

Flavoured Green Teas

Japanese Lime \$ 9.50
Green tea, lime & lemon peel, daisies

Emerald Sunset \$ 9.50
Green tea, peach slices, strawberry pieces, pineapple pieces

Ceylon Tea (Sri Lanka)

Ceylon Nawalla Op \$ 7.00
With little silver tips, a very expressive, spicy infusion

Ceylon St.James Flowery \$ 8.00
Slightly dark liquid, full-bodied, pleasantly abounding flavour

Teas of India

Darjeeling Margarets Hope FTGFOP1 \$ 11.50
A fresh flavour, slightly nutty flavour, a specialty for experts

Darjeeling Ging GFOP \$ 9.00
First flush, a light infusion with ripe but very balanced taste

Assam Orangajulie TGFOP1 \$ 9.50
Full of liveliness with the typical first flush character

Nilgiri Craigmere TGFOP (South India) \$ 8.00
A very nice, light, fresh tea with a gentle elegant flavour

Flavoured Black Teas

Christmas Tea \$10.50

Vanilla Superior \$7.50

Caramel \$7.50

Water Garden Tea - (3 Balls) - \$ 9.50

Oriental Sunset
For jasmine tea lovers Marigold emerges from the bed of white/green tea and is crowned with jasmine.

Chrysanthemum Red Cascade
A chrysanthemum arises, surrounded by little red satellites.

Orange Tigerlily
lily unfolds into medley of sunset colours

Special Blend

Artic Fire (Black Tea) \$ 9.00
Strong mint, cornflowers

Masala Chai Tea (Black Tea) \$ 9.00
Cinnamon, cardamom, ginger, rose flowers

Spiced Chai Tea (Black Tea) \$ 9.00
Cinnamon, cardamom, ginger, black pepper, cloves, aniseed, nutmeg

Chai Tea (Green Tea) \$ 9.50
Green tea, cinnamon, cardamom, ginger, rose flowers

Yogi Chai (Spices) \$11.80

Fruit Paradise (Black Tea) \$ 9.00
Passion fruit, rosehip, apple pieces, blueberries, elderberries

Oriental Beauty (Black & Green Tea) \$ 9.00
Jasmine flowers, rose petals, sunflower blossoms, mauve flowers

Oriental Spice (Black Tea) \$ 9.00
Cinnamon pieces, cloves, cardamom, anise seeds

Stockholm Blend (Black Tea) \$ 9.00
Orange peel, calendula blossoms, rose petals, vanilla pieces, apricot safflowers

Summer Dream (Black & Green Tea) \$ 9.00
Orange pieces, sunflower blossoms, strawberry pieces

Winter Dream (Black Tea) \$ 9.50
Cinnamon pieces, almond pieces, rose petals, hazelnut kernels

Christmas Tea (Black Tea) \$9.50
Lemon Peel, aniseed, cinnamon, apple pieces, rose petals + Black Tea

Raspberry Black Tea \$ 9.50

Green / White Tea

Pi Lo Chun (Top Quality) \$ 35.00
Middle Green, slightly rolled "curly" leaf with light golden white tips,

Buddha Tears (Top Quality) \$ 45.00
Hand rolled green/white tea commonly known as silver needle.



per 100g pack

Classic Teas

English Breakfast \$ 7.00
A traditional blend of the finest Assam & Ceylon Teas producing a fully aromatic blend with lots of golden tips

Irish Breakfast Superior \$ 7.50
A blend of best Assam and Darjeeling from a famous Irish recipe

Russian Caravan Blend \$ 7.50
A delightfully smoky character with a lot of golden-brown tips

Earl Grey With Tips \$ 8.00
High quality black tea with bergamot

Earl Grey Blue Flower \$ 8.50
Black tea, bergamot, Swiss blue cornflowers

French Earl Grey \$ 9.50

Australian Daintree \$ 6.50
Medium strength North Queensland teas of fine quality

TeaLovers Breakfast Blend \$ 8.00
The finest Assam/China teas with a hint of bergamot - citrus aroma

Prince of Wales \$ 7.50
A strong traditional blend of high quality

Formosa Teas (Taiwan)

Cheers Oolong \$ 12.00
Delicate oolong tea with a clear orange-brown colour

Formosa Green Tea \$ 10.50
Light & refreshing with brisk taste

Formosa Jasmine Tea \$ 10.50
An excellent tea with the delicate fragrance of jasmine flower

Mountain Top Oolong \$ 18.00
A top quality tea grown in a cold mountainous climate

China Teas

Pal Mu Tan (White Tea) \$11.80
A full-bodied, very expressive infusion, slightly fermented taste

Gun Powder (Green Tea, ORGANIC) \$ 8.50
Tightly rolled green leaves with an intensive, slightly hearty taste

Lung Ching (Green Tea, DRAGON WELL) \$11.20
A fine leaf with rich, full-bodied taste with a rich and full character

Chun Mee Moon Palace (Green Tea, ORGANIC) \$ 8.50
Tightly rolled, slightly curved oval leaves with full-bodied taste

Golden Yunnan (Black Tea) \$ 8.50
A superb quality of nice tippy leaf with a soft "barky" flavour

Tarry Lapsang Souchong (Special) \$ 8.50
The classic smoky tea of China - well known all around the world

Lychee Tea (Special) \$ 8.00
Black tea with a very smooth, sweetish fruity taste

Pu Erh Tea (NEW) \$ 9.00
A very old Chinese tea with earthy taste, help digestion and grows in Yunan province

Pu Erh Chrysanthemum Tea (NEW) \$ 10.50
Pu Erh black tea with chrysanthemum flower. cools the body

Tie Guang Yin (NEW) \$ 16.00
Oolong tea of China's Fujian Province - The texture is silky-smooth and the refreshing taste lingers in the mouth long after the last cup

Japanese Green Teas

Sencha \$ 9.00
A middle-green leaf tea with a sparkling character - a light cup

Genmaicha \$ 9.00
Bancha leaves blended with roasted rice, a Japanese specialty tea

Cool Mint \$ 9.80
Green tea, mint, spearmint leaves

Fruit Infusions

A refreshing combination of all different fruits and more topped off with natural flavour. High in Vitamin C, sugar & caffeine-free, they taste great hot or iced.

Fruit Medley \$ 9.50

Apple pieces, hibiscus, rosehip, grapes, lemon peel, pineapple pieces, papaya pieces, rose petals, strawberry & raspberry pieces

Peach Melba \$ 9.50

Peach pieces, hibiscus, apple pieces, elderberries, sunflowers

Pina Colada \$ 9.50

Hibiscus, apple pieces, rosehip, pineapple pieces, grated coconut

Strawberry - Cream \$ 9.50

Strawberry & apple pieces, hibiscus, rosehip, strawberry leaves

Herbal Infusions

Ginger Kisses \$ 10.50

Ginger root hibiscus flower, lemongrass

Lemon Tang \$ 9.50

Lemongrass lemon peel, peppermint, green mate, apple pieces, safflower, mallow flowers

Lemon Grass (NEW) \$ 9.00

An excellent digestive tonic and also has anti bacterial properties. It also aids circulation, muscle tone, acne and oily skin.

Chamomile \$ 8.50

Peppermint \$ 8.50

Rosehip \$ 8.50

Rooibos Tea (Organic) \$ 8.50

Rooibos Lemon Tea (Organic) \$ 9.00

Rooibos Chai (Organic) \$ 9.50

Rooibos Cream (Organic) \$ 9.50

Linden Flower/Lime Blossom (NEW) \$ 8.50

Red Clover (NEW) \$ 8.50

Dandelion Root (NEW) \$ 8.50

Nettle Leaf (NEW) \$ 8.50

Juniper Berry (NEW) \$ 8.50

Chrysanthemum Flower Tea (NEW) \$ 12.00

Lavender Flower (NEW) \$ 8.50

Rose Petals (NEW) \$ 8.50

Calendula Flower (NEW) \$ 8.50

Special Herbal Blends

Arthritis Blend \$ 12.00

Celery seed, devil's claw, ginger, nettle, silver birch leaf

. Indicated for arthritic conditions, muscular aches & pains

. Anti-inflammatory action

. Promotes circulation

Balance \$ 12.00

Ginger, lemon balm, cinnamon quills, cloves, cardamom pods, hawthorn berries

. For relaxation

. Promotes circulation, acting as a warming tonic, assists digestion as well

Circulation Spice \$ 12.00

Liquorice root, cinnamon quills, sarsaparilla root, orange peel

. Enhances circulation

. Adrenal stimulant promoting energy production

Cleanse And Detox \$ 12.00

Calendula flower, ginger root, red clover, dandelion root, nettle, elderflower, hibiscus flower, spearmint

. Promotes detoxification & stimulates circulation, increasing elimination of accumulated toxins

. A gentle cleansing tonic, improving the function of all eliminative systems: liver, blood, lymphatic and urinary

Digestion \$ 12.00

Peppermint, chamomile, lemon balm, liquorice root, yarrow

. Aids digestion. For upset stomachs, abdominal cramps, colic, indigestion, nausea

Energiser \$ 12.00

Panax ginseng Siberian ginseng, rosehip, liquorice root, hibiscus

. Enhances energy production and acts as a supportive adrenal stimulant

. Indicated for fatigue, exhaustion, Monday-itis

. Improves mental function, concentration and memory

Menopause Mix \$ 12.00

Red clover, wild yam, sage, chaste berrytree, black cohosh

. Promotes & maintains balance of female hormones

. Indicated for menopausal symptoms, PMS

symptoms and period pain

Relaxation \$ 12.00

Peppermint, lime blossom, rose petals, calendula flower

. As the name suggests - for relaxation. Sedative properties

Sweet Dreams \$ 12.00

Passionflower, chamomile, spearmint, hops, lemongrass, rose petals

. Herbal sedative with a mint flavour

. Indicated for insomnia, restless & unrefreshing sleep

Stress - less \$ 12.00

Vervain, lime blossom, skullcap, St. John's wort, oats straw, chamomile, lavender, rose petals

. Nervous system tonic that assists stress management

. Perfect for daytime use that doesn't make you drowsy

. Indicated for the symptoms of stress: nervous tension, tension headaches, anxiety, irritable bowel, depression

Weight Control Blend \$ 12.00

Hawthorn berries, dandelion root, fennel, nettle, alfalfa

. Assists weight loss by:

. Increasing the rate at which the body burns fat

. Reduces the storage of fat in the tissues

. Suppresses the appetite

Heart Tonics (NEW) \$ 12.00

Hawthorn berries, lime flower, vervain, rosemary leaves, oaks straw, rosehip, calendula flowers.

. Naturally assists heart health

. Aids the cardiovascular & circulatory system

useful for treating high or low blood pressure

. May benefit aging heart & nervous heart conditions

Immune Booster (NEW) \$ 12.00

Echinacea, rosehip, yarrow, cinnamon, calendula flowers, orange peel, alfalfa.

. A useful tonic to purify the blood in the treatment of infections

. stimulates the immune system

. strengthens the body's ability toward

off invading infections

Slimmer Blend \$ 12.00

Dandelion root, alfalfa, ginger root, yarrow, red clover, calendula flower, hibiscus.

. assist weight loss

. helps to normalise elimination, detoxification and circulation.

. aids breakdown of fats

Great Expectations \$ 11.00

Raspberry leaf, spearmint, lemon grass, chamomile, jasmine flowers, rose petals

. a fragrant tea to relax and nourish the mother to be

. tones the uterine muscles in preparation for labour

Cold & Flu Allergy Aid (NEW) \$ 12.00

Echinacea, yarrow, elder flower, peppermint, chamomile, calendula flowers, orange blossom.

. natural relief from cold and flu symptoms

. a useful tonic to help with cold & flu and allergy symptoms

. may assist with allergy symptoms such as teary eyes, runny nose.

Ayur Life Series

Our **AyurLife range** is a series of herbal teas + spice blends based on an ancient Indian tradition, the "Ayurveda" which means "knowledge of life". It aims for a perfect balance and total harmony between ourselves and nature, especially to redress the imbalance of our increasingly fast-paced life.

Inner Calmness \$ 11.00

Cinnamon, rosehip, grated cocoa, lemon peel, ginger root, cardamom, fennel, hibiscus, raspberry leaves, chamomile, linden flowers, alfalfa, liquorice root, cloves, black pepper

. For the serenity and equilibrium to take life as it comes

. For the serenity and equilibrium to take life as it comes

Vitality for Her \$ 11.00

Cinnamon, fennel, lemon peel, liquorice, cardamom, angelica root, dandelion roots, cloves, juniper berries, black pepper, ginger

. For the eternal feminine sense of well being

. For the eternal feminine sense of well being

Vitality for Him \$ 11.00

Cinnamon, fennel, mint, rosemary leaves, ginger root, St John's bread, grated cocoa, damiana leaves, liquorice root sage leaves, cardamom, black pepper, sarsaparilla root, cloves, ginseng root

. For the right balance between strength and flexibility

. For the right balance between strength and flexibility

Well Being \$ 11.00

Lemongrass, peppermint, rosehip, fennel, cinnamon, cloves, ginger, cardamom, liquorice, black pepper, dandelion roots, calamus peeled-root

. An exotic blend of herbs and spices

. An exotic blend of herbs and spices

Ginger Cool \$ 11.00

Ginger roots, lemon grass, liquorice root, lemon peel, peppermint leaves, black pepper

Inspiration \$ 11.00

Ginger Root, Cinnamon, Liquorice, Cardomom, Coriander, Parsley Leaves, Black Pepper, Cloves, Juniper berries, Tumeric, Dandelion Roots, Sage leaves, Sarsapirilla Roots

Decaffeinated Tea \$ 11.00

Ginger Root, Cinnamon, Liquorice, Cardomom, Coriander, Parsley Leaves, Black Pepper, Cloves, Juniper berries, Tumeric, Dandelion Roots, Sage leaves, Sarsapirilla Roots

Ceylon Tea (by CO² Method) \$ 10.50

Earl Grey (by CO² Method) \$ 10.50



