

# herbal teas

summer 2024

# menu



# Antioxidant Herbal Teas

## The Tea Collective Blends \$5.5

### Firestorm

Immune system optimiser! A fiery tea blended from ginger root, turmeric, chilli & peppercorns.

### Moontime

Aiding the symptoms associated with menopause and PMS. Preventing any disruption to the precious 28-day cycle: spearmint, peppermint, cohosh root, dong quai, liquorice root, ashwagandha, St. John's wort, red clover, lavender, red rose, and lemon verbena.

### Happiness

An eclectic and wildly-colourful blend of sweet, floral, and spicy: organic lemongrass, organic apple pieces, jasmine flowers, rose petals, pink peppercorns, cinnamon chips, coriander seeds, raspberry leaf, ginger, natural jasmine.

### Peppermint

Pure peppermint tea has been used in traditional medicine to relieve discomfort in the digestive system.

## Neo Organic Tea Blends \$5.5

### Chocolate Dream (GF, LF)

Cacao and rooibos, this high iron and magnesium tea will uplift the senses and also help sugar cravings.

### Echinacea Accelerator

Enhance your immune system with echinacea, lemongrass and ginger.

### Turmeric Tonic (GF, LF)

This golden zesty tea includes turmeric, citrus and lemongrass to help Page 4 / 4 relieve muscle and joint pain.

### Happy Hemp (GF, LF)

Protein rich, fibre and fatty acids including omega-3s and omega-6s to cheer and uplift. The perfect mood balancing elixir.

### Delightful Blue (GF, LF)

Butterfly Pea flower is known for its graceful ageing properties, improving digestive health and alleviating symptoms of anxiety and depression.

## Tea Tonic Organic Blends \$5.5

### Thirst Quencher

Naturally sweet and hydrating. Hibiscus, moringa leaves, natural flavour, monk fruit and calendula.

### Tea Party (GF, LF)

Calcium and iron rich, smooth rooibos and rose petal tea.

### Apple Tree (GF)

Loaded with antioxidants and apple pieces "An apple a day... Blue Magic Tea (GF, LF) This floral turkish delight will boost the lustre of your hair, skin and eyes while delighting your sights with a gorgeous natural blue from the butterfly pea flower. Adding floral notes with rose petals and chamomile.

### Relaxation Tea (GF)

Calming the mind and body day or night with lemongrass, passionflower, lemon balm, skull cap and lavender.

\*Gluten-free (GF)

\*Low FODMAP option (LFO)

