

LOOSE-LEAF TEA SELECTION

TRADITIONAL TEAS

ENGLISH BREAKFAST

English Breakfast is a traditional blend of the finest quality **Assam** and **Ceylon Black teas**, which are carefully combined to create a fully aromatic infusion with a rich, balanced flavour. Traditionally served with milk.

EARL GREY

Earl Grey is a scented Black tea blended with natural **Bergamot Oil** to produce a light, refreshing **citrus** flavour. Complimented with milk.

ORGANIC SENCHA GREEN

Sencha Green Tea is made from a large-leafed green tea with a beautiful light green colour when steeped. It is light and refreshing with a brisk taste.

ORGANIC PEPPERMINT (caffeine free)

Organic Peppermint is a fresh, minty tea that is both cooling and invigorating. This herbal tea has a calming effect on the stomach muscles and helps to encourage better bile flow, which is critical for the digestion of fats.

ORGANIC CHAMOMILE (caffeine free)

Organic Chamomile is a classic herbal infused tea which features subtle, sweet taste and calming properties of organic Chamomile flowers. Chamomile is a common remedy for anxiety, stress, and insomnia as it has a calming effect on the nervous system.

CHAI (black or milk)

Our Chai is a blend combining **Black tea** with traditional **Indian spices** and native Australian ingredients. **Aniseed Myrtle** gives the chai an extra zing and **Roasted Wattleseed** creates a rich and malty flavour. Mix with milk or on its own.

ORIENTAL TEAS

BUDDHA'S TEARS

Buddha's tears which roll tenderly from the tea plant; is made with the **bud and first two leaves** of the tea plant. Carefully picked and hand crafted into tiny pearls, the bud and leaves are then scented with **fresh Jasmine blossoms**. Once removed from their floral cocoon, the tiny pearls are ready to be brewed. With a pale liquor and delicate taste, Buddha's Tears provide a soul-soothing treat at any time of the day.

JASMINE

This delicately flavoured Jasmine tea features freshly rolled **Green Tea** leaves scented with exotic Jasmine blossoms. Cool and refreshing, with a beautiful floral scent.

OOLONG

Tie Guan Yin or Iron Goddess is probably the best known Chinese high-grade Oolongs. A light, semi-fermented, whole-leaf tea that is low in caffeine and particularly beneficial around meal times. The fresh, earthy flavour carries a lingering aroma, as well as subtle undertones of florals and fruits.

WHITE

Pai Mu Tan is a delicate and refreshing tea, which is derived from the young, silvery leaves of the tea plant during early spring. It is lower in caffeine than other tea and comes with a broad range of benefits. Sweet floral and nutty aromas complement the smooth yet mild flavour.

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HERBAL TEAS

ENERGY

Brighten your day with this clean, balanced and lively infusion of **Green Tea**, **Siberian Ginseng**, **Gotu Kola** and **Mixed Berries**. A perky and delightful tea to pick you up in the morning, inspire your afternoon, or energising your evening.

GLOW

The zesty blend of **Lemongrass** and **Ginger** is complemented by a purifying punch of **Peppermint**. Glow has been specifically designed to assist with cleansing and purifying the blood and lymph; increasing the elimination of toxins from the body; increasing blood flow to the skin; re-generating the skin cells; and increasing nutrient intake for the skin.

TUMMY TONE

Combining the refreshing properties of **Peppermint** with the tasty treats of **Licorice** and **Aniseed Myrtle**. Tummy Tone has been specifically designed to assist with reducing sugar cravings and thereby helping with weight loss; poor digestion (reducing pain, cramping and flatulence); nervous system support; poor digestion and immune enhancement.

IMMUNITY

Feeling a little stampeded by life. Revive, renew and revitalise yourself with this unique blend of **Eucalyptus**, **Echinacea**, **Lemon Myrtle**, **Licorice** and **Ginger**. Immunity has been specifically designed to assist with boosting the immune system to help fight infection; reduce inflammation such as hay fever and sinusitis; soothe a sore throat; and to help ease nasal congestion and coughs.

DETOX

Cleanse, revitalise and feel great with this zesty blend of bitter and sweet herbs, and warming spices. Detox has been specifically designed to assist with supporting liver detox; cleaning the blood and lymphatic system; fluid retention; inefficient bowel elimination (mild laxative); improving digestion and inflammation.

CALMING

An exquisite, soothing evening tea combining **Chamomile** and **Lime Flower** with **Vanilla Bean** and **Cinnamon**. Calming has been specifically designed to assist with calming and nourishing the nervous system; reducing stress, anxiety and insomnia.

GINER ZING

Cleanse and uplift with **lemongrass** and **ginger**. Ginger Zing has been designed to assist with:- Improving circulation to peripheral areas; general cleansing; strengthening the immune system; and alleviating nausea and morning sickness.

DANDYLICIOUS (black or milk)

Rich, full-flavoured and caffeine-free, this specialty blend is a cleansing coffee substitute. The **Roasted Wattleseed** makes it a little nutty, while the **Cinnamon** adds a spicy sweetness. It helps to cleanse the kidneys and liver; supporting digestion and the breakdown of fats; in-efficient bowel elimination, and fluid retention.

DIGEST

A light, refreshing infusion featuring **Peppermint**, **Lemon Balm** and **Fennel**. Digest has been specifically designed to assist with bloating and flatulence; nausea and morning sickness; pain and cramping; indigestion and inefficient bowel elimination.

FORTIFY (black or milk)

Fortify give you a boost; a wellness tonic combining the powerful healing benefits of medicinal **Mushrooms** and **Tulsi** with **Cacao** and a delicate blend of spices. These plant extracts increase the body's ability to resist the damaging effects of stress and can help to balance, restore and protect the body. With a rich, decadent flavour, Fortify is a healthy latte or hot chocolate substitute that is best served with your choice of milk in your favourite mug.