

<i>Yerba Mate</i>	HOT 205F 1 tsp STEEP 2-6 min.
	COLD 205F 2-3 tsp STEEP 6 min. Cool & serve over ice.
Yerba Mate, a traditional South American beverage, is known as an invigorator of the mind and body. Although it contains caffeine, it is known to offer energy without negative side effects (i.e. jitters, crash). It also contains an impressive amount of antioxidants, vitamins (A, B & C) & minerals (magnesium, calcium, iron, potassium, & zinc).	

CAFE MATE **\$7.95/50g**

A simple union of mate & roasted chicory that will please tea & coffee drinkers alike.

yerba mate, roasted chicory root

MINTY MOCHA **\$7.95/50g**

The perfect pick-me-up treat chocolate, mint & mate.

yerba mate, roasted carob, peppermint

GREEN EXTREME **\$7.95/50g**

This energizing herbal blend packs a punch while remaining jitter-free offering a mild flavour with a clean finish.

yerba mate, green sencha, eleuthro root, guarana seed, matcha

EARL GREY MATE **\$7.95/50g**

Boost your energy & your spirit with this light & refreshing take on a traditional Earl Grey.

yerba mate, green sencha, lemon myrtle, bergamot flavouring

<i>White</i>	HOT 180F 1 tsp STEEP 1-3 min.
	COLD 180F 2-3 tsp STEEP 1-3 min. Cool & serve over ice.
White teas are created from the youngest buds & leaves of the Camellia sinensis plant with minimal processing, which offers a medium caffeine content & an array of health benefits: high in antioxidants—particularly flavonoids, immune boosting, antibacterial & antiviral properties (i.e. great for oral care), & cardiovascular support (may reduce blood pressure and improve arterial function).	

POMEGRANATE BLUEBERRY **\$13.50/50g**

This anti-oxidant duo is the perfect blend of fruity & floral.

white tea, blueberries, cornflowers, natural flavours

GUAVA GINGER **\$12.95/50g**

This exotic blend is sweet with just a hint of spice.

white tea, ginger, marigolds, strawberries, natural flavours

CARAMEL CREAM **\$12.95/50g**

A holiday tea — so good we keep it around all year: like a sweet & buttery confection treat.

white tea, cinnamon, pink peppercorns, marigold, natural flavours

LAVENDER BLANCHE **\$9.95/50g**

Aromatherapy in a cup—soothing, luminous and full of grace.

white tea, lavender

<i>Rooibos</i>	HOT 205F 1 Tbsp STEEP 5-7 min.
	COLD 205F 2-3 Tbsp STEEP 5-7 min. Cool & serve over ice.
Rooibos is a shrub-like plant indigenous to a mountainous region of South Africa. Its bright red sprigs are harvested to make a naturally sweet, subtly fruity, cardio-supportive, mineral-rich, & high antioxidant caffeine-free herbal tea.	

APRICOTS & ROSEHIPS * **\$9.50/50g**

A perfect blend of sweet fruits & tart flowers to create a favourite ambrosia... plus it's rich in vitamin C!

rooibos, honeybush, lemongrass, lemon myrtle, rosehips, hibiscus, marigolds, orange peel, apple bits, natural flavours

BLOOD ORANGE BLISS * **\$9.50/50g**

This rooibos is a favourite of citrus fans of all ages. It's great iced!

rooibos, honeybush, orange peel, safflower, hibiscus, natural flavours

SCARLET BERRY * **\$10.50/50g**

This scarlet nectar is sweet, tart & packs a fruity punch.

currants, hibiscus flowers, rosehips, rooibos, blueberries, orange peel, cranberries, natural blueberry, passion fruit and mango flavours

PEACEFUL PEACH * **\$6.95/50g**

Reminiscent of juicy Okanogan peaches still warm from the sun. Great over ice or mixed with peach juice.

red rooibos, calendula, blackberry leaves, natural peach flavour

RED CHAI * **\$6.50/50g**

A lightly spiced, caffeine-free chai tea that is sweet, warm & inviting.

rooibos, cardamom, ginger root, cinnamon, orange peel, cloves, black pepper

PROVENCE * **\$6.75/50g**

An Apothecary favourite for all ages—this heavenly blend of berry & floral notes is delightfully medicinal & offers a boost of vitamin C.

rooibos, elderberry, rosehips, blueberries, rose petals, lavender, natural flavours

<i>Black</i>	HOT 205F 1 tsp STEEP 3-5 min.
	COLD 205F 2-3 tsp STEEP 3-5 min. Cool & serve over ice.
Black tea is oxidized Camellia sinensis leaves—giving it its rich colour & robust flavour. Black tea is known for its caffeine content & health benefits that include: increased mental alertness & energy, digestion support, rich in antioxidants, capacity to reduce bad cholesterol & ensure blood vessels function correctly.	

CREAMY EARL GREY **\$9.50/50g**

A traditional Earl Grey with a citrus & creamy finish.

black tea, cornflowers, bergamot oil, natural flavours

CHOCOLATE CHAI **\$10.95/50G**

This decadent black tea blend combines chocolatey cocoa shells & nibs with creamy coconut. Rounded out by sarsaparilla & bittersweet roasted dandelion root, this tea is a truly self-indulgent experience! Add milk to brew like a traditional chia.

black tea, coconut flakes, cinnamon, cocoa shells, sarsaparilla root, licorice root, cocoa nibs, roasted dandelion root, cloves, natural chocolate flavor

BLACK CHAI **\$7.95/50g**

A classic chai — exotic spices & Indian black tea transports you to a far away land.

assam, cardamom, cinnamon, ginger, cloves, black pepper

FIGS & CINNAMON **\$9.95/50g**

Cinnamon, sweet fig & hints of apple & maple transform this black tea into a sweater weather favourite.

black tea, cinnamon bits, natural flavours

MORNING FUSION **\$7.50/50g**

Black tea lovers rejoice! Start the day right with this balanced & full-bodied blend.

assam, ceylon, darjeeling, yunnan

BREAKFAST ASSAM **\$7.95/50g**

Say good morning with this malty, creamy classic black tea.

assam

<i>Green</i>	HOT 180F 1 tsp STEEP 1-3 min.
	COLD 180F 2 tsp STEEP 1-3 min. Cool & serve over ice.
Green tea is prepared by heating Camellia sinensis leaves to halt the oxidation process—retaining their colour & delicate fresh flavour. It is renowned for its health benefits—loaded with minerals, neuroprotective qualities, blood sugar stabilizing, metabolic boosting, & contains ECGC (a DNA protector).	

BLISSFUL BERRY **\$9.95/50g**

Follow your bliss and happiness with this fruity green tea. It will leave you with a smile on your face!

guaysa, strawberries, green rooibos, apple pieces, jasmine green tea, bibiscus, rosehips, natural flavours

CITRUS BLOSSOM **\$9.95 / 50g**

Jasmine Green Tea welcomes uplifting herbs of lemongrass & lemon myrtle & cherry citrus essences.

green tea with jasmine, lemongrass, lemon myrtle, natural orange, lime and tangerine oils

GREEN SENCHA **\$9.95/50g**

Japan's most popular green tea- a light, smooth & refreshing drink.

green Sencha-steamed camillia sinensis

GREEN CHAI **\$7.95/50g**

Green tea with a sweet hint of India.

bi lou chun, ginger root, cinnamon, orange peel, cardamon, black pepper, fennel

MATCHA GREEN **\$12.50/25g**

Our greenest Green Tea! An energizing blend of matcha and sencha with a deep umami richness. Try a first infusion to release the ultra rich matcha, then infuse a second time to taste hints of the sweeter sencha.

sencha green tea, organic matcha green tea

MOROCCAN MINT **\$8.50/50g**

An exhilarating blend of green tea, mint & orange that will leave you feeling energized. Try it iced for the ultimate mid-day refreshment.

peppermint, gunpowder green, stevia, orange peel

JASMINE ROSE **\$8.95/50g**

Green jasmine, white tea & delicate rose create a sensual aroma and flavour that will bring you into a euphoric state of mind.

green Jasmine, white tea, rose petal

STRAWBERRY KISS **\$6.50/50g**

Green tea is kissed with the gentle sweetness of Strawberry.

green tea, papaya, strawberry pieces, strawberry natural flavouring

Medicinal	HOT 205F 1 Tbsp STEEP 5-7 min.
	COLD 205F 2-3Tbsp STEEP 5-7 min. Cool & serve over ice.
Our medicinal teas are blended for their therapeutic properties...to soothe, balance, boost or support.	

GINSENG TEA-TOX * **\$13.95/50g**
 Detoxifying herbs & roots, sweet berries & energizing ginseng combine to gently cleanse the body.

schizandra berries, white ginseng, burdock root, rosehips, peppermint, raspberries, dandelion root, licorice root

TUMMY SOOTHE * **\$9.95/50g**
 Calming to the tummy — supports good digestion & general stomach health.

catnip, spearmint, lemongrass, calendula, skullcap, rosemary, sage, fennel

MATERNA-TEA * **\$9.95/50g**
 Supporting & soothing during pregnancy—perfect for morning sickness.

spearmint, lemon balm, nettle, dandelion leaf, raspberry leaf, oatstraw, alfalfa, ginger root, lemon peel

TURMERIC ZEST * **\$8.95/50g**
 Golden turmeric & ginger spice things up while a lively zesty citrus rounds out this tea.

ginger root, turmeric root, licorice root, emongrass, orange peel, lemon peel, essential orange, lemon oils

NERVE TONIC * **\$10.95/50g**
 A restorative tonic for the nervous system helping to relieve tension & stress.

calendula, red clover leaf, spearmint, lavender, lemon balm, catnip, oatstraw, lemon peel, skullcap, chamomile, thyme, stevia

HEADACHE RELIEF * **\$8.50/50g**
 This blend helps reduce the intensity of headaches, especially if used at the onset, while supporting the nervous and digestive systems. With daily use this remedy can be used to reduce the frequency of headaches.

chamomile, meadowsweet, passion flower, peppermint, rosemary, feverfew

HAPPY HEART * **\$8.95/50g**
 A delightful fruity herbal tea that helps support general heart health.

hawthorn leaf and flower, lemon balm, rosehips, dandelion leaf, ginkgo, oatstraw, bilberry fruit, hawthorn berries, ginger, lemon peel, motherwort, meadowsweet

MENOPAUSE* **\$7.50/50g**
 When feeling hot and overwhelmed, sipping this cooling and slightly astringent blend can be helpful in diminishing heat associated with Menopause. Refrigerate to enhance the cooling affect and sip as needed.

motherwort herb, sage, dandelion leaf, chickweed, elder flowers, lemon balm, oatstraw, raspberry leaf

THROAT SOOTHE * **\$13.50/50g**
 A soothing tea for when your throat needs a little TLC.

ginger, peppermint, licorice, orange peel, fennel, marshmallow leaf, clove, echinacea

SLEEPY TIME * **\$13.50/50g**
 Like a lullaby, this soothing herbal blend will relax you into a peaceful slumber.

chamomile, spearmint, lemon balm, valerian, lemongrass, passion flowers, rose petals

DEEP SLEEP * **\$13.75/50g**
 A blend of calming & sedating herbs to help you to relax & sleep through the night.

valerian, lemon myrtle, licorice, fennel, vetiver root, cinnamon

IMMUNI-TEA * **\$13.95/50g**
 Perfect if you're feeling under the weather or want to give your immune system a boost before traveling, or during cold/flu season.

green rooibos, fennel, linden flower, orange peel, raspberries, licorice root, neem, cinnamon, elderberries, echinacea, chili pepper

TURMERIC TONIC * **\$13.95/50g**
 Like the warm, glow of the sun, this anti-oxidant rich tea combines tumeric & Ayurvedic spices to energize the body & mind.

Cinnamon, ginger, turmeric, sarsaparilla, black pepper

CLEANSING **\$10.95/50g**
 An Ayurvedic inspired formula to gently regulate the body's natural cleansing process. Contains Senna—which may have a slight laxative effect.

green tea, orange peel, cinnamon, ginger, senna, fennel, cacao, pomegranate, natural flavours

VITALI-TEA **\$11.50/50g**
 Need a kick-start to your day or a afternoon pick-me-up, this invigorating tea will provide you with energy motivation.

pu-erh, cinnamon, eleuthro root, goji berries, schizandra berries, nettle leaf, oatstraw, ashwaganda root, natural flavours

POST-DETOX * **\$10.60/50g**
 Balance the body & mind after a cleansing process or being over-indulgent. The liver supporting herbs, makes it a great tea for clear skin.

coriander seed, fennel seed, milk thistle, chicory root, burdock root, dandelion root

Beverage	HOT 205F 1 Tbsp STEEP 5-7 min.
	COLD 205F 2-3Tbsp STEEP 5-7 min. Cool & serve over ice.
Our beverage teas are combinations of herbs and teas that taste terrific. If you're looking for a delicious & nutritious tea, try one of our Beverage Blends. Please note, some of our Beverage blends do contain caffeine.	

FEMALE ELIXIR * **\$10.50/50g**
 A special blend of herbs & flowers just for her! Shatavari is highly regarded as an herb for women's health—from PMS to hot flashes.

shatavari, fennel, roses, green rooibos, lavender, chrysanthemum, osmanthus, hibiscus, natural flavours

LEMON GINGER * **\$9.95 /50G**
 A classic tea. Served hot to comfort a cold, or over ice on a hot day. Add a little honey to sweeten this refreshing infusion.

lemon verbena, lemongrass, lemon balm, lemon peel, ginger, calendula.

MYSTICAL MINT * **\$10.95/50g**
 A soothing & refreshing blend of herbs traditionally used to support digestion—but we love it anytime of day.

peppermint, cardamom, licorice root, essential oils of basil and clove leaf

FRUIT COOLER **\$12.50/50g**
 This tutti-frutti tea will cool you off while offering a caffeine pick-me-up.

hibiscus, guayusa, lemongrass, stevia leaves, natural flavours

NETTLE CHAI * **\$8.50/50g**
 Nourishing nettle tea is reinvented with subtle spices & warmth.

nettle, lemon verbena, lemon peel, cinnamon, cardmom, ginger root, peppercorn

HEAVENLY HIBISCUS * **\$8.95/50g**
 Vibrant hibiscus, soft rose & hints of mint brew jewel tones & a flavor that is exotic & passionate.

hibiscus, rosehips, lemongrass, orange peel, spearmint, rose petals, stevia

LEMON TWIST * **\$9.50/50g**
 Zesty lemon & orange brighten the delicate florals to create a sweet, creamy treat... like Lemon Meringue Pie.

green rooibos, orange peel, rose petals, cornflowers, natural flavours

AUTUMN CRANBERRY * **\$7.95/50g**
 A harvest of hibiscus, apple pieces, tart cranberry, elderberry & lingonberry create a delightful drink - accentuate with a cinnamon stick for the ultimate experience.

hibiscus, apple, cranberry, elderberry, lingonberry, natural flavours

BOUNTIFUL BERRY * **\$6.95/50G**
 Robust berries and hibiscus petals create a dark purple brew that is bursting with flavor. Try it iced or frozen into popsicles.

elderberry, raisins, hibiscus, natural flavours

SPICED PLUM * **\$9.75 /50G**
 Sweet spices pair with luscious fruits to warm in winter and refresh in summer. (Can be used to mull cider or wine).

cinnamon, hibiscus, currants, licorice root, natural plum flavor

Oolong	HOT 205F 1 Tbsp STEEP 5-7 min.
	COLD 205F 2-3 Tbsp STEEP 5-7 min. Cool & serve over ice.
Oolong refers to a category of semi-oxidized teas that can only be made from certain types of tea bush varieties growing in specific geographical regions. Utilizing special withering, bruising, rolling, oxidation and repeated roasting techniques to fix the aroma, color and taste. Oolong has a medium caffeine content, is rich in antioxidants, supports digestion and metabolism, helps lower bad cholesterol levels and is anti-inflammatory.	

OOLONG HONEY **\$9.95/50g**
 The scent of autumnal peaches will captivate your senses in this delightful and refreshing blend. Lingering honey and hints of oak round out this blend.

oolong tea, rosehips, marigolds, natural flavors

JASMINE OOLONG **\$13.50/50g**
 A protected rain forest on Jing Mai Mountain in China supply this beautiful harvested tea. Once hand plucked, the process leads to a traditional oxidation process and scenting techniques. Whole jasmine blossoms permeate this blend resulting in an amber colour and sweet refreshing taste.

oolong tea, jasmine

All of our teas are certified organic with nothing artificial added!

Some of our teas contain 'natural flavours' these are plant-based, proprietary blends.

* = Caffeine free

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