

The Whistling Kettle Tea Shop & Cafe



- * 20% GRATUITY MAY BE ADDED TO CHECK ON PARTIES OF 5 OR MORE.
- * WE ARE UNABLE TO SPLIT CHECKS.
- * FOOD & DRINK FROM OUTSIDE VENDORS IS NOT PERMITTED.

Savory Crepes

All Savory Crepes with side of Kettle chips 9.99

Substitute side Kettle salad 2.49

Substitute cup of soup 2.99

Ratatouille (Vegetarian) roasted eggplant, zucchini, squash, tomatoes, red peppers, onions & garlic with goat cheese

Farmer's Crepe (Contains NUTS) (Omit bacon for vegetarian) spinach, artichoke hearts, bacon, tomatoes, basil pesto & mozzarella

Monte Cristo roasted turkey, ham, Swiss, spinach, drizzle of raspberry melba sauce & dusted with powdered sugar

Turkey, Cranberry & Brie (Contains NUTS) roasted turkey, cranberry chutney, brie cheese & toasted almonds

Chicken, Bacon & Roasted Red Pepper Crepe (Contains NUTS) roasted chicken, bacon, roasted peppers, basil pesto & mozzarella

Sweet Crepes

Dusted with powdered sugar. 6.49

Berries & Cream mixed berries & our own scone cream

Lemon Cream Burst homemade lemon curd & our own scone cream

Chocolate Peanut Butter (Contains NUTS) Peanut butter & Nutella chocolate hazelnut spread

Bananas & Nutella (Contains NUTS) Nutella chocolate hazelnut spread & bananas

Peaches & Cream cinnamon spiced peaches & our own scone cream

Caramel Apple cinnamon spiced apples & caramel

Smoers (Contains NUTS) marshmallow fluff, Nutella & crumbled graham crackers

HOT Grilled Panini Sandwiches

All Panini's with side of Kettle chips 9.99
Substitute side Kettle salad 2.49
Substitute cup of soup 2.99

PANINI BREAD BAKED FRESH DAILY

Garden Panini (Vegetarian) (Contains NUTS) roasted red peppers, artichoke hearts, mozzarella, baby spinach & basil pesto aioli on herbed focaccia

Eggplant Panini (Vegetarian) (Contains NUTS) fried eggplant, mozzarella, roasted red peppers, spinach & sun-dried tomato pesto on ciabatta

Ratatouille & Goat Cheese Panini (Vegetarian) roasted zucchini, squash, tomatoes, eggplant, onions, red peppers & garlic with goat cheese on herbed focaccia

The Ballstonian Panini (Contains NUTS) roasted turkey, bacon, roasted red peppers, basil pesto aioli, artichoke hearts & mozzarella on ciabatta

Turkey & Avocado Panini (Contains NUTS) roasted turkey, tomatoes, avocado, provolone & sun-dried tomato pesto on herbed focaccia

Horseradish Roast Beef Panini roast beef, mozzarella, red onion, spinach & horseradish sauce on herbed focaccia

Buffalo Chicken Panini roasted chicken, bacon, spinach, hot sauce & bleu cheese on ciabatta

Apricot, Ham & Brie Panini bacon, ham, apricot jam, brie & sliced peaches on ciabatta

Sweet Turkey, Ham & Swiss Panini roasted turkey, ham, Swiss & honey mustard on ciabatta with a maple syrup dip

Turkey, Cranberry & Brie Panini oven roasted turkey & brie with cranberry chutney on ciabatta

Chipotle Chicken Panini roasted chicken, baby spinach, tomatoes, chipotle sauce (medium-hot) & provolone on ciabatta

Spicy Thai Roast Beef Panini with roast beef, sautéed onions, Thai chili sauce, brie and provolone cheeses & greens on ciabatta

Apple, Bacon & 3 Cheese Panini green apple, bacon, brie, mozzarella & bleu cheeses & a drizzle of honey on ciabatta

Tea Sandwiches

All Tea Sandwiches (on wheat) with side of Kettle chips 7.99
Substitute side Kettle salad 2.49
Substitute cup of soup 2.99

Curry Chicken Salad (Contains NUTS)

Crab Salad with Lemon Butter (Authentic crab meat)

Smoked Salmon, Caper, Red Onion & Cucumber

Club Sandwiches

All Club Sandwiches with side of Kettle chips 8.99
Substitute side Kettle salad 2.49
Substitute cup of soup 2.99

Triple Decker Turkey Club toasted wheat, roasted turkey, greens, provolone, bacon, tomatoes & garlic aioli

Triple Decker Veggie Club (Vegetarian) untoasted wheat, avocado, arugula, cucumber, red onion, tomato, green apple, provolone & rosemary aioli

Soup of the Day

All natural, hand made premium soups
Bowl 6.49 Cup 3.79

Quiche

Personal pie with side of Kettle chips 9.99
Substitute side Kettle salad 2.49
Substitute cup of soup 2.99

Our quiche of the day is made fresh each day. See Specials sheet for quiche selection.

**BUILD
YOUR OWN**

Afternoon Tea

Served
All Day

\$18.99

1st choose your savory:

- *Any Sandwich
- *Quiche of the day
- *Savory Crepe
- *Premium Salad

2nd choose soup or salad:

- *Cup of soup of the day
- *Kettle house salad

3rd choose your sweet:

- *Slice of tea bread
- *Scone with cream & preserves
- *Sweet crepe (\$2 extra) *Cake slice (\$2 extra)
- *Dessert Special (see specials)

**INCLUDES
Your Beverage**

- *Unlimited iced tea of the day (in-house only)
- *Unlimited lemonade (in-house only)
- *Hot tea (up to 3.50)
- *French press coffee (up to 3.50)
- *A custom brewed iced tea
- *Hot Chocolate

Salad Bowls

Signature Salad

greens, red cabbage, carrots, cucumbers, tomatoes, bacon, roasted red peppers, roasted chicken 9.49

Goat Cheese Salad (vegetarian) (Contains NUTS) greens, grapes, red onion, goat cheese & butter toffee almonds 9.49

Tuna Avocado Salad

greens, red cabbage, carrots, cucumbers, tomatoes, red onion, avocado & albacore tuna salad 9.49

Chicken Cobb Salad

greens, red cabbage, carrots, tomatoes, cucumbers, red onion, roasted chicken, bacon, hard boiled egg & bleu cheese 10.29

Asian Chicken Salad

 (Contains NUTS)

greens, carrots, edamame, almonds, mandarin oranges, roasted chicken, chow mein noodles, scallions, black sesame seeds 10.29

Kettle's House Salad

 (vegetarian)

greens, red cabbage, carrots, cucumbers & tomatoes 6.49

Desserts

Please see our specials sheet for variety of desserts.

Sweet Crepe 6.49

Slice of Cake 5.99-6.49

Scone with cream & preserves 3.99 (2 scones 5.99)

Slice of Tea Bread 3.29 (2 slices for 5.99)

Dessert Special (See specials sheet for price & choice)

Salad Dressings

House Greek dressing with chunks of feta, Bleu Cheese, Peppercorn Ranch, Raspberry Vinaigrette, Oriental Honey Ginger, Balsamic Vinaigrette, Oil & Vinegar

**GREAT TASTING TEA STARTS
WITH PREPARING IT RIGHT.**



We brew our teas according to their proper temperature and steeping times. Some teas take longer than others, so please be patient while we brew it to perfection.

BEVERAGES

PERSONAL POT OF HOT TEA 3.50-5.00

(Please find personal pot price listed next to each tea description.)

PERSONAL POT FRENCH PRESS COFFEE 3.50-3.75

PERSONAL POT HOT CHOCOLATE 3.50

ICED TEA CUSTOM BREW (includes one refill) 3.50-5.00

ICED TEA SPECIAL OF THE DAY (unlimited in-house refills with meal) 2.50

LEMONADE (unlimited in-house refills with meal.) 2.50

BOTTLED WATER 1.25

SARATOGA SPARKLING WATER (12 OZ) 2.50

WINE AND BEER (See specials sheet for wine & beer selections)

FRENCH PRESS COFFEE



Premium Quality, Micro Roaster coffee.

INDIVIDUALLY BREWED IN YOUR OWN FRENCH PRESS. IT'S THE SUPERIOR METHOD OF BREWING COFFEE, RESULTING IN MORE FLAVOR VERSUS DRIP BREWING.

WHISTLER'S HOUSE BLEND 3.50/pot

This special house blend is roasted just past the City Roast level. This medium blend is quite versatile, combining a complex flavor profile & medium acidity with full body & aroma. This is the last stage before "dark".

Bulk pricing: \$8/8oz \$14/lb

JAMAICAN BLUE MOUNTAIN STYLE 3.75/pot

This Organic & Fair Trade blend is meant to closely approximate the taste & aroma characteristics of real Jamaican Blue Mountain coffee. Carefully selected, blended & roasted bean varieties to accomplish this taste without the cost. This blend sports a full, slightly sweet flavor & balanced acidity.

Bulk pricing: \$10/8oz \$18/lb

COOKIEDOODLE 3.50/pot

A delicate blend of chocolate, hazelnut & cinnamon flavors bring to life this coffee blend. It will remind your taste buds of warm holiday cookies all year long. Light roast, smooth body, medium acidity.

Bulk pricing: \$8/8oz \$14/lb

**SWISS H2O DECAFFEINATED
COLOMBIAN** 3.75/pot

Sweet, deep and aromatic.

Bulk pricing: \$10/8oz \$18/lb

DARK CELEBES KALOSSI 3.75/pot

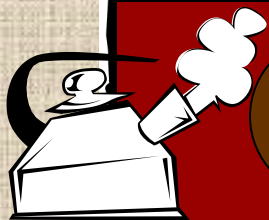
This Indonesian coffee is grown in high altitudes & volcanic soil, making this heavy body coffee ideal & full of intense flavor. Low acidity.

Bulk pricing: \$10/8oz \$18/lb

SINFUL DELIGHT 3.50/pot

An ambrosial blend of chocolate, hazelnut, and caramel flavors on light roast beans. A velvety brew.

Bulk pricing: \$8/8oz \$14/lb



TEA MENU



FLAVORED BLACK TEAS

Allow 6-10 mins for black teas to be steeped & served.

Premium black tea infused with natural flavorings, enhanced with fruit pieces & flower petals. Some may contain nuts & spices.

GREAT ICED

ACEROLA CHERRY FIG (Stunningly smooth & flavorful tea with acerola cherries, sour cherries & fig.) 3.75/pot

ANGELS DREAM (A heavenly maple sweetness, blackberry pungency, full flavored Assam & a green tea.) 3.50/pot

APPLE CARAMEL ALMOND (Sweet & smooth with apple & caramel bits, almond chips & flavoring. **CONTAINS NUTS**) 3.50

BLEND 1776 (Ceylon & Assam teas are perfectly blended with strawberry & maple.) 3.50/pot

BUTTER TRUFFLES (Savory & spicy! Pistachios, cumin, almonds, coriander & pink peppercorns. **CONTAINS NUTS**) 3.50/pot

GREAT ICED

COCONUT (A full bodied tea that captures the coconut taste perfectly.) 3.50/pot

GREAT ICED

DARK BERRY BLEND (Blend of dark fruits—black currant, huckleberry & blackberry.) 3.50/pot

DECAF

DECAF BLUEBERRY MANGO (Dark, luscious summer blueberries meet the sunburst of ripe, juicy mangos.) 4.00/pot

DECAF

DECAF ORANGE (A fine black tea with a round sweet orange flavor.) 4.00/pot

DECAF

DECAF POMEGRANATE (Pomegranate gently envelopes this Ceylon tea. Enjoy hot or cold; day or night.) 4.00/pot

GREAT ICED

EMPERORS 7 TREASURES (Black & green tea blend with peach, rose & sunflower blossoms.) 3.50/pot

FRENCH BLEND (Vanilla blended with Ceylon, Assam, malty Kenya, calming jasmine, rose & lavender.) 3.50/pot

IRISH CREAM (Creamy & smooth.) 3.50/pot

GREAT ICED

MANGO AMAZON (Mango pieces & passion fruit flavoring combine to quench your thirst!) 3.50/pot

MONKS BLEND (A dramatic combination of vanilla & grenadine... a medium bodied tea.) 3.50/pot

GREAT ICED

PEARL OF FRUITS (A spicy black & green tea blend with exotic fruits, berries & just a bit of spice.) 3.50/pot

GREAT ICED

RASPBERRY HONEY (Notes of plump juicy raspberries delicately blended with summer honey.) 3.50/pot

GREAT ICED

RED WILDBERRY BLEND (Flavorful blend of red berries—cranberries, strawberries & raspberries.) 3.50/pot

SALTED CHOCOLATE CARAMEL (Creamy caramel taste with caramel bits, flavoring and sea salt.) 3.50/pot

SNOWFLAKE (Smooth tea with almond, coconut and cinnamon. Very popular! **CONTAINS NUTS**) 3.50/pot

GREAT ICED

STRAWBERRY PEPPER (Wild strawberry & pepper's spicy character combine for a fruity hot taste!) 3.50/pot

VANILLA CREAM (A delicious synergy; rich vanilla & cream. Now even more vanilla pieces!) 3.50/pot

GREAT ICED

VINEYARD PEACH STRAWBERRY (Real ripe peaches and strawberries. A dark, flavorful brew) 3.50/pot

CHAI TEAS

Allow 8-12 mins for chai teas to be steeped & served. Iced Chai's take a little longer.

Popular in India, Chai's are intensely seasoned with spice. We steep Chai's longer & use additional tea for added punch. Highly recommended with milk & sweetener.

DECAF

DECAF CHAI (Delicious & naturally sweet with cinnamon, ginger, cloves, cardamom & fennel.) 4.00/pot

GREEN TEA CHAI (Green tea blended with cinnamon, almonds, cloves, cardamom & natural flavors. **CONTAINS NUTS**) 3.75/pot

MASALA CHAI (Black tea, ginger, cinnamon, carob bits, chicory root, pepper, nutmeg, cloves, cardamom) 3.75/pot

NIGHT OF THE IGUANA CHOCOLATE CHAI (Black tea, ginger, white chocolate, pepper, cinnamon, cloves, cardamom, coriander) 3.75/pot

PU-ERH CHAI (Enjoy the health benefits of pu-erh with the addition of premium chai spices.) 3.75/pot

CAFFEINE FREE

ROOIBOS MASALA CHAI (Rooibos, ginger, cardamom, coriander, cinnamon, cloves, black pepper) 3.75/pot

VANILLA CHAI (Black tea, calendula & sunflower petals, ginger, cardamom, coriander, cinnamon, cloves & pepper) 3.75/pot

EARL GREY TEAS

Allow 6-10 mins for black teas to be steeped & served.

Earl Grey teas are very popular & are infused with oil of Bergamot... a type of citrus fruit.

BUCKINGHAM PALACE GARDEN PARTY (Delicate earl grey & jasmine notes.) 3.50/pot

DECAF

DECAF EARL GREY (A full cup tending bright with excellent notes from natural oil of bergamot.) 3.75/pot

EARL GREY (High grade Earl Grey with extra bergamot. Highly aromatic.) 3.50/pot

USDA
ORGANIC

EARL GREY CREAM (Organic) (Earl Grey mellowed with a delicious creamy taste... an Earl Grey lover's vice!) 3.75/pot

EARL GREY WINDEMERE (Premium Darjeeling oolong & white tea, scented with bergamot & vanilla.) 4.50/pot

LAVENDER EARL GREY (French #1 super blue lavender makes this Earl Grey intoxicating.) 3.50/pot

RUSSIAN EARL GREY (Thai Lemongrass & Spanish orange infuse premium earl grey with citrus notes.) 3.50/pot

SPECIALTY BLACK TEAS

Allow 6-10 mins for black teas to be steeped & served.

These teas are typically regional specialties of either single or multiple tea types.

USDA
ORGANIC

ANCIENT FOREST (Organic) (Smooth, hand made tea. An earthy infusion with notes of cedar & honey.) 4.50/pot

ENGLISH EVENING (Full bodied with a light cup. Blend of Ceylon, Green Monkey Paw & Darjeeling) 3.50/pot

USDA
ORGANIC

GOLDEN MONKEY (Organic) (Premium Chinese tea. Rich sweetness of bittersweet cocoa.) 4.50/pot

GOLDEN YUNNAN (An exceptionally smooth, malty flavor combined with a soft earthy Yunnan character.) 5.25/pot

USDA
ORGANIC

KEEMUN PANDA #1 (Organic) (A winey, fruity tea with depth & complexity; Takes milk well; Bright & exotic.) 3.75/pot

USDA
ORGANIC

LAPSANG SOUCHONG (Organic) (A superior leaf offering a crisp character & heady aroma of a pine fire.) 3.50/pot

NINE BEND BLACK DRAGON (Full bodied Chinese tea with deep burgundy depth & delightful oaky notes.) 4.75/pot

SINGLE ESTATE BLACK TEAS

Allow 6-10 mins for black teas to be steeped & served.

Estate teas are broken down by region, then by specified estates or farms & are prized for their distinctive flavor profiles.

USDA
ORGANIC

HAPPY VALLEY DARJEELING (Organic) (Highly aromatic blend of 1st & 2nd flush leaf.) 3.75/pot

KAMBAA (One of the top 4 estates from Kenya. Very malty with hints of light currant.) 3.50/pot

GREAT
ICED

LOVERS LEAP (Astringent & lively. Medium body, flavory cup with piquant Ceylon character.) 3.50/pot

MOKALBARI EAST ASSAM (Classic Assam—wiry, colorful leaf, strong-n-spicy flavor & malty character.) 3.75/pot

PU-ERH TEAS

Allow 6-10 mins for Pu-erh teas to be steeped & served.

These teas are fermented and aged. Low in caffeine with many health benefits (like lowering cholesterol)!

USDA
ORGANIC

COCONUT CACAO PU-ERH (Organic) (Cocoa nibs & coconut gives a smooth, robust, sweet flavor.) 4.50/pot

ETHIOPIAN MOCHA PU-ERH (Roasted coffee and Pu-erh with a caramel finish. **CONTAINS NUTS**) 3.75/pot

USDA
ORGANIC

PU-ERH #1 (Organic) (Musty, earthy puerh character. Great for digestion, high cholesterol & weight loss.) 3.75/pot

SCOTTISH CARAMEL TOFFEE PU-ERH (Earthy flavors fused with caramel & butterscotch.) 3.50/pot

VINTAGE PU-ERH 1992 (Aged for over 20 years, giving complex character & smooth mellow flavor.) 5.25/pot

OTHER PU-ERH's (try more pu-erh blends in Wellness & White tea categories: Lemon Ginger Cooler, Endurance, Acai Tangerine)

BREAKFAST TEA BLENDS

Allow 6-10 mins for black teas to be steeped & served.

These strong blends make a great start to the day.

DECAF

DECAF ENGLISH BREAKFAST (The same flavors as our regular English breakfast, without the caffeine.) 3.75/pot

EAST FRISIAN BROKEN BLEND (Our exclusive, flagship breakfast blend. A full bodied tea.) 3.75/pot

ENGLISH BREAKFAST (Good body & full tea flavor without being overpowering. Nice with milk. 3.50/pot

IRISH BREAKFAST (A popular, full bodied pungent pick me up; Works well with milk & sugar.) 3.50/pot

SCOTTISH BREAKFAST (Malty, full bodied character with bright flavorful notes and hints of cask oak.) 3.50/pot

OOLONG TEAS

Allow 5-9 mins for oolong teas to be steeped & served.

Oolong tea is partially oxidized. Green tea is partially oxidized, meaning Oolong is in between Green & Black tea. Oolongs are prized for their complex flavor & are excellent tea for weight loss!

- DARJEELING OOLONG** (An absolute rarity! Bronze infusion with flowery, mild & a fully aromatic taste.) 5.00/pot
- FINEST JADE OOLONG GREEN DRAGON #1** (Sweet floral, roasted undertones & sweet pure finish.) 4.75/pot
- GOJIBERRY OOLONG** (Classic floral Oolong with a lightly sweet fruit finish.) 4.00/pot
- IRON GODDESS OF MERCY OOLONG** (An illustrious tea grown in China's high hilltops.) 4.50/pot
- ORANGE GINGER OOLONG** (Fantastic flavored green oolong with ginger root & orange peel.) 4.00/pot
- QUANGZHOU MILK OOLONG** (Unique character of sweet milk, light orchid notes & long smooth finish.) 4.75/pot
- VANILLA SILK** (Premium Spring Pouchong with a delicate hint of vanilla.) 4.50/pot

GREEN TEAS

Allow 4-8 mins for green teas to be steeped & served.

Green teas are not allowed to ferment & thus retain their green color. Green teas have many health benefits including cancer fighting & weight loss properties.



CLOUD AND MIST (Organic) (Rare tea with exceptionally smooth flavor and lasting nutty & fruity notes.) 4.75/pot

DECAF

DECAF SENCHA (All the same qualities as our Sencha Green, yet caffeine free!) 4.00/pot



DRAGONWELL (Organic) (This special tea exhibits a fresh, clean aroma & gentle mellow flavor.) 4.75/pot



GENMAICHA (Organic) (Steamed green tea with toasted kernels, giving a toasty flavor & tending sweet.) 4.00/pot



GYOKURO (Japan's finest tea made from single buds picked in May & April.) 5.00/pot



PINHEAD GUNPOWDER Organic (Surprising body; strong tea with a distinctive smooth, nutty, oak taste.) 3.50/pot



SENCHA GREEN (Organic) (Medium bodied tending light vegetative with hints of cut grass.) 3.50/pot

WHITE EAGLE LONG LIFE (Refreshing & delightful with honey like sweetness & a mild astringency.) 4.00/pot

FLAVORED GREEN TEAS

Allow 4-8 mins for green teas to be steeped & served.

Premium green tea infused with natural flavorings and enhanced with fruit pieces and flower petals. All loose leaf green teas have health benefits including cancer fighting & weight loss properties.



GOJIBERRY BLUEBERRY POMEGRANATE (Just as it's name reads! Sencha tea with fruits & lemongrass) 3.50/pot



JASMINE PEARLS (Luxuriant hand rolled tips with delicate, sweet floral flavor.) 4.50/pot



JASMINE WITH FLOWERS (Floral taste with special selected May Jasmine blossoms.) 3.50/pot



MOROCCAN MINT (Refreshing cool mint flavor.) 3.50/pot



POMEGRANATE GRAPE SENCHA (Popular blend with superb, sweet & refreshing flavor.) 3.50/pot



SENCHA KYOTO CHERRY ROSE FESTIVAL (Exotic combination of cherry & rose petals.) 3.50/pot



SHAOLIN'S GROVE (Flavors of exotic fruit, fresh citrus & a hint of delicate flowery jasmine.) 3.75/pot



STRAWBERRY GREEN (Aromatic & smooth!) 3.50/pot



STRAWBERRY ORANGE (Organic) (A green tea blend that will brighten your day!) 3.50/pot

WALNUT GREEN (Distinctively nutty & smooth with a hint of coconut. **CONTAINS NUTS**) 3.50/pot

WHITE TEAS

Allow 4-8 mins for white teas to be steeped & served.

White teas are the least processed and considered by some, the purest form of tea. They are produced in small quantities & are high in anti-oxidants. They have a delicate light flavor.



ACAI TANGERINE (Super fruit white tea blend with added pu-erh and chrysanthemum.) 4.50/pot



ELDERBERRY (Green & White tea blend also including ariona berry and black currants.) 4.00/pot



KING OF SILVER NEEDLES (A delicate white tea with a clean taste reminiscent of fresh apples.) 4.75/pot

MANGO PEAR WHITE (The natural friendship of "east meets west" with mango & pear. Delicious.) 3.75/pot



MONKEY PICKED WHITE (Organic) (Finest white tea buds from China. Notes of honeysuckle, chestnut & sage) 4.75



PEACH WHITE (Organic) (High grade China white tea with the essence of fresh picked peaches.) 4.00/pot

WHITE CHAMPAGNE RASPBERRY (Premium white tea infused with champagne & raspberry flavors!) 4.00/pot

ROOIBOS (Roy-bus) & HONEYBUSH

Allow 9-13 mins for rooibos teas to be steeped & served.

A South African plant with needle-like leaves. Also known as Bush tea or Red tea. These are naturally caffeine free & mineral rich. A great night time tea!

ALL CAFFEINE FREE

BELGIAN CHOCOLATE (Velvety chocolate truffles & mint.) 3.50/pot

BOURBON STREET VANILLA (Vanilla flavoring gives this Rooibos a jazzy depth. **CONTAINS NUTS**) 3.50/pot

CHOCOLATE CAKE HONEYBUSH (Chocolate, cream-caramel pieces & rosebuds make this tea dessert!) 3.75/pot

CHOCOLATE MONKEY (Organic & Fair Trade) (Chocolate, banana flavoring and pink peppercorns.) 4.00/pot

GEORGIA PEACH (A wonderful peachy sweetness. Great iced!) 3.50/pot

LEMON SOUFFLE HONEYBUSH (A wonderful synergy of lemongrass, creamy lemon & lemon flavor.) 3.50/pot

MARZIPAN (German inspired: Rooibos, almond pieces, natural dried papaya, natural flavors. **CONTAINS NUTS**) 3.50/pot

NUT CRUNCH HONEYBUSH (A robust nutty flavor with hints of apples & currants. **CONTAINS NUTS**) 3.50/pot

ORANGE BRULEE ROOIBOS (Delicious combination of Orange and Cream.) 3.50/pot

ROOIBOS (Organic) (Naturally fruity sweet. Great for headaches, disturbed sleep & digestive problems.) 3.50/pot

VANILLA BERRY TRUFFLE (A harmonious infusion of both sweet & tangy flavors, smoothed with cream.) 4.00/pot



GREAT ICED

GREAT ICED



WELLNESS & HERBAL TEAS

Allow 9-13 mins for herbal teas to be steeped & served.

MOST CAFFEINE FREE

These teas contain natural herbal ingredients that target a particular ailment or enhance well being. Please see our catalog or sniffing bar for more ingredients & nutritional info!

AYURVEDIC ANTI-STRAIN (Full & vitalizing—cinnamon, licorice, ginger, fennel, orange peels & cardamom) 3.50/pot

AYURVEDIC BALANCING (Soothing tea—cinnamon, cardamom, licorice, coriander, fennel, ginger & rose) 3.50/pot

AYURVEDIC SHANTI CALMING (Promotes calmness—with holy basil (tulsi), saffron, fennel, licorice, star anise, orange peel, peppermint, lemongrass & citrus flavor.) 3.75/pot

AYURVEDIC STIMULATING (Super energy tea—ginger, turmeric, cardamom, coriander, cloves & nutmeg) 3.50/pot

AYURVEDIC WOMEN'S ACTIVITY TEA (Juniper, oranges, fennel, licorice & cinnamon.) 3.50/pot

BANANA DULCE (Organic & Fair Trade) (Blend of banana, sweet coconut, fresh graham crackers & caramel.) 4.00/pot

CHAMOMILE BILBERRY BLISS (Organic) (Dr. Oz blend -Helps stem cravings & relaxes the body.) 4.00/pot

CLEANSE (Organic) (Blend of purifying herbs to regulate the body's natural cleansing process.) 4.00/pot

DETOX (Organic) (Blend of herbs that stimulates the liver & clears out harmful toxins.) 4.00/pot

ENDURANCE (Designed to increase stamina—contains Pu-erh and many other beneficial herbs. **CAFFEINE!**) 4.50/pot

FEEL BETTER (Organic) (Blend of herbs that boosts the immune system & recovers you from a cold. **CAFFEINE!**) 4.50

HAPPY (Organic) (Strawberry, fresh hibiscus, floral jasmine & stimulating guayusa tea. **CONTAINS CAFFEINE**) 4.00/pot

LEMON GINGER COOLER (Great tasting Dr. Oz inspired blend for weight loss. **CONTAINS CAFFEINE**) 4.00/pot

PEPPERMINT (Refreshing... especially after a meal. Helps calm the stomach & aid in digestion.) 3.50/pot

RASPBERRY LAVENDER (A great 'night time' tea with soothing lavender. Sweet & tart. Try with honey.) 3.75/pot

RELAX (Chill out with this dynamic calming elixir that will ease your mind & spirit—contains valerian root.) 4.50/pot

SLEEP TIGHT (Bedtime blend with Chamomile, Valerian Root, Passion Flowers and more.) 4.50/pot

THROAT THERAPY (Designed to slay the fiery dragons in your throat. Prominent ginger and peppermint.) 4.50/pot

TUMMY TONIC (Soothing aromatic blend to bring your tummy back to tip top shape.) 4.50/pot



GREAT ICED

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FRUIT TEAS

ALL CAFFEINE FREE

Allow 9-13 mins for teas to be steeped & served.

An herbal tea, also called tisane, can be made from a variety of plants, berries or fruits. Great for kids and delicious with a bit of rock sugar or honey.

GREAT ICED

BLOOD ORANGE (Sweet & tangy flavors of orange, hibiscus & apple. High in vitamin C and great for kids.) 3.50/pot

GREAT ICED

CASABLANCA (Discover fruity hints of raspberry & strawberry. High in vitamin C and great for kids.) 3.50/pot

GREAT ICED

LOTTA COLADA (Flavors of pineapple and coconut. Full of antioxidants. Great for kids.) 3.50/pot

GREAT ICED

STRAWBERRY KIWI (Fruity, tart & full bodied. Stunning iced! Great for kids.) 3.50/pot