

It's Always Tea Time...

at Kolya's Apothecary on 109th Street.

Grab a cup of hot or cold Tea-To-Go
with a selection of healthy fixings.

Bring your tea card
to get your
8th tea FREE!

#2-7115 109th Street | Edmonton, AB
780.432.7955 ex. 4

Follow us



@kolyanaturals

kolyanaturals.com



earth's
aromatique
pure artisan tea

Tea Menu

BLACK

HOT: 1 tsp | COLD: 2 – 3 tsp (*cool & serve over ice*)
STEEP: 205°F for 3 – 5 minutes

BLACK CHAI \$6.⁹⁵ / 50g

A hint of sweetness round out this tea, while aromatic delights of Sri Lankan spices will leave you wanting more.

- black tea, cane sugar, cinnamon, clove, ginger, anise star, black pepper, cardamom

BREAKFAST ASSAM \$7.⁹⁵ / 50g

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

- assam

CREAMY EARL GREY \$9.⁹⁵ / 50g

A traditional Earrey blend with a citrus and creamy finish.

- black tea, cornflowers, bergamot oil, natural flavours

FIGS & CINNAMON \$9.⁹⁵ / 50g

Cinnamon, sweet fig, hints of apple, and maple transform this 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 and full-bodied blend.

- assam, ceylon, darjeeling, yunnan

GREEN

HOT: 1 tsp | COLD: 2 tsp (*cool & serve over ice*)
STEEP: 180°F for 1 – 3 minutes

BLISSFUL BERRY \$9.⁹⁵ / 50g

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

- guayusa, strawberries, green rooibos, apple pieces, jasmine green tea, hibiscus, rosehips, natural flavours

CITRUS BLOSSOM \$9.⁹⁵ / 50g

Jasmine green tea welcomes uplifting herbs of lemongrass, lemon myrtle and cherry citrus essences.

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

GREEN SENCHA \$10.⁵⁰ / 50g

Japan's most popular green tea. A light, smooth, and refreshing drink.

- green sencha-steamed camillia sinesis

GREEN CHAI \$7.⁹⁵ / 50g

Green tea with the sweet hint of Indian spices.

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

JASMINE ROSE \$10.⁵⁰ / 50g

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

- green tea with jasmine, white tea, rose petal

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 the sweeter sencha.

- sencha green tea, organic matcha green tea

MOROCCAN MINT \$8.⁹⁵ / 50g

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

- peppermint, gunpowder green, stevia, orange peel

STRAWBERRY KISS \$6.⁵⁰ / 50g

Green tea is kissed with the gentle sweetness of strawberry.

- green tea, papaya, strawberry pieces, strawberry natural flavouring

★ = Caffeine Free

ALL OF OUR TEAS ARE 100% NATURAL
WITH NOTHING ARTIFICIAL ADDED.

*We strive for organic-certified teas which may vary
batch-to-batch depending on ingredient availability.*

MEDICINAL

HOT: 1 tbsp | COLD: 2 – 3 tbsp (*cool & serve over ice*)
STEEP: 205°F for 5 – 7 minutes

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

DEEP SLEEP ★ \$13.⁹⁵ / 50g

A blend of calming and sedative herbs to help you relax and sleep through the night.

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

DETOX ★ \$7.⁹⁵ / 50g

While many detox teas taste bitter, this cleansing blend will leave you feeling light and satisfied with its gentle fruity flavour and ginger finish. Tasty and effective.

- licorice, ginger, tulsi, dandelion leaves, burdock root, rose petals, elderflowers, safflowers, natural flavours

GINSENG TEA-TOX ★ \$13.⁹⁵ / 50g

Detoxifying herbs and roots, sweet berries, and energizing ginseng come together to gently cleanse the body.

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

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

HEADACHE RELIEF ★ \$8.⁹⁵ / 50g

This blend may reduce the intensity of headaches, especially when used at the onset. Daily use, may reduce the frequency of headaches, while supporting the nervous and digestive system.

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

IMMUNI-TEA ★ \$13.⁹⁵ / 50g

Perfect if you're feeling under the weather or want to give your immune system a boost during cold/flu season or before traveling.

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

MATERNA-TEA ★ \$9.⁹⁵ / 50g

Supportive and soothing during pregnancy — perfect for morning sickness.

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

MENOPAUSE ★ \$7.⁵⁰ / 50g

When feeling hot and overwhelmed, this cooling and slightly astringent blend can be helpful in diminishing heat associated with menopause. Refrigerate to enhance the cooling effect and sip as needed.

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

NERVE TONIC ★ \$10.⁹⁵ / 50g

A restorative tonic for the nervous system, helping to relieve tension and stress.

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

SLEEPY TIME ★ \$13.⁹⁵ / 50g

Like a lullaby, this soothing herbal blend will ease you into a peaceful slumber.

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

THROAT SOOTHE ★ \$13.⁹⁵ / 50g

A soothing remedy for when your throat needs a little TLC.

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

TUMMY SOOTHE ★ \$9.⁹⁵ / 50g

Calming to the tummy — supports good digestion and general stomach health.

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

TURMERIC TONIC ★ \$13.⁹⁵ / 50g

Like the warm glow of the sun, this antioxidant-rich tea combines tumeric and Ayurvedic spices to energize the body and mind.

- cinnamon, ginger, turmeric, sarsaparilla, black pepper

TURMERIC ZEST ★ \$8.⁹⁵ / 50g

Golden turmeric and ginger spice up this tea while a lively zesty citrus rounds things out.

- ginger root, turmeric root, licorice root, lemongrass, orange peel, lemon peel, essential orange, lemon oils

VITALI-TEA \$11.⁹⁵ / 50g

Need a kick-start to your day or an afternoon pick-me-up? This invigorating tea will motivate.

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

YERBA MATÉ

HOT: 1 tsp | COLD: 2 - 3 tsp (*cool & serve over ice*)
STEEP: 205°F for 2 - 6 minutes

CAFE MATÉ \$8.50 / 50g

A simple union of maté and roasted chicory will please tea and coffee drinkers alike.
• yerba maté, roasted chicory root

EARL GREY MATÉ \$8.50 / 50g

Boost your energy and your spirit with this light, refreshing take on traditional Earl Grey.
• yerba maté, green sencha, lemon myrtle, bergamot flavouring

GREEN EXTREME \$8.50 / 50g

This energizing herbal blend packs a punch while remaining jitter-free, offering a mild flavour with a clean finish.
• yerba maté, green sencha, eleuthero root, guarana seed, matcha

MINTY MOCHA \$8.50 / 50g

The perfect pick-me-up treat: chocolate, mint and maté.
• yerba maté, roasted carob, peppermint

WHITE

HOT: 1 tsp | COLD: 2 - 3 tsp (*cool & serve over ice*)
STEEP: 180°F for 1 - 3 minutes

GUAVA GINGER \$12.95 / 50g

This exotic blend is sweet with a subtle hint of spice.
• white tea, ginger, marigolds, strawberries, natural flavours

LAVENDER BLANCHE \$9.95 / 50g

Aromatherapy in a cup: soothing, luminous and full of grace.
• white tea, lavender

POMEGRANATE BLUEBERRY \$13.50 / 50g

This anti-oxidant duo is the perfect blend of fruity and floral.
• white tea, blueberries, cornflowers, natural flavours

ROOIBOS

HOT: 1 tbsp | COLD: 2 - 3 tbsp (*cool & serve over ice*)
STEEP: 205°F for 5 - 7 minutes

BLOOD ORANGE BLISS * \$9.95 / 50g

This rooibos tea is a favourite among citrus fans. It's great iced!
• rooibos, honeybush, orange peel, safflower, hibiscus, natural flavours

PEACEFUL PEACH * \$7.95 / 50g

Reminiscent of juicy Okanagan peaches still-warm from the sun.
Great over ice or mixed with peach juice.
• red rooibos, calendula, blackberry leaves, natural peach flavour

PROVENCE * \$7.95 / 50g

An apothecary favourite for all ages. This heavenly blend of berry and floral flavours is medicinal and offers a boost of vitamin C.
• rooibos, elderberry, rosehips, blueberries, rose petals, lavender, natural flavours

RED CHAI * \$7.95 / 50g

A lightly spiced caffeine-free chai tea that is sweet, warm, and inviting.
• rooibos, cardamom, ginger root, cinnamon, orange peel, cloves, black pepper

ROSEHIP ROOIBOS * \$9.95 / 50g

A perfect blend of sweet fruits and tart flowers create the perfect ambrosia. Plus it's rich in vitamin C!
• rooibos, honeybush, lemongrass, lemon myrtle, rosehips, hibiscus, marigolds, orange peel, apple bits, natural flavours

SCARLET BERRY * \$10.95 / 50g

This scarlet nectar is sweet, tart, and packs a fruity punch.
• currants, hibiscus flowers, rosehips, rooibos, blueberries, orange peel, cranberries, natural blueberry, passion fruit and mango flavours

MEDICINAL

Our medicinal teas are blended for their therapeutic properties, meant to soothe, balance, boost, and support.

PER 250 ML STEEP: 205°F FOR 5 - 7 MINUTES

HOT: 1 TBSP

COLD: 2 - 3 TBSP (*COOL & SERVE OVER ICE*)

WHITE

White teas are created from the youngest buds and leaves of the Camellia sinensis plant with minimal processing, offering a medium caffeine content and an array of health benefits: high in antioxidants—particularly flavonoids, immune boosting, antibacterial, antiviral (i.e. great for oral care), and cardiovascular support. Contains caffeine.

PER 250 ML STEEP: 180°F FOR 1 - 3 MINUTES

HOT: 1 TSP

COLD: 2 - 3 TSP (*COOL & SERVE OVER ICE*)

ROOIBOS

Rooibos is a shrub-like plant indigenous to a mountainous region of South Africa. Its bright red sprigs are collected to make a naturally sweet, subtly fruity, cardio-supportive, mineral-rich, and highly antioxidant, caffeine-free herbal tea.

PER 250 ML STEEP: 205°F FOR 5 - 7 MINUTES

HOT: 1 TBSP

COLD: 2 - 3 TBSP (*COOL & SERVE OVER ICE*)

BLACK

Black tea is oxidized Camellia sinensis leaves, a process which gives it a rich colour and robust flavour. Black tea is known for its caffeine content and health benefits, including increased mental alertness and energy, digestion support, anti oxidative power, capacity to reduce bad cholesterol and support of blood vessel function. Contains caffeine.

PER 250 ML STEEP AT: 205°F FOR 3 - 5 MINUTES

HOT: 1 TSP

COLD: 2 - 3 TSP (*COOL & SERVE OVER ICE*)

YERBA MATÉ

Yerba Maté, a traditional South American beverage, is an invigorator of the mind and body. Although it contains caffeine, it delivers a smoother energy, without negative side effects (i.e. jitters, crash). It also contains an impressive amount of antioxidants, vitamins (A, B and C) and minerals (magnesium, calcium, iron, potassium, and zinc). Contains caffeine.

PER 250 ML STEEP: 205°F FOR 2 – 6 MINUTES

HOT: 1 TSP

COLD: 2 – 3 TSP (COOL & SERVE OVER ICE)

OOLONG

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. Utilizes special withering, bruising, rolling, oxidation and repeated roasting techniques to fix the aroma, colour 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. Contains caffeine.

PER 250 ML STEEP: 205°F FOR 5 – 7 MINUTES

HOT: 1 TBSP

COLD: 2 – 3 TBSP (COOL & SERVE OVER ICE)

BEVERAGE

Our beverage teas taste terrific. If you're looking for a delicious and nutritious tea, try one of our beverage blends.

Please note, some of our beverage blends do contain caffeine.

PER 250 ML STEEP: 205°F FOR 5 – 7 MINUTES

HOT: 1 TBSP

COLD: 2 – 3 TBSP (COOL & SERVE OVER ICE)

GREEN

Green tea is prepared, by heating *Camellia sinensis* leaves to halt the oxidation process retaining their colour and delicate fresh flavour. It is renowned for its health benefits— it is loaded with minerals, neuroprotective qualities, blood sugar stabilizing, metabolic boosting, and contains ECGC (a DNA protector). Contains caffeine.

PER 250 ML STEEP: 180°F FOR 1 – 3 MINUTES

HOT: 1 TSP

COLD: 2 TSP (COOL & SERVE OVER ICE)

BEVERAGE

HOT: 1 tbsp | COLD: 2– 3 tbsp (cool & serve over ice)

STEEP: 205°F for 5 – 7 minutes

BOUNTIFUL BERRY *

\$7.⁹⁵ / 50g

Robust berries and hibiscus petals create a dark purple brew bursting with flavour. Try it iced or freeze into popsicles.

• elderberry, raisins, hibiscus, natural flavours

CITRUS PETAL *

\$9.⁵⁰ / 50g

A creamy blend of citrus and florals create a creamy treat, reminiscent of lemon meringue pie.

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

CRANBERRY HARVEST *

\$8.⁵⁰ / 50g

Hibiscus, apple pieces, tart cranberry, elderberry, and lingonberry create a delightful drink. Accentuate with a cinnamon stick for the ultimate experience.

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

FEMALE ELIXIR *

\$10.⁹⁵ / 50g

A special blend of herbs and flowers just for her! This blend is highly regarded for women's health: everything from PMS to hot flashes.

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

FRUIT COOLER

\$12.⁹⁵ / 50g

This tutti-frutti tea cools you off and offers a caffeine pick-me-up.

• hibiscus, guayusa, lemongrass, stevia leaves, natural flavours

HEAVENLY HIBISCUS * (NEW FORMULA)

\$8.⁹⁵ / 50g

Our newly-formulated Heavenly Hibiscus boasts a richer flavour and ruby-red colour. With the same great hibiscus taste, this improved blend offers a sweet and lemony finish. Try it iced!

• hibiscus, lemon verbena, lemon peel, stevia

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 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

NETTLE CHAI *

\$8.⁹⁵ / 50g

Nourishing nettle is reinvented with subtle warming spices.

• nettle, lemon verbena, lemon peel, cinnamon, cardamom, ginger root, peppercorn

SPICED PLUM *

\$10.⁵⁰ / 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 flavour

OOLONG

HOT: 1 tbsp | COLD: 2 – 3 tbsp (cool & serve over ice)

STEEP: 205°F for 5 – 7 minutes

JASMINE OOLONG

\$13.⁹⁵ / 25g

A protected rain forest on Jing Mai mountain in China supplies this beautiful tea. Once hand plucked, the process leads to traditional oxidation and scenting techniques. Whole jasmine blossoms permeate this blend, resulting in an amber colour and sweet refreshing taste.

• oolong tea, jasmine

OOLONG HONEY

\$10.⁵⁰ / 50g

The autumnal scent of peaches will captivate your senses. Lingering honey and hints of oak round out this delightful and refreshing blend.

• oolong tea, rosehips, marigolds, natural flavors