

Tea Menu



POT OF ORGANIC TEA : 3.00
ENGLISH BREAKFAST / DECAF BREAKFAST
EARL GREY / GREEN TEA / LAPSANG SOUCHONG
ADD A CBD SHOT TO YOUR TEA POT - 2MG 1.50

Digestion

GINGER & LEMON (CF)
Ayurveda blend with black pepper & peppermint.
ALKALINE HERBS (CF)
Ayurveda blend with dandelion, nettle & lavender
STOMACH EASE (CF)
Cardamom, fennel & ginger. Spices that aid digestion.

PEPPERMINT
Great for digestion, stress relief & relaxing

LIQUORICE & PEPPERMINT (CF)
Sweet & refreshing

TURMERIC (CF)
With ginger & orange. Anti-inflammatory healing.

AFTER DINNER SEED SUPREME
Fennel, coriander & fenugreek—refreshing tisane

FLORA (CF)
Ruby red hibiscus, cinnamon & liquorice

CLEANSE
Nettle, Peppermint & Fennel

GREEN TEA & PEPPERMINT

Relaxing

ROOIBOS
With chamomile flowers & vanilla

PEACE
A serene blend of hemp, spearmint & ashwagandha

CAMOMILE CITRON (CF)
Chamomile, rosehips, lemon verbena & lemongrass

HIMSLAYAN MIST - WHITE TEA
Gentle & floral white tea with notes of rose

BLACK TEA WITH APPLE & SPICE
Vitalising & boosting

CHAI TEA
Black tea, cinnamon, ginger, allspice, cloves & cardamom.

GREEN TEA & JASMINE Destressing & relaxing
APPLE & CINNAMON (CF)

Strength from Nature

ECHINACEA & ELDERBERRY (CF)
Boost your immune system at the first signs of a cold
PINE SPRUCE TIPS OR PINE NEEDLES (locally foraged)
Vitamin C boost—great for easing colds & flu

REISHI MUSHROOM TEA
Great for digestion, stress relief & relaxing

IMMUNE SUPPORT
Echinacea, acerola cherry & elderberry with vitamin C
to naturally support your immune system

MINTY CHLORELLA
Chlorella, moringa, mint & lemon grass

MATCHA GREEN TEA , SEAWEED & SPIRULINA
Harness the power of sea vegetables

BLACKCURRANT BEAUTY (CF)
Delicious berries, hibiscus flowers & lemon

HEDGEROW BOTANICALS (CF)
Dandelion, Burdock & hawthorn

RASPBERRY LEAF
Great for menstrual cramps & preparing for labour

NATURAL BALANCE
Ayurvedic blend with lemongrass, shiitake & liquorice

GREEN CHAI
Green tea, cinnamon & ginger. Chai spices sooth the
soul and green tea invigorates the body

MORNING TIME
rosehip, guarana & ginseng - natural energy boost

GREEN TEA, CHERRY BLOSSOM & PEACH

Body & Mind Botanicals CBD

ORGANIC TEA WITH 40MG OF CBD PER POT : 4.00

PEPPERMINT - RELAX, CLARITY & FOCUS
Aids digestion, anxiety, stress & pain

GINGER - RESTORE, INVIGORATE & ENERGISE
Aids immunity & low mood. Energising.

*Bags of Body & Mind Botanical CBD tea bags
available to buy on the front counter.*