



TEA MENU

*Our teas are supplied by a tea sommelier,
Karen Hartwick, Tea Leaves, Stratford, ON.*

EARL GREY SUPREME

Sri Lanka & China - for the connoisseur of Earl Grey tea. This tea is based on a Grand Keemun China Black, Ceylon Vintage Silver Tips and the highest grade of Oil of Bergamot. The leaf is very fragrant, and the cup gives you a crisp brisk lively brew that is so smooth and refreshing.

VANILLA EARL GREY

This creamy Earl Grey blend is based on a Ceylon black tea infused with Oil of Bergamot and finished off with Vanilla bean and Cornflower. A very uplifting tea for morning or late afternoon. Sweet and fragrant.

TERRA NOVA BLACK

A rich and satisfyingly smooth black tea blended with leaves from tea gardens in China and India. Traditional style. Ani-oxidant rich to support immune system. Great with or without milk.

GENMAICHA MATCHA

Genmaicha Matcha is a special blend of Genmaicha with Matcha powder tea. It is a slightly sweet and highly aromatic tea. Matcha contributes its natural sweetness to the full body flavour of the roasted Genmaicha. It is a tea that gives you clarity and energy. Multiple infusions.

Genmaicha is a blend of Bancha with well-roasted brown rice, Genmai. The rice adds a slightly nutty taste and roasted aroma. It is popular in Japan as an everyday tea.

MAGIC ROOTS

A powerhouse of healthy deliciousness. Chaga Mushroom, roasted Dandelion root, Chicory, Ashwagandha, turmeric and Star Anise. Star Anise is an excellent source of shikimate or shikimic acid (which is known to neutralize the spike protein). Shikimate, shikimic acid and their derivatives possess: cancer fighting, antiviral, antimicrobial, anticoagulant and antithrombotic properties.

2 MINT CHAMOMILE

Organic Spearmint and Peppermint leaves and our lovely Chamomile flowers are gently tossed to create a minty relaxing herbal tisane that calms and relaxes. A great end of day tea to sip as you drift off to sleep. No caffeine.

ORGANIC HIBISCUS & BERRIES

A big red cup of berry tea, perfectly balanced between sweet and tart. Starting with tart organic Hibiscus flowers then blending in Currants, Cranberries and Blueberries and a touch of Rooibos. Hibiscus is good for your blood and this herbal is high in vitamin C. Great hot or chilled.

TUNG TING OOLONG

This classic tea from the mountains of central Taiwan is sweet, fruity, and floral in layers. This is a mid oxidized Oolong, meaning it is a little darker and slightly toasty. Each infusion goes deeper into ripe fruit.

HOT CINNAMON HERBAL

It is a blend of Rooibos, three types of fresh Cinnamon, Orange Peel, and Sweet Cloves. It is remarkably assertive and bold. It boasts a very complex cup that rewards you with flavour and aroma and a lingering spicy sweet aftertaste. Enjoy natural fresh sweetness without the sugar. Cinnamon helps to regulate blood sugar.

DRAGON ELIXIR

A tea tonic companion for Qigong or meditation. Two year Pu-erh, local Lemon Balm and organic Osmanthus flower are blended to create an earthy brew with delicate Apricot notes with a hint of Lemon. Balance's digestion and helps support liver. Multiple infusions Pu-erh works to rid body of toxins and chemicals while aiding digestion. It is calming with no caffeine.

RENEW

Tulsi (Holy Basil), Peppermint, Ashwagandha, Licorice root. All organic, Sweet minty exotic blend without the sugar. Supports immunity and adrenals glands by helping you adapt during periods of stress and exertion.

DIGESTIVE HARMONY

Fennel seed, local Lemon Balm, Stinging Nettle and Pu-erh create a digestive tonic to balance your digestive system and gut. Tasty and balancing from top to bottom.

MASALA CHAI

An herbal Chai with a twist, Cinnamon, Ginger, Lemongrass and Coconut are blended with our organic Rooibos, sweetness, spiciness and softness all in a cup. No caffeine.

CHAKRA TEAS

CROWN

Green tea, whole Linden flower, Astragalus root, Lotus flower.

THIRD EYE

Lemon Verbena, Motherwort, Rosemary, Skullcap, Oatstraw, Lemon Balm, Nutmeg, Calendula petal.

THROAT

Red Clover blossom, Licorice root, Marshmallow root, Chamomile, Sage, Red Raspberry leaf.

HEART

White tea, Rose petals, Yarrow and Vanilla bean.

SOLAR PLEXUS

Lemon Balm, Rosemary, Wild Lavender.

SACRAL

Stinging Nettle, Jasmine flower bud, Osmanthus flower, Calendula petal.

ROOT

2 year Pu-erh, Ginger root and Dandelion root.

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