

BLACK TEA

ENGLISH BREAKFAST

***(H)**

EARL GREY (M)

MASALA CHAI (H)

PU-ERH TEA

PU-ERH GINGER(M)

GREEN TEA

JADE CLOUD(L)

JASMINE(L)

YUZU PEACH(L)



****CAFFEINE LEVEL****

Low * Medium * High

HERBAL TEA

No caffeine

BLUEBERRY HIBISCUS

PEPPERMINT

TUMERIC GINGER

LAVENDER MINT

Tea is much more than a soothing drink. It has caffeine to give you energy, but unlike coffee, tea contains theanine which helps your body process the caffeine. This means that you are less likely to feel jittery.

In addition to theanine, tea is loaded with antioxidants. These substances prohibit (and in some cases even prevent), the oxidation of other molecules in the body. Green tea has the highest amount of these, but they are found in all teas.