out the savory profile, creating a cup that's both inviting and satisfying. With its harmonious blend of flavors, this tea offers a moment of pure enjoyment, making you eagerly reach for a second serving as you savor each nuanced sip. The complex interplay of tastes provides a unique and memorable tea experience, perfect for those seeking a sophisticated and flavorful brew.

*Contains: oolong tea (China), basil, lemon oil, freeze-dried lemon granules (sodium alginate), marigold blossoms*

### **Moonstruck Mint**

\$5/oz

*Flavor Profile: Cooling, Toasty, Minty*

Explore the delightful complexity of Moonstruck Mint, a unique fruit tea blend. The sweet, creamy flavor of pineapple leads, gracefully harmonizing with cool mint and fresh cucumber accents. A savory oolong base gently ties all the flavors together, creating a seamless and refreshing experience. Perfect for those seeking a refreshing yet indulgent tea experience, Moonstruck Mint offers a surprising twist on traditional fruit teas.

*Contains: oolong tea (Taiwan), pineapple, cucumber, peppermint, lemon*

**Ms. Apricot**

\$8/oz

*Flavor Profile: Sweet, Fruity, Nutty*

This Chinese oolong tea, infused with succulent apricots, offers a harmonious blend of flavors that is enjoyable both hot and cold. When served hot, the tea's deep floral notes and the apricot's natural sweetness are enhanced, creating a comforting and aromatic experience. As an iced tea, it becomes refreshingly vibrant, with the bright, fruity notes of apricot complementing the oolong's nutty and earthy undertones. A perfect choice for any season, soothing warmth for cooler days and a refreshing lift for warmer weather.

*Contains: oolong tea (China), apricot*

**Mt Hood Meadow**

\$5/oz

*Flavor Profile: Fruity, Toasty, Sweet*

Experience the serene beauty of Oregon's meadows with this delightful tea blend. The vibrant, peachy notes take center stage, complemented by the delicate floral undertones and the toasty smoothness of oolong. Each sip reveals the rich essence of sun-kissed fruits, creating a sensory journey that captures the lush landscapes of Oregon in every cup. This blend is a heartfelt tribute to nature's bounty, offering a refreshing and indulgent tea experience.

*Contains: oolong tea (Taiwan), apple, carrot, candied pineapple, peach, rose petals, safflower, lavender*

**Osmanthus**

\$10/oz

*Flavor Profile: Light, Floral, Honey*

This exquisite Taiwanese tea is celebrated for its vibrant and layered flavor profile. Paired with delicate osmanthus flowers, which are valued in traditional medicine for promoting lung health, enhancing skin complexion, and aiding in detoxification, this tea offers a harmonious balance of flavors. The osmanthus adds a hint of sweet peach and soft floral notes, making this tea a beloved choice for wedding celebrations in some Asian cultures, where it's cherished as a symbol of love and romance.

*Contains: oolong tea (Taiwan), osmanthus flowers*

**Parker's Chai**

\$5/oz

*Flavor Profile: Full-bodied, Spice, Cinnamon*

Savor the inviting warmth of our Oolong Chai, where cinnamon takes center stage. This robust blend is expertly crafted with Chinese oolong tea, infused with a rich mix of spices including ginger, cardamom, and cloves, adding depth and complexity to each cup. The bold cinnamon flavor stands out, delivering a comforting and enveloping sensory experience that warms and soothes the soul with every sip.

*Contains: oolong tea (China), cinnamon bark, ginger, cardamom, chicory, cocoa nibs, black peppercorn, clove*

**Roasted Tie Guan Yin** *(not available for tea flight or drinks)*

**\$5/each**

*Flavor Profile: Sweet, Minerally, Toasty*

Discover the extraordinary Tie Guan Yin (Iron Goddess) oolong, uniquely prepared by roasting it inside a bittermelon. This unconventional method yields a dark oolong with a surprising, malty sweetness that belies its unusual origins. Each steeping reveals an evolving flavor profile, inviting you to explore the changing nuances with every brew. Our individual packets contain a cross-section of the bittermelon, which infuses the Guan Yin to create a perfectly balanced, sweet dark oolong experience. This innovative preparation method offers tea enthusiasts a truly distinctive and memorable tasting journey.

*Contains: oolong tea (China), bittermelon*

**Seattle Ginseng**

**\$10/oz**

*Flavor Profile: Balanced, Spicy, Licorice*

This is a masterfully crafted tea, where high-mountain oolong leaves are meticulously withered, rolled, and dusted with Panax ginseng powder and licorice root. This unique preparation results in a mild yet flavorful tea, boasting woody and floral notes complemented by a subtle sweetness and a touch of spice. Each sip offers a harmonious blend that dances across your palate, leaving a vibrant and complex aftertaste. Renowned for its invigorating properties, Blue People Oolong is cherished by tea enthusiasts for its smooth finish and energizing effects, making it an exceptional addition to any tea collection.

*Contains: oolong tea, panax ginseng root, licorice root*

# Black Tea

Black tea is beloved for its bold, inviting flavor, often characterized by a rich sweetness reminiscent of malt, caramel, or chocolate. Its full-bodied profile, sometimes accompanied by a gentle astringency, offers a satisfying and complex taste. Depending on the region and processing, you might discover delightful notes ranging from fruity and floral to smoky and spicy.

Black tea boasts a rich heritage dating back to ancient China, with its origins in the Ming Dynasty. Distinguished from green tea by its full oxidation process, black tea leaves develop enhanced flavor and improved preservation. The artful production involves withering, rolling, oxidizing, and drying the leaves, resulting in the tea's characteristic deep color and robust character. This meticulous process contributes to black tea's enduring popularity and complex flavor profile, making it a staple in tea cultures worldwide.

Beyond its rich flavor and historical charm, black tea is thought to offer various health benefits. It contains antioxidants like polyphenols and catechins, which may help support overall wellbeing. Some studies suggest that regular enjoyment of black tea could contribute to heart health by potentially influencing cholesterol levels and blood pressure.

*Water Temperature: 205°F*

*Steeping Time 2-3 minutes*



## Traditional Black Tea

### Assam

\$5/oz

*Flavor Profile: Full-Bodied, Malty, Bold*

This Assam tea, known for its malty, bright, and subtly astringent flavor, comes from a century-old plantation in northeastern India, a region renowned as the world's largest tea-growing area. Harvested during the summer, this tea is characterized by the broad leaves of the assamica variety. As one of the key teas featured in English Breakfast blends, it's a classic staple in any comprehensive tea collection.

*Contains: black tea (India)*

### Benifuuki

\$10/oz

*Flavor Profile: Mellow, Sweet, Smooth*

Exceptionally smooth with subtle notes of fruit and a hint of green tea, Benifuuki tea offers a delightful flavor experience. Developed in 1965 in Kagoshima Prefecture, Japan, this rare black tea is notable for its deep black leaves with a rugged, flat texture. When brewed, it produces a captivating reddish-gold hue in the cup, leaving a lingering, pleasant aftertaste. Enjoy the mellow and sweet nuances of Benifuuki for a truly distinctive tea experience that is uniquely Japanese.

*Contains: black Tea (Japan)*

### Ceylon

\$5/oz

*Flavor Profile: Bold, Smooth, Malty*

Ceylon tea, a prized Sri Lankan export, captivates with its bold, smooth, and malty profile. Distinguished by an impeccable aroma and unique "wiry" leaves, this tea is carefully cultivated at sea level and hand-picked to ensure quality. Rich in beneficial antioxidants, including flavonoids and polyphenols, Ceylon tea offers more than just exquisite taste. Its robust character makes it a crucial component in the traditional English Breakfast blend, where it contributes significant depth and complexity. Tea enthusiasts worldwide cherish Ceylon tea for its distinctive qualities, which reflect both its origin and meticulous processing. Each cup promises a satisfying experience that showcases the best of Sri Lanka's tea-growing heritage.

*Contains: black tea (Sri Lanka)*

### Ceylon Decaffeinated

\$7/oz

*Flavor Profile: Bold, Smooth, Bright*

This decaffeinated tea from Sri Lanka, a renowned tea-growing island in the Gulf of Bengal, boasts a rich and full-bodied flavor that remains bold, smooth, and bright. By using a meticulous decaffeination process involving Carbon Dioxide (CO<sub>2</sub>), the tea's exquisite flavor profile and health benefits are fully preserved. Enjoy the robust essence of this single-origin tea at any time of day, free from caffeine.

*Contains: black tea (Sri Lanka)*

### **Darjeeling**

**\$7/oz**

*Flavor Profile: Musky, Sweet, Light*

This tea from the Happy Valley Estate, just two miles from the town of Darjeeling, captivates with its unique flavor that is lightly musky-sweet with distinctive muscatel notes, challenging common perceptions of black tea. The name “Darjeeling” adds to its mystique, originating from the Tibetan words “Dorje,” for the mythological staff of the Hindu god Indra, and “ling,” meaning “area” or “spot.” Together, these translate to “the place where there is a thunderbolt,” aptly reflecting the powerful and striking nature of this exceptional tea.

*Contains: black tea (India)*

*(steep this tea at 195 for 3 minutes)*

### **English Breakfast**

**\$5/oz**

*Flavor Profile: Robust, Bold, Earthy*

Crafted in-house, our English Breakfast tea is a beloved morning essential. Blending the finest Keemun, Ceylon, and Assam teas, it offers a smooth yet bold flavor profile that transcends mere breakfast indulgence. Prepare to be captivated by its rich aroma and lingering taste, enticing you to savor every sip long after the morning hours have passed.

*Contains: black tea (China, India, Sri Lanka)*

### **Golden Monkey**

**\$10/oz**

*Flavor Profile: Caramel, Honey, Decadent*

Golden Monkey, known for its smooth, caramel flavor and mild astringency, offers a refined tea experience. Also known as Jin Hou, this tea is cultivated in Fujian, China. Harvested in the spring, it involves a careful selection of new leaves and buds. The leaves undergo processes of withering, rolling, oxidizing, and precise drying, enhancing their rich aromatic qualities. Its name reflects the golden tips of the leaves and the vibrant golden color of the brew, making it a visually appealing and delicious choice.

*Contains: black tea (China)*

### **Keemun**

**\$5/oz**

*Flavor Profile: Fruity, Malty, Toasty-Sweet*

With its mild sweetness and subtle smoky flavor, Keemun is renowned worldwide and serves as a key component of the classic English Breakfast blend. Originating from Anhui Province in China, this tea features uniquely twisted leaves that are oxidized before being baked or fired to eliminate residual moisture. This production process enhances Keemun’s distinctive taste profile, making it a favored choice among tea enthusiasts for its rich and aromatic qualities.

*Contains: black tea (China)*

### **Kumari**

\$8/oz

*Flavor Profile: Rich, Robust, Malty*

Robustly rich with an almost chocolate-like flavor, this black tea featuring distinctive golden tips is from Kanchanjangha Tea Estate and Research Center Pvt. Ltd. (KTERC), Nepal's first certified organic tea garden. The meticulous process involves selecting top leaves and buds, which are then withered, rolled, and oxidized to enhance their rich flavors and aromas. Founded in 1984 by Mr. Deepak Prakash Baskota, KTERC and remains committed to community and environmental sustainability, producing high-quality, ethically sourced tea.

*Contains: black tea (Nepal)*

### **Sun Kissed**

\$15/oz

*Flavor Profile: Earthy, Floral, Sweet*

Earthy undertones, delicate floral hints, and a subtle sweetness define the distinctive character of this Black tea from the highlands of Vietnam. Harvested from ancient tea trees, this brew captures the essence of the region, offering a flavor profile that evokes a sunlit spring morning. Each sip provides a warm and comforting experience, akin to the gentle touch of sunlight after winter's retreat, embodying the serene beauty of its origin.

*Contains: black tea (Vietnam)*

### **Yamabuki**

\$8/oz

*Flavor Profile: Rich, Umami, Floral*

Yamabuki Nadeshiko tea offers a rich, complex flavor with notes of subtle sweetness and a hint of umami, complemented by deep, earthy undertones and a delicate floral aroma. This tea is uniquely crafted through a fermentation process that involves inoculating the tea leaves with kurokōji mold, the same mold used in producing traditional Japanese beverages like Awamori. This innovative method enhances the tea's flavor complexity and nutritional profile. Originating from the mountainous regions of Japan, where pristine natural conditions provide the ideal environment for tea cultivation, Yamabuki Nadeshiko tea embodies the rich traditions and meticulous craftsmanship of Japanese tea culture.

*(steep this one like a green tea, 175 for 2 minutes for the first steeping)*

## Flavored Black Tea

### Diwali Chai

\$7/oz

*Flavor Profile: Bold, Spice, Licorice*

Inspired by Diwali, the vibrant five-day festival of lights, this chai tea encapsulates the festive spirit with its distinctive blend of flavors. Departing from traditional chai blends, this version introduces a lively burst of citrus, a hint of sparkling pink peppercorn, and a warm glow from ginger, all enhanced by the subtle licorice notes of star anise. Each sip of this tea offers a dynamic parade of spices, evoking the celebratory essence of Diwali's triumph of light over darkness.

*Contains: black tea (India), cinnamon, cloves, orange peel, star anise, ginger, cardamom, pink pepper, nutmeg, safflower petal*

### Earl Grey

\$5/oz

*Flavor Profile: Full-bodied, Citrus, Floral*

This tea stands among the most celebrated flavored teas globally, and we confidently claim it as the finest Earl Grey you'll ever taste. It's crafted from a blend of Chinese Keemun from the Anhui province of east-central China and Ceylon tea from Sri Lanka. Enhanced with bergamot essential oil, this tea offers a sweet, medium-bodied experience that is both well-rounded and infused with citrusy, floral notes.

Interested in trying "Lady Grey" or crafting a London Fog? Feel free to ask us how!

*Contains: black tea (China, Sri Lanka), bergamot oil*

### Earl Grey Decaffeinated

\$7/oz

*Flavor Profile: Full-bodied, Citrus, Malt*

This decaffeinated blend of black tea, delicately infused with the essence of bergamot, offers a classic, aromatic, and malty full-bodied flavor. The tea is decaffeinated using a CO2 process, ensuring that the distinctive taste and invigorating fragrance of traditional Earl Grey are preserved without the caffeine. Perfect for any time of day, enjoy a cup of this soothing tea for a relaxing and satisfying experience that won't keep you up at night.

*Contains: black tea (China, Sri Lanka), bergamot oil*

### Heritage Chai

\$7/oz

*Flavor Profile: Bright, Mild Zest, Malty*

Heritage Masala Chai presents a smooth, malty flavor lightly accented with mild spices, creating a subtle and refined taste. This blend, crafted by the Heritage Tea Assam Collective with spices sourced from Meghalaya and Arunachal Pradesh, offers a gentle introduction to chai, perfect for those who prefer a milder spice profile. Customize this versatile chai by adding your choice of extra spices, allowing you to tailor the flavor to your exact liking. Enjoy a uniquely personal chai experience with every cup.

*Contains: black tea (India), cardamom, clove, cinnamon, bay leaf*

### **Lapsang Souchong**

\$5/oz

*Flavor Profile: Pine smoke, Earthy, malty*

Lapsang Souchong is renowned for its rich smokiness, sweet pine undertones, and malty aftertaste, offering a distinctive flavor profile that sets it apart. This unique small leaf tea is smoked over pine wood, imbuing it with its characteristic aroma. Harvested from the lower part of the tea plant for a deeper flavor, the leaves are first roasted on an iron pan before being smoked over resin-rich pinewood. The smoking method originated as a serendipitous accident; needing to dry the tea leaves quickly before the Dutch arrived, the farmers grabbed pine wood, not realizing that the smoke would embed itself in the tea.

*Contains: black Tea (China)*

### **Merry and Bright** (available November through January)

\$5/oz

*Flavor Profile: Cocoa, Sweet, Peppermint*

Raise a glass to the festive spirit with this limited edition tea, available exclusively from November through January. Celebrate the season with loved ones near and far, enjoying a brew that's truly worth toasting. Black tea provides an energizing boost for the holiday festivities, while cocoa and peppermint add a sweet, indulgent touch. Let your heart be light and may this special blend make your season merry and bright!

*Contains: black tea (sourced from China), cocoa, peppermint, candy cane pieces*

### **Midnight Mango**

\$5/oz

*Flavor Profile: Bright, Citrus, Floral*

Delicately flavored with sweet mango, this Ceylon tea blend offers a sublime refreshment that's perfect for sipping as an iced beverage. The crisp and vibrant character of Ceylon tea pairs beautifully with the tropical notes of mango, creating a light and refreshing drink that shines on warm days. Enjoy the sophisticated interplay of robust tea and sweet, fruity undertones in every chilled glass, providing a delightful escape from the heat.

*Contains: black tea (Sri Lanka), mango, marigold*

### **Rose City**

\$5/oz

*Flavor Profile: Smooth, Floral, Full-bodied*

Rose City Black Tea, or Meigui Hongcha, delivers a beautifully balanced experience with its smooth, malty flavor and delicate floral notes of rose. This tea is crafted through an age-old scenting method, where red rose petals are strategically placed among moist black tea leaves, allowing the petals to impart their gentle floral essence. The result is an exquisitely elegant Chinese Rose tea that seamlessly blends the robust character of black tea with the subtle aromatic nuances of rose.

*Contains: black tea (China), rose petals.*

### **Spicy Orange**

**\$5/oz**

*Flavor Profile: Sweet, Fruity, Spice*

This exquisite blend strikes the perfect harmony with its vibrant orange zest, warming cinnamon spice, and sweet, fruity undertones. The enticing aroma invites you to indulge, while the robust black tea base invigorates your senses. Perfect for a cozy afternoon or an energizing morning, each sip offers a delightful balance of brightness and warmth, making it an irresistible treat.

*Contains: black tea (china), orange, cinnamon, peach, cloves*

### **Tea-juana Chai**

**\$7/oz**

*Flavor Profile: Spicy, Cocoa, Peppery*

Tea-juana Chai is a robust blend that combines the cozy warmth of traditional chai spices with a surprising cocoa twist and a hint of peppery zest. The aromatic spices like cinnamon, cardamom, and ginger blend perfectly with the rich cocoa, creating a unique and captivating flavor profile. Each sip offers a warm, spicy kick with deep, velvety notes of cocoa and an intriguing peppery undertone. Elevate your tea experience with this distinctive and indulgent blend.

*Contains: black tea (India), cocoa, cardamom, cinnamon, coriander, black pepper, ginger*

### **Velvet Vanilla**

**\$5/oz**

*Flavor Profile: Smooth, Sweet, Vanilla*

When the robust maltiness of Assam tea blends with the creamy sweetness of genuine vanilla beans, the result is a sensory delight reminiscent of a warm, freshly baked chocolate brownie. This blend creates a luxurious vanilla-forward black tea that stands out for its deep aroma and rich flavor, drawing you into a moment of pure indulgence.

*Contains: black tea (India), vanilla*

### **Whiskey Smoked**

**\$15/oz**

*Flavor Profile: Smokey, Malt, Full-bodied*

Discover the unique taste of this smoked black tea from Shimada, Shizuoka prefecture, Japan. Crafted with inspiration from the traditional Chinese Lapsang Souchong, this Japanese version offers a subtler, more aromatic profile reminiscent of fine Scotch. The distinctive flavor arises from smoking the tea leaves for 6 to 8 hours using wood chips sourced from Japanese whiskey barrels, imbuing the tea with a refined and inviting taste.

*Contains: black tea (Japan)*

———— Cup of Tea ————

# Pu-erh Tea

Pu-erh tea, a treasure from China's Yunnan province, is celebrated for its fascinating fermentation process. This special tea develops naturally, with microorganisms present on the leaves and in the environment gently guiding its transformation. This patient process can span months or even years, allowing the tea to acquire a rich, earthy character that often deepens with time. You might encounter two main types of Pu-erh: Sheng Pu-erh (Raw Pu-erh), which matures slowly and naturally, and Shou Pu-erh (Ripe Pu-erh), which undergoes a quicker fermentation through a method called "wet piling." This approach thoughtfully speeds up the aging, making the tea ready to enjoy sooner.

Tea enthusiasts often cherish Pu-erh for its deep, mellow taste with intricate notes that can evolve as the tea ages. Its unique fermentation not only contributes to its distinctive flavor but is also thought to offer potential health benefits.

Some studies suggest Pu-erh tea may support heart health by potentially influencing cholesterol levels. The fermentation process is believed to produce compounds that might help balance cholesterol. Additionally, Pu-erh tea contains antioxidants and has anti-inflammatory properties, which may contribute to overall well-being. Some research indicates it could play a role in supporting healthy weight management.

*Water Temperature: 200-212°F*

*Steeping Time: 3-4 minutes*



## Traditional Pu-erh

### **Dragon Ball** *(not available for tea flights and drinks)*

*\$4/each*

*Flavor Profile: Earthly, Astringent, Sweet*

Discover the deep, complex flavors of this raw pu-erh tea, harvested in Autumn 2015 from the ancient tea trees of the Da Xue Shan (Big Snow Mountain) in Mengku county, Lincang. Each tea ball is crafted to encapsulate the rich heritage and natural essence of its high-altitude origins. The brew offers a robust profile with a slightly astringent edge, balanced by a distinctly sweet finish. For the best tasting experience, start with brief steeping times, allowing the layers of flavor to unfold slowly and reveal the full spectrum of its unique character.

*Contains: pu-erh tea (China)*

### **2011 Bulang Shan Tou Cha**

*\$3/each*

*Flavor Profile: Earthy, Malt, Sweet*

This ripe-style pu-erh from the lush Bulang Mountains in Yunnan offers a deep, earthy flavor profile with notes of tobacco and ripe fruit. Crafted from aged tea leaves, it is expertly pressed into convenient 5-gram nests known as “Tou Cha,” perfect for brewing in a teapot or your favorite mug. Each sip of this robust and satisfying tea transports you to the heart of its rich origin.

*Contains: pu-erh tea (China)*

### **Cube Tuo Cha**

*\$5/each*

*Flavor Profile: Woody, Mineral, Dark*

Enhance your tea experience with our Jiu Wan ripe pu-erh tuo cha, crafted for both convenience and the discerning palate. These rectangular-shaped tuos deliver a bold, earthy flavor with dark, mineral, and woody notes, perfect for those who savor a rich pu-erh experience. Ideal for use with a 150-200ml Yixing teapot, this tea invites you on a brewing journey that unveils new layers of flavor with each steep. Discover the essence of traditional pu-erh presented in a modern, compact form with our Jiu Wan Tuo Cha.

*Contains: pu-erh tea (China)*

### **2008 Jing Mai**

*\$10/oz*

*Flavor Profile: Rich, Mineral, Oaty*

This ripe pu-erh tea, sourced from the ecological plantations of Lincang in Yunnan, is crafted from carefully selected medium-sized leaves. The leaves produce a deeply inviting amber infusion that engages the senses with its warm glow. On tasting, it offers a complex profile with earthy notes of oats and a subtle mineral richness. Perfect for the tea aficionado looking for depth and refinement in their cup, this tea captures the authentic spirit of its region through traditional Shou fermentation techniques. The result is a comforting, mellow brew that soothes and satisfies with each sip.

*Contains: pu-erh tea (China)*

### **Haiwan Mini Brick**

*\$3/each*

*Flavor Profile: Smooth, Malt, Vanilla*

Delight in the smooth and indulgent flavor of this vintage 2011 ripe mini brick from the renowned Haiwan Tea Factory, characterized by a rich body and a subtle vanilla aftertaste. Each brick is delicately pressed to facilitate easy separation during steeping or for convenient portioning into smaller pieces. Crafted with care, this tea is perfect for resteeeping, allowing you to savor its luxurious tasting experience multiple times. The blend combines deep, full-bodied notes with a comforting, sweet finish, ideal for enjoying during a quiet moment.

*Contains: pu-erh tea (China)*

### **House Pu-erh**

*\$10/oz*

*Flavor Profile: Woody, Bold, Earthy*

Explore the intricate flavors of our aged 18-year-old Shou pu-erh, expertly crafted in loose-leaf form. “Shou” (ripe) refers to the fermentation process that accelerates aging, resulting in a unique and robust flavor profile. Delight your palate with its sweet, woody essence, accompanied by hints of maltiness. With each sip, experience a symphony of flavors that tantalize your taste buds, culminating in a smooth, lingering aftertaste that beckons for another sip.

*Contains: pu-erh tea (China)*

### **Yunnan Tou Cha**

*\$3/each*

*Flavor Profile: Earthy, Woody, Sweet*

Experience the rich, earthy flavor of this ripe Pu-erh, accented with woody, sweet undertones that captivate the senses. Each 5-gram nest provides a convenient and approachable way to enjoy the full-bodied depth characteristic of a robust cup of coffee. Perfect for both novice and seasoned tea enthusiasts alike, this Pu-erh offers an inviting introduction to its traditional heritage and is sure to ignite a passion for its unique taste profile.

*Contains: pu-erh tea (China)*

### **Zi Cha**

*\$10/oz*

*Flavor Profile: Rich, Creamy, Sweet*

Unearth the exceptional Purple Tea, or Zi Cha, a rare find nurtured from a distinctive large leaf varietal (*Camellia Sinensis* var. *Assamica*). This ripe tea, made solely from 100% purple tea varietal, delivers an unmatched smoothness akin to velvet, with rich, creamy sweetness. Aged in Jinggu’s warm and humid climate, it unveils a captivating blend of creamy sweetness and fruity notes, making it a prized selection for tea enthusiasts seeking an extraordinary experience.

*Contains: pu-erh tea (China)*

## Flavored Pu-erh

### **Black Wolf**

\$7/oz

*Flavor Profile: Malty, Chocolate, Sweet*

Enter the realm of darkness with Black Wolf, a pu-erh tea that embodies the essence of mystery and allure. This tea is a bold concoction, boasting a rich and robust flavor profile with hints of sweetness and fruitiness. Intrigued by its enigmatic charm? Take a sip and let its complex layers unfold on your palate. For an added twist, indulge in a bit of honey to awaken its chocolatey undertones, and you'll find yourself howling at the moon in delight.

*Contains: pu-erh tea (China), carob, cocoa nibs, rose hips, blackberry, vanilla, honeybush, peppercorn, elderberry*

### **Charmander Chai**

\$5/oz

**Type:** Spice/Fire

**Description:** Charmander Chai has an orange body with steam-like swirls, emitting a soothing aroma that calms those nearby. Its leaves glow with a fiery shimmer, using spicy attacks to stun foes and boost allies' energy.

**Abilities:**

- **Spice Shield:** Increases defense when hit by Water-type moves.
- **Aromatic Boost (Hidden Ability):** Heals allies' status conditions in sunny weather.
- **Signature Move:**

**Cinnamon Spark:** A Fire-type move that grows stronger when afflicted by a status condition, reflecting the healing qualities of cinnamon.

Charmander Chai captures the warmth and vitality of a spicy chai, making it a unique addition to any team!

*Contains: pu-erh tea (China), cinnamon, black pepper, cloves, ginger, cardamom, cardamom seeds*

### **Clatsop Kiwi**

\$5/oz

*Flavor Profile: Rich, Fruity, Earthy*

Experience the vibrant fusion of flavors in Clatsop Kiwi, a captivating tea blend that masterfully balances fruity sweetness with a subtle tang. Featuring juicy kiwi slices, crisp peach, and the earthy richness of pu-erh tea, this infusion creates a delightful medley of taste. Enjoy Clatsop Kiwi hot or cold for a refreshing and invigorating tea experience that will delight and captivate your senses.

*Contains: pu-erh tea (China), apple, candied pineapple, hibiscus, peach, kiwi*

### **Comfort Zone**

*\$7/oz*

*Flavor Profile: Robust, Coffee, Chocolate*

Whether you're a dedicated coffee aficionado intrigued by the world of tea or a tea enthusiast seeking a comforting alternative to coffee, this blend of black tea, pu-erh, coffee beans, and cocoa nibs offers a delightful fusion of flavors. Perfectly balancing robust coffee notes with indulgent chocolate undertones, it promises a satisfying and invigorating start to your morning. Enjoy it on its own for a truly exceptional experience, or elevate it to new heights by incorporating it into your favorite latte recipe.

*Contains: coffee beans, cocoa nibs, pu-erh*

### **Dancing Dragon**

*\$7/oz*

*Flavor Profile: Bold, Decedent, Malty*

Indulge in the luxurious flavors of Dancing Dragon, where decadence meets the richness of pu-erh tea. Delicately infused with sarsaparilla to impart slightly creamy vanilla undertones and a hint of sumptuous chocolate, this blend offers a delightful escape from the ordinary. Crafted with wholesome, earthy, and toasty ingredients, each sip promises a flavorful and satisfying experience, leaving you invigorated with every cup.

*Contains pu-erh, sarsaparilla, roasted yerba mate, honeybush*

### **Harvest Moon**

*\$5/oz*

*Flavor Profile: Appley, Bold, Earthy*

Savor the cozy warmth of Harvest Moon, where the comforting scents of sweet apple and spiced cinnamon perfectly balance with the earthy richness of pu-erh tea. Each sip transports you to a crisp autumn day, capturing the essence of the season. Come a little closer, and let's dream the night away with this blend that pays tribute to Neil Young. For an extra indulgence, turn it into a latte by adding frothed milk and experience autumn in every cup.

*Contains: pu-erh tea (China), apple, hibiscus blossoms, rose hip peel, pineapple, cinnamon, sunflower blossoms*

### **Jasmine Tuo Cha**

*\$3/each*

*Flavor Profile: Earthy, Floral, Sweet*

Discover our unique jasmine ripe pu-erh, elegantly shaped into a charming bird's nest. The delicate jasmine blossoms impart a light, sweet floral note that beautifully complements the earthy smoothness of this ripe pu-erh tea. Delight in the evolving flavor profile with each steeping, as this tea reveals new and intriguing layers of taste over multiple infusions. Enjoy the journey of flavors with every cup.

*Contains: pu-erh tea (China), jasmine flowers*

**Mengku Ripe** *(not available for tea flights and drinks)*

**\$5/each**

*Flavor Profile: Earthy, Smooth, Malt*

Discover the remarkably smooth and earthy flavor of this Mengku ripe tea. Harvested in 2016, the tea is aged, then packed into bamboo and lightly roasted. This careful preparation allows the bamboo to impart nuanced flavors that enrich the tea's natural earthiness. To fully appreciate its depth, steep the tea in the bamboo for multiple infusions, revealing each layer of its rich taste profile.

*Contains: pu-erh tea (China)*

**Sticky Rice Brick**

**\$3/each**

*Flavor Profile: Earthy, Sweet, Malty*

Discover the unique and comforting flavors of our Sticky Rice brick. This tea combines the rich, earthy depth of ripe pu-erh with the aromatic essence of sticky rice, thanks to the inclusion of the “Nuo Mi Xiang” herb from Yunnan. The result is a deep, dark brew with a harmonious flavor profile, where subtle sweetness meets a robust, malty, and earthy character. Ideal for multiple infusions, Sticky Rice Pu-erh is perfect for cozy afternoons or as a soothing beverage, offering a delightful fusion of traditional Chinese tea artistry and the nostalgic warmth of sticky rice.

*Contains: pu-erh (China), Nuo Mix Xiang*

**Sticky Rice Tou Cha**

**\$3/each**

*Flavor Profile: Rich, Earthy, Sweet*

Experience the rich, earthy, and sweet flavor of our raw Sticky Rice nest, a beloved choice among tea enthusiasts. Infused with the captivating fragrance of “Nuo Mi Xiang,” a special herb native to Yunnan renowned for its sticky rice aroma, this tea captivates the senses with its comforting aroma. Formed into convenient 5-gram nests, perfect for a pot of tea, this raw pu-erh offers a delightful and versatile experience. As an added bonus, it's also reputed to be an excellent hangover cure. We Proudly have two distinct sticky rice pu-erhs in our catalog, each with subtle differences catering to personal preference—explore both to find your favorite and enjoy the delightful and versatile experience they bring.

*Contains: pu-erh (China), nuo mix xiang*

**Superberry**

**\$7/oz**

*Flavor Profile: Earthy, Fruity, Aromatic*

Superberry is a delightful blend that highlights the subtle hint of mixed berries and floral notes, perfectly balanced with the robust, full-bodied character of aged pu-erh tea. The deep, earthy flavors of the ripe pu-erh provide a rich foundation, while the berries add a gentle fruity accent, creating a harmonious and aromatic tea with a touch of sweetness. One of our favorite iced teas, Superberry, is perfect for a refreshing and flavorful cold brew, offering a revitalizing and delicious experience.

*Contains: pu-erh, blueberries, pomegranate, freeze-dried raspberries, strawberries, blue cornflower blossom*

# Herbal Tea

Discover the soothing and diverse world of our premium Herbal Tea, a delightful blend crafted from a variety of herbs, flowers, and fruits. Free from caffeine, this tea offers a naturally calming experience, perfect for any time of day. Herbal teas have a rich history, dating back thousands of years to ancient civilizations like the Egyptians, Greeks, and Chinese, who enjoyed herbal infusions for their unique flavors and overall well-being. With gentle floral notes of chamomile and lavender, the refreshing taste of peppermint, and the warm spiciness of ginger, our herbal tea delivers a harmonious and comforting experience.

Naturally hydrating and full of vibrant flavors, our herbal tea is an excellent choice for those seeking a delightful and versatile beverage to enjoy hot or cold. Whether you prefer the invigorating taste of fruity blends or the warming comfort of spicy infusions, our herbal tea is perfect for any occasion. Embrace the ancient traditions of herbal tea drinking and indulge in a cup that brings history, flavor, and enjoyment together in every sip.

*Water Temperature: 200-212°F*

*Steeping Time: 5-7 minutes*

### **Ambika's Tree**

\$5/oz

*Flavor Profile: Juicy, Exotic, Sweet*

Celebrating the vibrant sweetness of tropical fruits harmonized with subtle floral notes, Ambika's Tree promises a refreshing and invigorating tea experience. Infused with the divine essence of Ambika, whose presence resonates with the sacred symbolism of mango trees, this blend offers a voyage of taste and enlightenment. Ideal for those craving exotic flavors, Ambika's Tree encapsulates the spirit of triumph and spiritual vitality in every flavorful sip. Enjoy a journey of taste that celebrates both tradition and the lively essence of tropical delight.

*Contains: pineapple, mango, orange, tangerine, safflower, marigold blossoms, strawberry*

### **Blushing Strawberry**

\$5/oz

*Flavor Profile: Sweet, Fruity, Delicate*

Experience the luscious taste of summer with our Blushing Strawberry tea. Bursting with the juicy sweetness of ripe strawberries, each sip offers a refreshing and fruity delight that's perfect for any occasion. Enjoy it on a sunny afternoon or as a relaxing treat after a long day. For an extra touch of elegance, try adding a splash of rosé wine to create a delightful iced tea cocktail that will elevate your enjoyment to new heights.

*Contains: apple, papaya, rose, strawberry, pink cornflower blossoms*

### **Currant Affair**

\$5/oz

*Flavor Profile: Fruity, Sweet, Tart*

Enter the realm of juicy tales with our "Currant Affair" tea blend. Here, the alluring essence of black currant mingles with a delightful assortment of berries, crafting a contemporary twist on this fruity sensation. As you indulge, you'll ponder: should it be savored hot or chilled? The answer lies within the intrigue. With a tantalizing mix of flavors, each cup offers an irresistible fusion that will keep you coming back for more. Allow your taste buds to unravel the layers of this enticing brew and discover the secrets of its fruity allure.

*Contains: elderberry, grapes, hibiscus, blackberries, raspberries, sour cherries, black currants*

### **John Lemon**

\$5/oz

*Flavor Profile: Sweet, Vibrant, Lemony*

If all you need is love, John Lemon is all you need. From the classic Arnold Palmer to the soothing lavender lemonade and comforting hot lemonade, this tea offers endless possibilities year-round. For a sophisticated twist, mix it with gin (if you're 21 or older). Elevate your refreshment experience with John Lemon today! With its delightful blend of lemon goodness, it's the perfect companion for any occasion, leaving you refreshed and invigorated with every sip.

*Contains: pineapple, sour apple, lemon, lemon oil, red currants*

### **Mountain Mint**

\$5/oz

*Flavor Profile: Refreshing, Herbal, Sweet*

Mountain Mint offers a delightful medley of mints that refreshes and invigorates. This blend captures the essence of peppermint and spearmint, providing a cool and crisp taste that is perfectly balanced with subtle hints of lemongrass and a touch of sweet blueberry leaves. Each sip delivers a harmonious fusion of flavors that dances merrily on your palate, making it an ideal choice for a rejuvenating tea experience...

*Contains: peppermint, spearmint, lemongrass, blueberry leaves*

### **Oregon Dreams**

\$5/oz

*Flavor Profile: Floral, Aromatic, Refreshing*

Oregon Dreams tea is an ode to serene landscapes and vibrant flora, capturing a sense of peace and renewal with every sip. This blend is subtly aromatic and gently refreshing, designed to transport you to moments of calm amid life's hustle. Its delicate floral notes create a soothing ambiance, ideal for a relaxing break in the afternoon. With the addition of apple, this tea offers a naturally sweet taste that complements its comforting qualities, inviting you to indulge in a moment of blissful relaxation.

*Contains: apple, silver linden tree blossoms, lemon balm, lavender, rose, sweet blackberry leaves, orange blossoms, mallow blossoms*

### **Pink Flamingo**

\$5/oz

*Flavor Profile: Fruity, Tart, Sour*

Introducing Pink Flamingo, a tea blend that's anything but ordinary. The aroma is fruity and inviting, while the taste is simply divine. Inspired by the vibrant and captivating nature of these iconic birds, Pink Flamingo offers a tantalizing blend of fruity flavors and a hint of vanilla that dances on your palate. Immerse yourself in its exotic allure and experience a taste sensation like no other.

*Contains: apple, hibiscus, rose hip peel, elderberries, beetroot, rose petals, blackberry leaves, sour cherry, vanilla.*

### **So Fetch**

\$5/oz

*Flavor Profile: Fruity, Refreshing, Exotic*

Embrace the ultimate summer vibe with So Fetch! This playful and refreshing blend is a grool mix of fruity and exotic flavors, like dragon fruit and pineapple, perfect for hot days and cool nights. Inspired by the iconic "fetch" moment, each sip offers a delightful escape and a hint of whimsy. Enjoy the refreshing taste of So Fetch and make every day feel fetchingly fabulous. Let this tea be your go-to for a grool experience!

*Contains: pineapple, apple, purple dragon fruit, hibiscus, strawberry yogurt*



### **Strawberry Kiwi**

*\$5/oz*

*Flavor Profile: Fruity, Sweet, Floral*

Delight in the vibrant essence of summer with this refreshing blend. Combining the luscious sweetness of strawberries with a symphony of fruity and floral notes, this tea offers a taste that's as delightful as a sunny adventure. Hibiscus, and marigold blossoms add delicate layers, enhancing the sweet and fruity base. Enjoy it hot or iced, and let each sip transport you to a sunny escape.

*Contains: apple, pear, hibiscus, strawberry, marigold blossoms*

### **Sunshine Glow**

*\$5/oz*

*Flavor Profile: Citrus, Fruity, Sweet*

"You are my sunshine....!" This vibrant blend captures the magic of citrus fruits, offering a delightful burst of fruity, juicy, and orange sweetness. Perfectly balanced, Sunshine Glow pairs wonderfully with lavender blossoms and a touch of honey for an extra layer of indulgence. Whether enjoyed hot or iced, this tea brings a bright and uplifting experience with every sip. Let the sunshine in with Sunshine Glow!

*Contains: apple, orange, tangerines, marigold blossoms, wild strawberry leaves*

### **Tropical Sky**

*\$5/oz*

*Flavor Profile: Sweet, Tropical, Citrus*

Embrace the essence of summer with this comforting blend, whisking you away to sun-kissed shores with every sip. Experience a refreshing fusion of tropical flavors, like papaya, delicately balanced to perfection. Let the sweet notes of exotic fruits dance on your palate, complemented by a hint of tanginess and a touch of floral sweetness. Allow this delightful infusion to soothe your soul and evoke cherished memories of warmer days gone by.

*Contains: candied papaya, apple, pineapple, peach, tangerine, lemon peel, sweet blackberry leaves, sunflower blossoms, rice flour, lemon oil, citric acid*

### **Tumeric Ginger**

*\$5/oz*

*Flavor Profile: Spicy, Earthy, Warming*

Delight in the vibrant and robust flavors of this cuddly tea. The earthy richness of turmeric melds seamlessly with the zesty spice of ginger, creating a warming and invigorating brew. A hint of black pepper adds an extra layer of depth, enhancing the overall taste experience. Perfect for any time of day, this tea offers a harmonious blend of bold and soothing flavors that will tantalize your taste buds.

*Contains: turmeric, ginger, black pepper*

# Shrubs

Introducing our versatile Shrubs Tea category, featuring a delightful range of blends crafted from either rooibos or honeybush. Sourced from the sun-drenched regions of South Africa, these caffeine-free teas offer rich flavors and aromas, perfect for any time of day. Rooibos, often called “red tea,” is derived from the *Aspalathus linearis* shrub and undergoes a natural fermentation process that enhances its sweet, nutty flavor. Honeybush, named for its honey-like aroma, is harvested from the *Cyclopia* plant and also undergoes fermentation, resulting in a smoother, slightly roasted taste.

Our Shrubs Tea blends offer a spectrum of flavors, from fruity to spicy to dessert-inspired. Naturally caffeine-free, these blends are ideal for relaxation and are packed with antioxidants that aid digestion, provide hydration, and support overall wellness. Rooibos and honeybush teas have a rich history, enjoyed for centuries by indigenous South Africans for their health benefits and unique flavors. These teas were traditionally harvested in the wild, and the fermentation process was discovered to enhance their taste and shelf life. Today, they are cultivated sustainably, ensuring that you can enjoy their natural goodness in every cup.

*Water Temperature: 200-212°F*

*Steeping Time: 5-7 minutes*

### **Apple Cider**

**\$5/oz**

*Flavor Profile: Tangy, Sweet, Spicy*

Embrace the cozy comfort of our Apple Cider tea. With the tangy taste of apples, the sweetness of pineapple, and a hint of spicy-sweet cinnamon, this blend warms you up like a cozy fireplace on a chilly December day. Wrap your hands around a warm mug, relax, and savor the best part of your day with every soothing sip.

*Contains: apple, pineapple, strawberries, black carrot juice, citric acid, red rooibos, vanilla*

### **Aztec Chai**

**\$5/oz**

*Flavor Profile: Chocolate, Spicy, Earthy*

Aztec Chai is a robust blend that combines the cozy warmth of traditional chai spices with a surprising cocoa twist and a hint of peppery zest. The aromatic spices like cinnamon, cardamom, and ginger blend perfectly with the rich cocoa, creating a unique and captivating flavor profile. Each sip offers a warm, spicy kick with deep, velvety notes of cocoa and an intriguing peppery undertone. Elevate your tea experience with this distinctive and indulgent blend.

*Contains: cocoa pieces, rooibos, ginger, chicory root, barley malt, cinnamon, cardamom, black pepper*

### **Candy Cane Lane** *(available November through January)*

**\$5/oz**

*Flavor Profile: Mint, Chocolate, Spice*

Spoil that inner child with a taste of nostalgia! Cold nipping at your cheeks, and dazzling lights twinkling in your eyes; a delight for the senses! Breathe deep and wrap your hands around a mug of piping hot creamy cocoa, with the taste of candy canes. Pairs well with cozy snuggling under a blanket, or warming your feet by the fire. The perfect mocktail for the holidays.

*Contains rooibos, cocoa, peppermint, candy cane, apple, cinnamon, star anise*

### **Chocolate Orange**

**\$5/oz**

*Flavor Profile: Sweet, Coco, Citrus*

Indulge in the perfect blend for an afternoon treat or a late-night dessert with Chocolate Orange. This exquisite tea combines the rich, sweet notes of chocolate with the bright, zesty essence of citrus, creating a delightful balance that's both comforting and indulgent. Whether you're looking for a sweet escape or a soothing end to your day, Chocolate Orange offers a touch of dessert in every cup. Enjoy this harmonious blend whenever you crave a moment of pure indulgence.

*Contains: rooibos, orange peel, chocolate, orange petals*

**Dessert**

\$5/oz

*Flavor Profile: Chocolate, Sweet, Floral*

Don't we all love a piece of chocolate cake now and again? What would the sweet teeth amongst us say to combining the relish of cake with a fantastic honeybush? This creation is an absolute must for all chocolate fans with its lively, sweet, chocolaty cake aroma and the beautiful decoration of rosebuds.

*Contains: honeybush tea, chocolate chips, caramel pieces, rose petals*

**Golden Coco**

\$5/oz

*Flavor Profile: Earthy, Spicy, Velvety*

Immerse yourself in the rich, soothing embrace of this luxurious tea blend. Each sip unveils a complex harmony of flavors, balancing earthy turmeric and ginger with a subtly sweet and spicy finish from cocoa peel. Crafted to bring serenity and warmth, this tea is the perfect companion to refresh your spirit and enliven your senses. Enjoy the comforting aroma and velvety texture, offering a moment of tranquility and indulgence in every cup.

*Contains: turmeric, ginger, cocoa peel, aniseed, fennel, blackberry leaves*

**Horchata**

\$5/oz

*Flavor Profile: Cinnamon, Vanilla, Nutty*

Inspired by traditional Mexican horchata, this tea combines cinnamon, vanilla, and rich rooibos, enhanced with almond pieces. This blend captures the essence of Horchata's comforting sweetness. For a drink closer to the classic, brew it strong, sweeten to taste, and add a generous splash of milk or milk alternative. Chill and serve over ice for a soothing, refreshing treat that honors its cultural roots.

*Contains: rooibos, almond pieces, cinnamon rods, vanilla extract*

**Lively Lime**

\$5/oz

*Flavor Profile: Citrusy, Sweet, Refreshing*

Lively Lime is a vibrant and refreshing tea blend that perfectly captures the zest of lime with a delightful sweetness. The citrusy spark is beautifully balanced with a subtle, fruity undertone, making each sip a bright and rejuvenating experience. This tea is excellent for those looking to refresh their palate and invigorate their senses, ideal for enjoying on a warm day or whenever you need a little burst of sunshine.

*Contains: rooibos, apple, coconut flakes, lemon peel, sweet blackberry leaves, candied peach, sunflower blossoms*

### **Mushroom Medley**

\$5/oz

*Flavor Profile: Earthy, Fruity, Complex*

This exceptional infusion combines the cognitive-boosting benefits of Lion's Mane and Reishi mushrooms with the fruity notes of pomegranate and the earthy richness of sarsaparilla. The result is a sweet, earthy tea with a hint of spice, perfect for those seeking both flavor and wellness. Enjoy a soothing cup that not only delights your taste buds but also supports your mental well-being, alleviates anxiety, and enhances memory. Mushroom Melody is your go-to tea for a delicious and healthful experience.

*Contains: rooibos, reishi, lion's mane, pomegranate, sarsaparilla, lemongrass, ginger, clove, quinoa*

### **Pomegranate**

\$5/oz

*Flavor Profile: Sweet, Earthy, Nutty*

Discover a delightful blend destined to become your daily favorite! Enjoy the smooth, slightly nutty flavor of rooibos, complemented by the sweet, exotic taste of pomegranate and the trendy touch of mildly tart quinoa flakes. This happy combination forms a natural flavor composition that will leave you exclaiming, "Simply Superb!" Indulge in this harmonious blend and elevate your tea experience with every cup.

*Contains: rooibos, quinoa flakes, pomegranate arils, pomegranate flowers*

### **Strawberry Shortcake**

\$5/oz

*Flavor Profile: Sweet, Vanilla, Nutty*

Indulge in the delightful flavors of this dessert-inspired tea. With the sweetness of ripe strawberries, a hint of creamy vanilla, and a subtle nutty undertone, each sip transports you to a world of delicious treats. This blend is perfect for those moments when you crave a touch of sweetness and warmth, reminiscent of a classic dessert. Enjoy it as a cozy afternoon pick-me-up or a soothing evening treat.

*Contains: apple, papaya, rose, strawberry, pink cornflower blossoms, vanilla, rooibos*

### **Rhubarb**

\$5/oz

*Flavor Profile: Tart, Fruity, Floral*

Delight in a blend that perfectly balances tart and fruity flavors with a touch of floral elegance. This tea combines the earthy richness of rooibos with the tangy notes of rhubarb and raspberry, complemented by the sweetness of elderberries and coconut. The addition of rose petals adds a delicate floral finish, making each sip a refreshing and aromatic experience. Ideal for any time of day, this blend offers a unique and vibrant taste journey.

*Contains: rooibos tea, elderberries, coconut, raspberry, rose petals, rhubarb*

———— Cup of Tea ————

**Vanilla**

\$5/oz

*Flavor Profile: Vanilla, Nutty, Sweet*

Real Bourbon vanilla is not only the queen of all spices, but also an unrivaled classic among flavored teas. The scent which forms after a thorough drying process produces an unmistakably woody and sweet scent that comes from the superior quality of our vanilla. A complementary pairing with our South African rooibos tea, making for a pure and sweet temptation through and through.

*Contains: vanilla, rooibos*

———— Cup of Tea ————

# Wellness

Discover our carefully curated Wellness Selection, a range of teas crafted to promote health and well-being. Each blend in this collection is thoughtfully formulated with natural ingredients known for their therapeutic properties. Whether you seek relaxation, immune support, or digestive aid, our Wellness Selection offers a tea for every need, helping you achieve balance and harmony in your daily life. Our wellness section features four Ayurvedic and twenty locally blended teas from Mama-te-a. Sally, the amazing owner, has blended each tea to address many of life's challenges, from wellness concerns to everyday pressures.

The history of wellness teas dates back thousands of years, rooted in ancient traditions from cultures around the world. Ayurvedic practices from India, traditional Chinese medicine, and indigenous herbal remedies have all contributed to the rich tapestry of knowledge that informs our tea blends today. These ancient traditions recognized the power of natural ingredients to support health and well-being, a legacy that continues in our Wellness Selection. By blending time-honored wisdom with modern knowledge, we offer you teas that not only taste great but also support your holistic health journey.



### **Rebalance**

\$8/oz

*Flavor Profile: Floral, Herby, Earthy*

This tea is for those extra taxing days that throw you off balance, leaving you **FEELING IRRITABLE AND TENSE**. Nerve calming nettle, skullcap, chamomile, catnip, and lemon balm will soothe the stress from that hectic day. Got a tension headache too? Several of these herbs are also believed to help bring down blood pressure that causes tension headaches.

*Contains: nettle leaf, red raspberry leaf, catnip, skullcap, whole chamomile flowers, passionflower, hibiscus flower*

*Steeping temperature: 175° for 3 mins*

### **Recover**

\$8/oz

*Flavor Profile: Spice, Herby, Floral*

This is the first tea Mama-te-a created, blended with love to help her daughter recover from breast cancer and the depleting effects of chemotherapy. So if you're **FEELING ILL**, this is the tea to help you feel better. This blend has rejuvenating linden and chamomile, the adrenal supporting holy basil and ginger with lemon balm and fennel, known for their antimicrobial and stomach soothing properties.

Here's to hoping you feel better soon!

*Contains: fennel seed, linden leaf & flower, vana holy basil, rama holy basil, krishna holy basil, lemon balm, echinacea, ginger root, chamomile flowers, licorice root*

*Steeping temperature: 195° for 3 mins*

### **Recoat**

\$8/oz

*Flavor Profile: Spicy, Minty, Herby*

When you need a **SOOTHING BLEND FOR YOUR THROAT**, Recoat can relieve minor irritation and discomfort. Blended with aromatic traditional blends, known for their throat benefits, such as Slippery Elm, Marshmallow and Licorice. It is best to steep this tea for more than 5 minutes to get a strong medical benefit.

*Contains: licorice root, marshmallow root, ginger root, slippery elm, cloves, cinnamon, peppermint, sage, chamomile*

*Steeping temperature: 205° for 5 mins*

### **Refocus**

\$8/oz

*Flavor Profile: Herby, Earthy, Bitter*

**CAN'T SEEM TO FOCUS?** Having a hard time paying attention? Allow this combination of herbs to aid in creating clarity, calm, and mind focus. This mellow blend taps into centuries of knowledge to bring your mind to attention. Gotu kola and ginkgo for overall brain wellness, combined with ginseng, tulsi, and several other herbs to help an overstimulated and distracted mind refocus. (Not recommended if pregnant).

*Contains: gotu kola, ginkgo leaf, siberian ginseng, rosemary, krishna & rama tulsi, holy basil, lemon balm, skullcap, spearmint*

*Steeping temperature: 195° for 3 mins*

### **Rejoice**

\$8/oz

*Flavor Profile: Spice, Mint, Herby*

Blended to shine a little light and **BRING JOYFUL FEELINGS**. Packed with herbs that evoke a sense of happiness. In Chinese medicine, Sweet Osmanthus Flower is used to help circulation, detoxify and even improve hoarseness—we want you to have a clear happy voice in the world!

*Contains: sweet osmanthus flower, milky oats, damiana leaf, cacao nibs, cinnamon, peppermint leaf, spearmint, licorice root, cloves*

*Steeping temperature: 195° for 3 mins*

### **Relax**

\$8/oz

*Flavor Profile: Minty, Herby, Floral*

**CAN'T SEEM TO CALM DOWN?** Soothe a frazzled mind and body with a delicious cup of Relax. Let the skullcap and catnip calm your tension while hops, peppermint and red raspberry leaf exude calmness and lessen anxiety. Hibiscus flower is believed to aid lower blood pressure. Lastly, Osmanthus flower is said to relieve the body from fatigue, so you can relax without feeling sedated. This is the adult version of Chill Child.

*Contains: skullcap, catnip, lemon balm, hops, peppermint, red raspberry leaf, hibiscus flower, red osmanthus flower, butterfly pea flower*

*Steeping temperature: 175° for 3 mins*

## **Relief**

\$8/oz

*Flavor Profile: Tart, Herby, Spice*

Suffering from **ALLERGIES**? Look no further! A combination of 9 plants, provide a soothing reprieve from the many unpleasant symptoms that allergies can create. Nettles for their antihistamine effects against sneezing and sniffles, and eyebright to combat eye irritation. Elderberries and Red Clover give your respiratory system a much welcome calm. Drink daily for the best results and consistent benefits. Moringa is a natural antihistamine.

*Contains: nettle leaf & root, elderflower & berries, eyebright, red clover, marshmallow, anise seed, ashwagandha, ginkgo, moringa leaf*

*Steeping temperature: 195° for 3 mins*

## **Remember**

\$8/oz

*Flavor Profile: Spicy, Earthy, Mint*

Remember is packed with incredible **COGNITIVE SUPPORT** herbs, encouraging focus, memory, learning, clarity, and mindful agility. This delicious combination was inspired by the days we feel foggy and have a sluggish mind. Gotu Kola has long been used in India to bring about agility to the mind. South African Green Rooibos helps with its high anti-oxidant properties. 2 Holy Basils (Tulsi) bring peace of mind and rejuvenation. Sage and Rosemary have been used to enhance mindfulness since ancient times.

*Contains: rosemary, gotu kola, rama holy basil, licorice root, krishna holy basil, sage, spearmint, green rooibos, ginseng root, cardamom*

*Steeping temperature: 195° for 3 mins*

## **Remtime**

\$8/oz

*Flavor Profile: Minty, Herby, Floral*

REMTIME is a masterful combination that relaxes the mind and body, in order to calm you down and provide insomnia fighting elements so you can get the sleep you need. Nightly use is believed to build up an ability to fall **ASLEEP FASTER AND SLEEP DEEPER**. Valerian has been known to cause dreaming in some people more than others, so until you know the right amount, start with one, then if desired, 2 cups about an hour before bedtime.

*Contains: valerian root, linden leaf & flower, lemon balm, lavender, whole chamomile flowers, peppermint, hops, ashwagandha root, passion flower, ground butterfly pea, nutmeg*

*Steeping temperature: 195° for 4 mins*

### **Renewal**

\$8/oz

*Flavor Profile: Herby, Spice, Floral*

This tea is a combination of 5 amazing plants that we nicknamed the **FOUNTAIN OF YOUTH** tea. The nettle, known for centuries as an incredible medicinal herb, is believed to have anti-inflammatory properties, mild relief of aches and pains, plus helps with allergies, cell renewal and overall well being. The Butterfly Pea flower contains potent antioxidants, believed to protect against free radicals and boost the appearance of bright skin, hair and nails. Gotu Kola helps clarify and boost the mind, along with the added cleansing and healing properties of licorice and ginger roots. Take a splash.

*Contains: butterfly pea flowers, nettle leaves, gotu kola, licorice root, ginger root*

*Steeping temperature: 195° for 4 mins*

### **Reopen**

\$8/oz

*Flavor Profile: Soothing, Floral, Heartfelt*

Crafted with life's emotional ebbs and flows in mind, this herbal blend, aptly named Reopen, is designed to nurture an **EMOTIONALLY OPEN, HAPPY HEART**. The calming effects of Linden combine with the supportive qualities of Hawthorn, a traditional herb known for its heart-healing properties. Together, they work to alleviate feelings of tightness and pressure caused by emotional hurt and tension. This gently nurturing tea offers comfort and solace, easing you through life's heartaches and challenges with each soothing sip.

*Contains: hawthorn leaf, linden leaf and flowers, peppermint, nettle leaf, spearmint, hawthorn berry, red sage root, motherwort, osmanthus flowers*

*Steeping temperature: 195° for 4 mins*

### **Resettle**

\$8/oz

*Flavor Profile: Earthy, Minty, Herby*

**TUMMY TROUBLES** be gone! A combination of 10 powerful herbs whose properties are used to calm the stomach and help promote digestion. Wood betony, Oregon grape, parsley and fennel quell gut stress and inflammation; while yarrow, skullcap, and uva ursi relieve GI and muscle discomfort. Mighty against the pain and fullness that accompanies bloating. Avoid this tea if you are experiencing diarrhea.

*Contains: parsley, calendula flower, peppermint, wood betony, Oregon grape, yarrow, skullcap, uva ursi, mugwort, fennel seed*

*Steeping temperature: 195° for 4 mins*

### **Reshape**

\$8/oz

*Flavor Profile: Earthy, Nutty, Floral*

This tea is intended to **AID WEIGHT MANAGEMENT**. This unique blend uses herbs believed to help boost your metabolism and the processing of toxins. It also has a secret weapon, an herb called *Gymnema Sylvestre* which is said to fight sugar cravings by blocking the taste of sugar and reducing the sweet message to the brain!

*Contains: gymnema, green rooibos, rosehip, hibiscus, lemon verbena, milk thistle, ashwagandha*

*Steeping temperature: 195° for 4 mins*

### **Resilience**

\$8/oz

*Flavor Profile: Minty, Herby, Floral*

Feel like you need **WHOLE BODY SUPPORT** for how hard you make your body work? This mineral and nutritive rich tea is blended with a collection of restorative herbs for muscular, digestive, nervous, and reproductive systems, along with properties believed to support your kidneys. Make this tea your daily cup if you are a busy bee!

*Contains red raspberry leaf, red rooibos, nettle leaf, peppermint leaf, spearmint leaf, fennel seed, red rose petal*

*Steeping temperature: 195° for 4 mins*

### **Respiratory**

\$8/oz

*Flavor Profile: Herbal, Soothing, Slightly Spicy*

This carefully crafted blend features herbs traditionally celebrated for their **LUNG HEALTH** benefits and their ability to support clear and easy breathing. Ingredients like Lungwort and Mullein are particularly effective for soothing coughs, clearing mucus, and easing tight airways. Scientific research supports the use of these herbs: Lungwort is known for its anti-inflammatory and antioxidant properties, while Mullein has been shown to possess expectorant qualities that help clear respiratory passages. With a soothing herbal profile and a hint of spice, this blend not only tastes great but also works wonders for respiratory health.

*Contains: lungwort, lichen, mullein, eucalyptus, marshmallow root, elderberry, ginger root, astragalus*

*Steeping temperature: 195° for 4 mins*

### **Revitalize**

**\$8/oz**

*Flavor Profile: Rooty, Floral, Herby*

This is your do over tea! A gentle **DETOXING TEA** with a whole lot of extra benefits. This tea helps cleanse the liver and kidneys and encourages beneficial gut flora to prosper. Plus with the help of four excellent root herbs, the tea is rich in vitamins and minerals. So when you have done too much living the good life or like to make a practice of cleaning the body, this tea is for you.

*Contains: nettle leaf, dandelion root, burdock root, nettle root, licorice root, ground butterfly pea flower*

*Steeping temperature: 195° for 3 mins*

### **Chill Child**

**\$8/oz**

*Flavor Profile: Minty, Floral, Sweet*

This one's for the kiddos! Just like adults, life **FOR KIDS** is sometimes busy and stressful, making it hard to relax. When the need is to chill out without becoming drowsy, this is the tea to try. Mellow in taste and a delightfully healthy alternative to not-so-healthy drinks kids often want.

*Contains: skullcap, spearmint, red raspberry leaf, catnip, whole chamomile, butterfly pea flower, orange peel, calendula flower, meadowsweet, stevia leaf*

*Steeping temperature: 175° for 3 mins*

### **Elderberry Mix**

**\$8/oz**

*Flavor Profile: Tart, Earthy, Spice*

This elixir is rich in vitamins and traditional **IMMUNE BOOSTING** herbs such as elderberries, elderflower, echinacea, and rosehips. Deep, dark, yet bright and spicy in flavor. This delicious blend with its incredible properties can also be reduced down into a concentrate and blended with honey for a syrupy elixir to further help support your body!

*Contains: elderberries & flowers, echinacea root & leaf, rosehips, orange peel, sweet cinnamon, hibiscus flower, ginger root*

*Steeping temperature: 195° for 3 mins*

### **SYRUP DIRECTIONS:**

Place 1/2 cup blend & 2 cups water into pan. Bring to boil, reduce heat and barely simmer for 45 mins. Let it rest & cool for 1 hour. Strain off liquid to remove herbs, pressing out the goodness,. (Used herbs can be added to plants or compost or add some to cookie or muffin mix!). Add 1 cup of honey to the elderberry liquid & stir together, melt if needed, Pour into a sterile bottle or jar & refrigerate.

**Happy Hibiscus**

\$8/oz

*Flavor Profile: Tart, Earthy, Sweet*

This is the tea that will **PUT A SKIP IN YOUR STEP**, without the need for caffeine. Vitamin C packed hibiscus meets sweet and nutty honeybush for immune support. Adaptogen holy basil and a kick of ginger for the digestive tract is the answer for an everyday pick-me-up! Enjoy the increase in energy and the positive feelings.

*Contains: hibiscus flowers, honeybush, krishna holy basil, ginger root*

*Steeping temperature: 185° for 3 mins*

## Ayurvedic Inspired Wellness Tea

### **Ayurvedic-medic**

\$5/oz

*Flavor Profile: Spicy, Warm, Sweet*

Immerse yourself in the rich tradition of Ayurveda with “Ayurvedic-medic,” a tea blend specifically crafted to **ENHANCE HEALTH AND WELLNESS**. This spicy and soothing elixir combines earthy zest with a sweet warmth, offering a comforting and rejuvenating experience. Known for its potential to strengthen immunity, each sip delivers a holistic boost, making it an ideal choice for those seeking to fortify their health. Whether starting your day or unwinding in the evening, this tea serves as a perfect companion for nurturing body and spirit.

*Contains: ginger, licorice root, cinnamon pieces, lemongrass, cardamom, turmeric, mace*

*Steeping Temperature: 205° for 5 mins*

### **Chemical X**

\$5/oz

*Flavor Profile: Warm, Spicy, Rooty*

Chemical X is a traditional Ayurvedic tea blend crafted specifically to **SUPPORT WOMEN’S HEALTH**. The tea starts with a spicy ginger aroma that awakens the senses, complemented by the fresh zest of orange. These vibrant top notes are beautifully rounded out by the earthy depth of fennel and the warm, comforting spice of cinnamon. This blend not only offers a rich and invigorating flavor experience but also provides a wholesome boost to your daily wellness routine.

*Contains: orange peel, cinnamon, fennel, liquorice root, cardamom, ginger, juniper berries, angelica roots, dandelion roots, cloves, peppercorn*

*Steeping Temperature: 205° for 5 mins*

### **Shavasana**

\$5/oz

*Flavor Profile: Spicy, Floral, Warm*

Shavasana tea draws inspiration from Ayurvedic teachings to offer a blend that is both **RELAXING AND BALANCING**. It features a sweet and soft taste, beautifully enhanced with delicate floral accents that invite you to unwind. As you sip, let the day’s stresses dissolve and embrace the tranquility this tea encourages. Perfect for finding peace and quiet, Shavasana tea is an ideal companion for moments of relaxation and reflection.

*Contains: licorice root, cinnamon, cardamom, coriander, fennel, ginger, rose*

*Steeping Temperature: 205° for 5 mins*



**Winter Solstice**

\$5/oz

*Flavor Profile: Robust, Spicy, Fruity*

Inspired by Ayurvedic traditions, this Winter Solstice Tea celebrates the season with a blend rooted in wellness and balance. Featuring antioxidant-rich cranberry and pomegranate, known for their anti-inflammatory properties, this tea helps embrace the longer nights and colder days. The relaxing qualities of silver linden blossom make it perfect for a soothing evening ritual. With the warm flavors of caramelized pomegranate and a mix of wintry spices, this blend is designed to **UPLIFT YOUR SPIRITS** and align with the natural cycle of the season.

*Contains: apple, orange peel, hibiscus, blackberry leaves, almonds, carrot shreds, star aniseed, cinnamon, silver linden blossoms, cranberry, pomegranate arils, peony petals.*

*Steeping Temperature: 205° for 5 mins*

# Botanicals

Enhance your tea experience with our Botanical Additions, a diverse selection of herbs, flowers, and roots designed to add flavor or health benefits to your tea, or to be enjoyed on their own. Whether you're looking to boost your wellness routine or explore new taste sensations, our botanicals offer endless possibilities for customization and enjoyment. These versatile botanicals can be added to your favorite teas for a unique flavor twist or enjoyed as a standalone infusion. Many botanicals provide natural therapeutic properties, offering benefits such as calming effects, digestive support, immune boosting, and detoxification.

The use of botanicals in tea dates back to ancient civilizations, where herbs, flowers, and roots were valued not only for their flavors but also for their healing properties. The Egyptians, Greeks, and Romans utilized a wide variety of botanicals in their daily rituals and medicinal practices. Traditional Chinese and Ayurvedic medicine systems have long incorporated botanical infusions to support overall health and balance within the body. These historical practices have laid the groundwork for modern botanical blends, allowing us to harness the power of nature in each carefully selected ingredient. Our Botanical Additions continue this tradition, providing you with the timeless benefits of these natural treasures to enhance your tea-drinking experience.

### **Ashwagandha**

\$8/oz

*Flavor Profile: Earthy, Bitter, Sweet*

Ashwagandha (*Withania somnifera*), also known as Indian ginseng or winter cherry, is a revered adaptogenic herb used in Ayurvedic medicine for its ability to help the body manage stress. Known for promoting relaxation, improving cognitive function, and boosting immunity, ashwagandha also supports physical performance and hormonal balance. Its calming properties reduce anxiety and cortisol levels, while enhancing memory, focus, and overall vitality.

*May help with: calming, immunity, hormone balancing*

### **Butterfly Pea Flowers**

\$8/oz

*Flavor Profile: Floral, Vegetal, Earthy*

Butterfly pea flower is renowned for its vibrant blue hue and substantial health benefits, including antioxidant properties that combat oxidative stress and inflammation. This botanical offers a mild, earthy flavor akin to green tea and is believed to enhance cognitive function and reduce anxiety. Its visual appeal is heightened when acidity is added, transforming the blue infusion into a brilliant purple, adding a delightful sensory experience to its therapeutic benefits.

*May help with: pain relief, depression, anxiety, cognitive function*

### **Cardamom Pods**

\$8/oz

*Flavor Profile: Spicy, Sweet, Floral*

Cardamom, treasured as one of the world's most ancient and expensive spices, is native to the lush forests of the Western Ghats in Southern India. Esteemed for its spicy, sweet, and floral notes, cardamom is a popular addition to various tea blends, enhancing them with its unique flavor. For a more intense taste, the pods can be used whole or ground. Not only does it elevate culinary dishes, but cardamom also offers health benefits, including aiding digestion and respiratory health.

*May help with: digestion, respiratory issues, easing menstruation, detoxifying the body by stimulating the liver*

### **Chamomile Flowers**

\$5/oz

*Flavor Profile: Appley, Floral, Honey*

Chamomile has been a cherished herbal remedy since the Neolithic Age, celebrated for its crisp apple-like aroma and flavor. As a relative of ragweed, it may cause allergic reactions in individuals sensitive to the daisy family. Beyond its delightful taste, chamomile is revered for its health benefits, including its ability to soothe the mind, alleviate insomnia, and reduce inflammation, making it a staple in relaxation and nighttime teas.

*May help with: relaxation, inflammation, digestive system*

### **Chicory**

**\$5/oz**

*Flavor Profile: Warm, Nutty, Chicory*

Chicory, a member of the dandelion family, offers a robust, warm, and nutty flavor often used as a caffeine-free coffee substitute. Valued for its digestive and liver health benefits due to its prebiotic properties, chicory enhances beverages like chai tea with its comforting warmth. This makes it an ideal choice for those seeking a healthful, flavorful alternative to coffee.

*May help with: digestion, inflammation, constipation, upset stomach, caffeine-free alternative to coffee*

### **Dandelion Root**

**\$5/oz**

*Flavor Profile: Warm, Earthy, toasty*

Dandelion root has been valued in traditional Chinese and Native American medicine for its numerous health benefits. Offering a warm, earthy taste similar to coffee but without the acidity, it serves as a comforting alternative for coffee enthusiasts. Known to aid digestion, support menopausal health, act as a natural diuretic, and provide antioxidants, dandelion root is an excellent herbal remedy for daily wellness routines.

*May help with: digestion, menopause, diuretic, antioxidants*

### **Ginger Root**

**\$5/oz**

*Flavor Profile: Spicy, Pungent, Aromatic*

Ginger root, a flowering plant native to Asia, is celebrated for its spicy, pungent, and aromatic qualities. Its rhizome, or underground stem, imparts a distinctively sharp and warming flavor that makes it a popular ingredient in various chai teas and a myriad of culinary dishes. Beyond its culinary uses, ginger is renowned for its health benefits, including aiding digestion, reducing nausea, and anti-inflammatory properties, making it a valuable addition to a health-conscious diet.

*May help with: nausea, muscle pain, anti-inflammatory, digestion, menstrual pain*

### **Hibiscus Flowers**

**\$5/oz**

*Flavor Profile: Fresh, Tangy, Sour*

Hibiscus flowers, known for their vibrant red blossoms, offer a fresh and tangy sour taste that some affectionately refer to as “sour tea.” Historically used in various African countries for its health benefits, hibiscus tea is revered for its ability to support the immune system, alleviate nausea, assist in hormone balancing, and help regulate blood pressure. This makes it not only a delightful beverage but also a beneficial one for maintaining overall health.

*May help with: immune system, nausea, hormone balancing, blood pressure*

### **Honeybush**

*\$5/oz*

*Flavor Profile: Sweet, Roasted, Smooth*

Honeybush, closely related to rooibos and native to South Africa, is cherished for its sweet aroma reminiscent of honey, which gives this plant its name. Its flavor is similar to rooibos but sweeter and smoother with a subtle roasted undertone. Rich in antioxidants and phytoestrogens, Honeybush has been scientifically studied for its potential to relieve coughs and ease menopausal symptoms by balancing hormone levels. This delightful herb offers a naturally sweet infusion that supports overall health and wellness.

*May help with: coughs, lessening menopausal symptoms*

### **Lavender Flowers**

*\$5/oz*

*Flavor Profile: Floral, Bitter, Refreshing*

Lavender, originating from a genus in the mint family and named for the Latin “lavare,” meaning ‘to wash,’ is renowned for its clean, floral aroma and distinctive flavor. This delightful herb infuses hints of rosemary and mint into its profile, creating a soothing and refreshing experience. Lavender is also nutritionally beneficial, containing high levels of calcium, iron, and vitamin A. This combination of unique flavor and health benefits makes lavender a prized addition to any herbal collection.

*May help with: relaxation, digestion, inflammation, detox*

### **Lemongrass**

*\$5/oz*

*Flavor Profile: Citrusy, Fresh, Zesty*

Lemongrass, widely used as a culinary herb, is also prized for its vibrant flavor that combines elements of lemon and lime. Finely chopped stems are used for brewing, releasing a potent, refreshing aroma and taste. Beyond its culinary uses, lemongrass is valued for its medicinal properties; it contains citral, a compound known for its anti-inflammatory and antimicrobial effects. This makes lemongrass not only a delightful addition to foods and beverages but also a beneficial herb for promoting overall health.

*May help with: improving digestion, boosting metabolism, reducing inflammation, soothing menstrual cramps*

### **Licorice Root**

*\$15/oz*

*Flavor Profile: Sweet, Slightly Bitter, Anise-like*

Licorice root, from the plant \**Glycyrrhiza glabra*\*, has been cherished since ancient times for its distinctive sweet and slightly bitter flavor, reminiscent of anise and fennel. Scientifically valued for its glycyrrhizin content, licorice root offers powerful anti-inflammatory and immune-boosting properties. This makes licorice root a staple in both traditional and modern herbal medicine.

*May help with: soothing gastrointestinal problems by speeding the repair of the stomach lining, respiratory and adrenal gland health*

### **Marshmallow Root**

*\$5/oz*

*Flavor Profile: Mild, Earthy, Woody*

Marshmallow root, a perennial legume from southern Europe and Asia, has been valued since Ancient Egyptian times for its medicinal properties. This root offers a subtle, earthy taste and contains mucilaginous polysaccharides that soothe irritated mucous membranes by forming a protective gel. It's particularly effective for alleviating respiratory and digestive discomfort and rich in antioxidants that help reduce inflammation and cellular damage.

*May help with: ulcers, respiratory system, immune-boosting*

### **Peppermint**

*\$5/oz*

*Flavor Profile: Refreshing, Menthol, Slight Spice*

Peppermint, with its rich history dating back to ancient Egypt, is celebrated for its crisp menthol flavor and numerous health benefits. Its antispasmodic properties help soothe the digestive system, alleviating symptoms like bloating and indigestion, while menthol acts as a natural decongestant, improving respiratory health. Additionally, peppermint's anti-inflammatory and antimicrobial qualities aid in reducing gastrointestinal discomfort and combating infections.

*May help with: headache, soothing the respiratory tract, digestion, boosting immunity*

### **Raspberry Leaf**

*\$5/oz*

*Flavor Profile Rich, Tea-like, Earthy*

Raspberry leaf comes from the "Rubus Idaeus" plant and is celebrated for its health-promoting qualities. These leaves are rich in vitamins, minerals, tannins, and flavonoids, known for their anti-inflammatory properties. Traditionally used as a uterine tonic, raspberry leaf can help strengthen uterine muscles, which is particularly beneficial during pregnancy to aid in labor. It may be highly effective in alleviating menstrual cramps and reducing inflammation.

*May help with: women's health, immunity, inflammation*

### **Rooibos**

*\$5/oz*

*Flavor Profile: Sweet, Nutty, Earthy*

Rooibos, often referred to as "red tea," originates from the *Aspalathus linearis* shrub in South Africa. This unique plant undergoes a natural fermentation process that enhances its naturally sweet and nutty flavor. Rooibos is celebrated for its rich antioxidant content, including aspalathin and nothofagin, which help combat oxidative stress and inflammation. Additionally, rooibos has been studied for its potential antihistamine properties, making it a good choice for alleviating allergy symptoms. This caffeine-free alternative offers a smooth, earthy taste and a variety of health benefits, making it a popular choice for tea enthusiasts seeking both flavor and wellness.

*May help with: alleviating headaches, seasonal allergies, boosting immune system*

### **Rose Buds**

**\$5/oz**

*Flavor Profile: Floral, Varying Sweetness to Bitterness*

Rose buds, derived from a family encompassing over 130 unique species, not only offer a delightful range of flavors, from sweet to slightly bitter but are also beneficial for health. Rich in vitamin C, these edible flowers support immune system health and provide antioxidant properties that help combat oxidative stress in the body. Scientific studies have also highlighted roses for their anti-inflammatory and mood-enhancing properties, making rose bud tea an excellent choice for those looking to soothe the body and uplift the spirit.

*May help with: immune system, antibacterial, calming qualities, anti-inflammatory*

### **Rose Hips**

**\$5/oz**

*Flavor Profile: Tangy, Rich, Floral*

Rose hips, the fruit of the rose plant, are celebrated for their vibrant, tangy flavor and myriad health benefits. Rich in vitamin C, they offer a potent antioxidant boost which is essential for immune support, skin health, and collagen production. Scientific studies have shown that rose hips also contain anti-inflammatory properties, making them effective in managing arthritis symptoms and reducing inflammation throughout the body. Additionally, they provide bioflavonoids and other beneficial compounds that promote overall wellness.

*May help with: antioxidants, gastrointestinal health, inflammation*

### **Spearmint**

**\$5/oz**

*Flavor Profile: Fresh, Sweet, Slightly Spicy*

Spearmint, known for its characteristic spear-shaped leaves, offers a refreshing, sweet flavor distinct from peppermint due to the absence of menthol. This herb is not only valued for its culinary uses but also for its various health benefits backed by scientific research. Spearmint contains compounds like carvone, which have shown potential in aiding digestion, relieving symptoms of nausea, and reducing bloating. It also has anti-inflammatory properties that can help manage symptoms of arthritis and other inflammatory conditions. Additionally, spearmint has been studied for its ability to improve memory and reduce hormonal imbalances, making it a beneficial herb for overall health and wellness.

*May help with: boosting the immune system, nausea, anti-inflammatory*

### **Stinging Nettle**

*\$5/oz*

*Flavor Profile: Earthy, Seaweed-like, Nutty*

Stinging nettle, found in North America and across the Northern Hemisphere, offers an earthy and mildly seaweed-like flavor. Beyond its culinary uses, stinging nettle is cherished for its many health benefits. Packed with essential nutrients like vitamins A, C, K, several B vitamins, and minerals such as iron, calcium, magnesium, and potassium, it provides excellent nutritional support. Known for its gentle anti-inflammatory properties, it can help ease conditions like arthritis. Additionally, stinging nettle supports urinary tract health and helps reduce allergy symptoms, making it a versatile and beneficial addition to your diet.

*May help with: inflammation, supporting a healthy urinary function, flushing away toxins, treating pain from arthritis*

### **Yerba Mate**

*\$5/oz*

*Flavor Profile Bitter, Rich, Smoky*

Yerba mate, derived from the *Ilex paraguariensis* tree, is a beloved beverage throughout South America. It is known for its robust, bitter flavor. Research shows that yerba mate is packed with health benefits. It contains a unique combination of caffeine, theobromine, and other xanthines that provide a gentle, sustained energy boost. Additionally, yerba mate is rich in antioxidants and polyphenols, which help reduce inflammation and protect against chronic diseases. Studies have demonstrated its ability to enhance mental focus, support cardiovascular health by improving lipid profiles, and aid in weight management by boosting metabolism and promoting fat oxidation.

*May help with: reducing the risk of cardiovascular diseases, weight loss, has antimicrobial and anti-inflammatory properties.*



## All the chai teas in one place

### **Stumptown Chai**

*page 5*

For those who appreciate a lighter chai, this blends delicate white tea with aromatic spices and a sweetness reminiscent of ginger snap cookies.

*Contains: white tea (China), ginger, lemongrass, cinnamon, pineapple, coconut, clove, cardamom, apple, red peppercorn*

### **Vendant Chai**

*page 16*

Enjoy this unique green chai, balanced spiciness with a refreshing lightness.

*Contains: green tea, cinnamon, cardamom, cloves, rose petals, saffron*

### **Parker's Chai**

*page 22*

Savor the inviting warmth of our oolong chai, bold cinnamon, and a rich mix of spices for a comforting and soothing experience.

*Contains: oolong tea (China), cinnamon bark, ginger, cardamom, chicory, cocoa nibs, black peppercorn, cloves*

### **Diwali Chai**

*page 28*

This chai tea captures the festive spirit offering a parade of spice and a hint of citrus, celebrating Diwali's triumph of light over darkness.

*Contains: black tea (India), cinnamon, cloves, orange, anise, ginger, cardamom, pink pepper, nutmeg, safflower petal*

### **Heritage Chai**

*page 28*

This Chai offers a smooth, malty flavor with mild spices, creating a subtle and refined taste. It's perfect for those who prefer a less intense spice profile.

*Contains: black tea (India), cardamom, clove, cinnamon, bay leaf*

### **Tea-juana Chai**

*page 30*

A robust blend combining traditional chai spices with a surprising cocoa twist and a hint of peppery zest creates a spicy kick with deep, velvety cocoa notes.

*Contains: black tea (India), cocoa, cardamom, cinnamon, coriander, black pepper, ginger*

### **Charmander Chai**

*page 35*

Ignite your senses with the fiery warmth, inspired by the spirited fire-type Pokémon, featuring a bold blend of spices for a kick that's both invigorating and comforting.

*Contains: pu-erh tea (China), cinnamon, black pepper, cloves, ginger, cardamom*

### **Aztec Chai**

*page 43*

This blend combines the cozy warmth of traditional chai spices with a surprising cocoa twist and a hint of peppery zest.

*Contains: cocoa pieces, rooibos, ginger, chicory root, barley malt, cinnamon, cardamom, black pepper*

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<i>Starfruit</i> .....	16

———— Cup of Tea ————

<i>Sticky Rice Brick</i> .....	37
<i>Sticky Rice Tou Cha</i> .....	37
<i>Stinging Nettle</i> .....	64
<i>Strawberry Kiwi</i> .....	41
<i>Strawberry Shortcake</i> .....	45
<i>Stumptown Chai</i> .....	8
<i>Sun Kissed</i> .....	27
<i>Sunshine Glow</i> .....	41
<i>Superberry</i> .....	37
<i>Tangerine Dragon Balls</i> .....	9
<i>Tea-juana Chai</i> .....	30
<i>Tropical Fusion</i> .....	9
<i>Tropical Sky</i> .....	41
<i>Tumeric Ginger</i> .....	41
<i>Tung Ting</i> .....	20
<i>Vanilla</i> .....	46
<i>Velvet Vanilla</i> .....	30
<i>Verdant Chai</i> .....	16
<i>Whiskey Smoked</i> .....	30
<i>Wild Tree</i> .....	6
<i>Winter Solstice</i> .....	57
<i>Yamabuki</i> .....	27
<i>Yerba Mate</i> .....	64
<i>Yunnan Tou Cha</i> .....	34



———— Cup of Tea ————

*Zi Cha*.....34  
*Zomba Pearls* ..... 6