

# 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.