



# TEA MENU

## Wellness Teas

### BALANCING

**YIN (SOOTHING & CALMING) ** 4.00  
 Shatavari, fennel, roses, green rooibos, lavender, chrysanthemum, osmanthus and hibiscus.

**DIGEST (BELLY BALANCE) ** 4.00  
 A gentle blend of peppermint, chamomile, lemon balm, fennel and licorice root.

**RELAX (REDUCE STRESS) ** 4.00  
 A simple blend of ginger, licorice root and peppermint.

**IMMUNITY (HEALTHY SUPPORT) ** 4.00  
 A combination of echinacea, astragalus, eleuthro, lemon myrtle, peppermint, rose hips, and olive leaf.



### STIMULATING

**YANG (FOR VITALITY) ** 4.00  
 Sarsaparilla, dandelion, kukicha, chicory, eleuthro, elderberry, macadamia nut rooibos, carob, and anise.



**DETOX (GOODBYE TOXINS, HELLO NUTRIENTS) ** 4.00  
 Nettle leaf, dandelion leaf, plantain, alfalfa leaf, red clover, and peppermint.

**DRIVE  ** 4.00  
 Stimulates circulation, concentration, and energy. A blend of pu-erh, cinnamon, eleuthro root, goji berries, shizandra berries, nettle leaf, oatstraw, and ashwaganda root.

**RESCUE ** 4.00  
 Soothes your throat, opens your sinuses, and fends off a cold. This tea blends peppermint, licorice, orange peel, fennel, marshmallow leaf, clove, and echinacea.

## Herbal Teas

CHAMOMILE  4.00

HIBISCUS  4.00

HOLY BASIL (TULSI)  4.00

ORANGE DETOX  4.00

HONEY CHAI - HONEYBUSH, CINNAMON, CLOVE, CARDAMOM, GINGER ROOT, PEPPER  4.00

ROOIBOS CHAI - ROOIBOS, CINNAMON, CLOVE, CARDAMOM, GINGER ROOT, & PEPPER  4.00

## Camellia Sinensis

White tea, yellow tea, green tea, oolong, pu-erh tea and black teas are all harvested from either Camellia sinensis var. sinensis (Chinese teas) or Camellia sinensis var. assamica (Indian Assam teas). The tea leaves are then processed to attain different levels of oxidization which makes them the colors that they are named for.

DRAGONWELL GREEN TEA   4.00

FOCUS - GREEN TEA, WHITE TEA, GREEN ROOIBOS & ROASTED YERBA MATE   4.00

GUN POWDER GREEN TEA   4.00

JASMINE GREEN TEA   4.00

MORROCAN MINT (GREEN TEA, PEPPERMINT, SPEARMINT)   4.00

PEACH OOLONG   4.00

PINEAPPLE GREEN TEA   4.00

DECAF TROPICAL GREEN TEA  4.00

WHITE PEACH (WHITE TEA)   4.00

VANILLA BEAN (INDIAN BLACK TEA, VANILLA BEANS, CALENDULA PETALS & NATURAL VANILLA FLAVOR)   4.00

 =Organic    =Contains Caffeine    =Local



# east

WELLBEING & TEA



# FOOD MENU

Most salads can be made vegan upon request.

## Fresh Salads

**Super Greens Salad w/Raspberries** \$6.95

Packed with anti-oxidants! A bed of kale & arugula & spring mix with cucumbers. We top it with raspberries, pecans & feta for a dose of fiber and Vitamins A, B & E. (House Balsamic)

**Asian Kale Salad w/Manadarin** \$6.95

Fiber rich for your digestion and packed with nutrients for a mini detox effect. A bed of kale and cabbage, topped with mandarin orange segments, carrots, almonds, sesame seeds and toasted ginger wontons. (Sesame Ginger) \$6.95

**Veggie Taco** \$6.95

Potassium & Protein combine for great energy. Delicious fresh greens and shredded cabbage topped with organic black beans, sliced grape tomatoes, avocado, cheddar cheese, corn tortilla strips & a sprig of cilantro. (Cilantro Lime) \$6.95

**Tuna Cucumber** \$6.95

Omega 3s for heart health. Organic spring mix topped with cucumbers, sliced tomatoes, avocado and prepared white albacore tuna with fresh dill. (House Balsamic)

## Bowls

**Acai Bowl** \$6.95

Antioxidant boosting Acai with blueberries, raspberries, strawberries, banana, almond milk, chia seeds, and flax seeds topped with My Mom's granola, fresh fruit & coconut flakes.

**Goji Bowl** \$6.95

Immunity boost with blended Goji, mango, raspberries, banana, coconut milk, chia seeds, and flax seeds topped with My Mom's granola, fresh fruit & coconut flakes.

**Greek Yogurt Parfait** \$6.95

Get your calcium, anti-oxidants and B vitamins with Greek yogurt topped with fresh raspberries and blueberries and My Mom's granola.

## Tiki Hut Plates

**Chicken Caribbean Plate** \$6.95

Sauteed chicken, fresh sliced carrots, broccoli florets, pineapple and snow peas served on a bed of brown rice w/Caribbean sauce.



**Tofu Caribbean Plate** \$6.95

Sauteed tofu, fresh sliced carrots, broccoli florets, pineapple and snow peas served on a bed of brown rice w/Caribbean sauce.

## Soup of the Day

**Delicious Vegan Soups** \$6.95

Fresh vegetables, beans, lentils and more. Check with our staff to find out what today's delightful tummy warmer is.

## Sweets

**Lavender Cupcake** \$3.00

Blueberry cake infused with lavender essential oil. Topped with delicious frosting, these cupcakes are divine. Pair it with our Yin Tea for a delightful treat.



**Caramel Coconut Macaroon** \$2.50

Get your fiber with this delectable macaroon made with Organic Coconut, Organic Coconut Sugar, Organic Chiseeds, Organic Vanilla Extract & Himalayan Salt.

**Almond Energy Ball** \$2.50

Organic Almond Butter, Oats, Maple Syrup, Superfood Seed Mix, Dates, Coconut, Protein Powder & Vanilla

**Kacey Cakes** \$4.50

Delicious Assorted Vegan Gluten free whole food cakes.



=Organic =Gluten Free =Local =Vegan