

Tea Menu



POT OF ORGANIC TEA : 2.95
ADD A CBD SHOT- 2MG 1.00
ENGLISH BREAKFAST / DECAF BREAKFAST / EARL GREY
GREEN TEA / LAPSANG SOUCHONG / ESTATE DARJEELING

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

CLEANSE (CF)

Fennel, nettle & peppermint - natural spring clean

TURMERIC & CINNAMOM (CF)

With ginger & orange. Anti-inflammatory healing.

AFTER DINNER SEED SUPREME

Fennel, coriander & fenugreek—refreshing tisane

FLORA (CF)

Ruby red hibiscus, cinnamon & liquorice

Relaxing

ROOIBOS

With chamomile flowers & vanilla

PEACE

A serene blend of hemp, spearmint & ashwagandha

LIME MINT (CF)

Lime, liquorice, peppermint

Ayurvedic herb, spice & fruit infusion. Clears the mind

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

MANGO, MORINGA, ROSE & GREEN TEA

Sweet, tropical & nourishing

CHAI TEA

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

Strength from Nature

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

SUMMER ORANGE VITAMIN TEA

Green tea, orange, lemongrass & fennel with B1, B2, B3, B5, B6, B7, B9, C & zinc.

GREEN CHAI

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

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

GINSENG (WITH DRIED KOMBUCHA)

With lemongrass & mint, strengthening & inner peace

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.

GREEN TEA & JASMINE - STIMULATING

Mood boosting, destressing & relaxing

CBD has been to be beneficial for inflammation, pain relief & helping enhance memory, improve sleep, ease anxiety, improve cognitive function & regulating the immune system.