

Caffeinated Teas

Black Tea \$2.95 a pot

Assam - Big and bold with a slight malt flavor.

Ceylon - A smooth citrusy tea from Sri Lanka.

Darjeeling (1st flush) - A true unblended Darjeeling tea from fresh, green leaves.

Earl Grey - With a pinch of Bergamont oil. Great with honey and lemon.

English Breakfast - A balanced blend that stands up well to milk, honey and sugar.

Lapsang Souchong - A smoked semi-fermented Tibetan tea. Not for the timid.

Mango Ceylon - A zestful Ceylon blend with natural essence of Mango and marigold petals.

Green Tea \$2.95 a pot

Dao Ren - A superior tea which is carefully hand plucked during Spring harvest resulting in a delicate yet pronounced flavor with fruity notes.

GenMaicha - Fresh green Sencha leaves and toasted organic brown rice.

Gunpowder - Rolled into pellets to preserve it’s freshness during long ship voyages resulted in this tea’s own unique flavor.

Jasmine - Freshly picked green tea leaves and Jasmine flowers.

Oolong - A partially fermented tea which produces a balanced profile of both green and black leaves.

Yerba Mate - A lightly stimulating beverage from South America with grassy tones.

White Tea

Peony - White tea is picked early in the season when the buds are still fresh and tender producing a mild and sweet taste. \$2.95 a pot

Coffee, Chocolate & Chai

Lattes 4.25 (with your choice of Soy or Almond Milk)
cafe latte, mate latte, mocha and chai

Americano 2.95 **Cappuccino 4.25**
Espresso 2.75 **Hot Chocolate 4.25**

Whole Meal Smoothies

A.B.C. 6.25
fresh almond brazilnut milk, raw cacao, almond butter, frozen bananas, raw honey

POW! 7.50
fresh almond brazilnut milk, mixed berries, raw honey, cacao, maca, flax oil, goji berries, spirulina, irish moss

Frozen Sunshine 5.95
organic OJ, mixed berries, banana, rice milk

Espresso Blended 4.95
double shot of espresso, choice of milk, ice

Herbal Teas

Red Tea \$2.95 a pot

Honeybush - A naturally fruity tea from the Cape of Good Hope.

Red Rooibos - A traditional South African tea rich in anti-oxidants and commonly enjoyed with milk and honey.

Green Rooibos - Higher in anti-oxidants than it’s red counter part, Green Rooibos is lighter in color and taste and is uniquely unfermented.

Herbal Tea \$2.95 a pot

Roasted Dandelion Root - When roasted, this weed has a wonderful chocolate and nutty flavor. Try with milk and honey!

21st Century Tea - Red clover, nettle, pau d’ arco, alfalfa, sage, St. John’s Wort and ginger.

Throat Soother - Licorice root, marshmallow root, echinacea, cinnamon, orange peel, ginger, fennel and clove.

Radiance Tea - Ginko leaf, red clover, nettle, meadowsweet, calendula, chamomile, lavender, gotu kola and a pinch of stevia leaf.

Luciditea - Peppermint, mugwort, damiana, chamomile, gotu kola, rosemary, rose petals, and a pinch of stevia leaf.

Peppermint & Chamomile

Cold Beverages

Chilled Mango Black Tea 2.75

Chilled Hibiscus Tea 2.75

Coconut Water 3.50

Organic OJ 3.50

Kombucha 3.75
(Lemongrass, Ginger Peach or Original)

Reeds Raspberry Ginger Brew 3

Sparkling Water 2.75

Apple Juice 2.75

Soy or Almond Milk 2.75

Fresh Juices (16oz) 7.95

The Refresher **Garden in a Glass**
apple, celery, lemon carrot, beet, parsley, celery

Roots Radical **Carrot Juice 5.95**
beets, carrot, celery

The Green Zinger **Fresh Apple Juice 5.95**
kale, apple, lemon, ginger

Wellness Shot (4oz) 3.75
lemon, ginger, parsley, celery, cayenne

...More Smoothies

Little Lion 6.25
almond brazilnut milk, peanut butter, DandyBlend (dandelion “coffee”), raw honey, raw cacao

Berries ‘n Cream 5.95
house milk, mixed berries, dates, vanilla, agave nectar

Get Yer Greens 5.95
kale, mixed baby greens, spirulina, banana, organic OJ, apple juice