



## Herbal Teas

Brewing time: 5-8 mins

- ❖ **Rose hip** - £2.50  
Rose hip skin... it can strengthen the body and increase your immune system defences.
- ❖ **Nana Mint** - £2.50  
Nana mint leaves... used for loss of appetite, digestive problems, migraines and hiccups.
- ❖ **Camomile Dried Flowers** - £2.50  
Camomile tea is used to reduce stress, promote relaxation and restful sleep.
- ❖ **St John's Wort** - £2.50  
An infusion suitable to harmonize the psych and digestion

## Rooibos

Brewing time: 5 mins

Rooibos is a bush which grows in South Africa. It does not contain caffeine.

- ❖ **Sun in the African Bush** - £2.50  
Rooibos, flavouring, orange peel, raspberries, marigolds, everlasting flowers.
- ❖ **Lemonita** - £2.50  
Rooibos, orange peel, papaya pieces, red peppercorns, sandalwood, ginger, ginseng, orange blossom, cornflowers, lavender flowers.
- ❖ **Great Temptation** - £2.50  
Rooibos, pineapple, roses, strawberries, mango, chrysanthemum, blueberries, mallow.

## White Teas

Brewing time: 5 mins

The caffeine is minimal and the amount of antioxidants is very high.

- ❖ **Pai Mu Tan 'White Peony'** - £3.00  
The clear, very pale yellow infusion has a sweet muscatel and a mild flavour with a hint of nuttiness.
- ❖ **White Monkey** - £3.00  
Hand rolled long leaf tea with pale infusion, mild aroma and delicate taste.

## Red Teas

Brewing time: 3-5 mins

- ❖ **Pu Erh Ying Yang** - £2.50  
Black Pu Erh tea, rose hip skin, apple, green mate, flavouring, lemon grass.
- ❖ **Pu Erh Black Cherry** - £2.50  
Pu Erh tea, sour cherry, organic hibiscus flower, marigold flower and rum aroma.



*Small Talk  
Teas*

*Tea is drunk to forget the din of the world.*

