



**JAZZ MINT - 8.5**

*Chinese green tea with mint and jasmine blossom. Very refreshing.*

**LONG ISLAND STRAWBERRY - 7**

*Strawberry and papaya blended Sencha. Great iced.*

**MANGO TURMERIC PINEAPPLE - 14**

*Bright, tropical blend. EXTREMELY LOW CAFFEINE.*

**MOROCCAN MINT - 7.5**

*Chinese Gunpowder Green Tea with organic spearmint and peppermint.*

**SENCHA KYOTO ROSE - 7.5**

*Japanese Sencha with Bing cherry, rose petals.*

**WINTER RASPBERRY - 9**

*Sencha with raspberry, hibiscus.*

## Matcha & Matcha Blends

**IZU MATCHA (CEREMONIAL GRADE) - 13**

*Superior grade Japanese matcha. Jammy smoothness, sweetly astringent.*

**GINGER MATCHA - 14**

*Gyokuro Matcha blended with ginger.*

**MATCHA MATE - 11**

*Japanese matcha with powdered raw green mate.*

**MINT MATCHA - 14**

*Japanese matcha with powdered spearmint and peppermint.*

**MATCHA SUPER GREEN - 13.5**

*Superior blend of Japanese matcha, powdered Japanese sencha.*

## Blooming Flower Green Teas

**BLOOMING FLOWER TEAS (PER OUNCE) - 19**

*Lovely display of blossoming flowers. Soothing floral finish. A wonderful gift!*

**BLOOMING FLOWER TEAS (PER BLOOM) - 6.5**

*Lovely display of blossoming flowers. Soothing floral finish.*

## Decaffeinated Green Teas

**DECAF SENCHA - 10.5**

*Milder sencha flavor. Caffeine free.*

**DECAF SENCHA LEMON - 9**

*Sencha with dried lemon, sunflower, marigold. Caffeine free.*

## Yerba Mate & Yerba Mate Blends

**CAROB MINT MATE - 7.5**

*Green, roasted mate with carob, peppermint.*

**GREEN (RAW) MATE - 6.5**

*From the only farm that uses the low heat method. Mate is not aged. Vegetal, crisp flavor.*

**LEMON GINGER MATE - 8.75**

*Green mate with ginger and lemon bits.*

**ROASTED MATE - 7**

*Earthy, smoky flavor.*

**SHAMAN MATE - 7.5**

*Green raw mate with Wild Tibetan Lavender.*

**SPICY GINGER CHAI MATE - 7.5**

*Roasted mate with ginger, cinnamon, chai spices.*

## White & White Tea Blends

**COCONUT ALMOND WHITE - 9.5**

*White mutan, coconut, almond, vanilla bean, rose.*

**CREAMY EARL WHITE - 12**

*First flush white tea, bergamot, creamy milk.*

**EARL GREY WHITE - 10**

*First flush white leaf, natural Italian bergamot.*

**PEACH BLOSSOM WHITE - 9.5**

*White tea, peach, quince, tangerine.*

**PEACH BLOSSOM WHITE SAGE - 9.5**

*Fragrant sage, white tea, peach, quince, tangerine, aromatic blossoms.*

**SPICED APPLE PEAR WHITE - 9.5**

*Pear, apple, cinnamon, peach, cornflower, white tea leaves.*

**SILVER NEEDLE - 20**

*First flush spring buds harvested from the Fujian's unique Fuding Da Hao varietal.*

**SILVER NEEDLE JASMINE - 22**

*High grade silver needle, fragrant jasmine blossoms.*

**WHITE PEONY - 12**

*Silver needles. Same sweetness, but with darker infusion, bolder aroma.*

**WHITE MUTAN - 9**

*Blend of silvery buds, green leaves. Light, sweet, vegetal flavors.*

**WINTER WHITE - 9**

*Mutan, vanilla, rose buds, lemon oil.*

## Roobios

*Caffeine Free*

**AFRICAN CRANBERRY ROOIBOS - 8**

*Red Rooibos, dried cranberry, hibiscus, orange peel.*

**ALMOND AMARETTO BISCOTTI ROOIBOS - 8**

*Red Rooibos, almond, sweet amaretto, cranberry, orange, clove.*

**CARAMEL ROOIBOS - 7**

*Red Rooibos, chamomile, vanilla bean, sunflower, calendula.*

**CINNAMON SPICE ROOIBOS - 8**

*Red Rooibos, clove, three types of cinnamon, orange peel.*

**CRIMSON AND CLOVER - 10**

*Red Rooibos, lood orange, grapefruit, apple, cinnamon, cardamom, clove, red clover, sunflower.*

**GREEN ROOIBOS - 7**

*Light, refreshing, unoxidized, citrus-like.*

**HONEYBUSH - 7**

*Cousin to Rooibos. Naturally sweeter.*

**HONEY ROOIBOS - 7**

*Rooibos, chamomile blossoms, calendula petals.*

**RED ROOIBOS - 6.5**

*Oxidized Rooibos. Tends to be slightly honey-like in sweetness.*

**ROOIBOS CHAI - 7.50**

*Chai spices, peppermint.*

**ROOIBOS PROVENCE - 7.5**

*Red Rooibos, rosehips, lavender, raisins, black and red currants, blueberries, rose petals.*

**SMOOTH JAZZ - 8**

*Red Rooibos, anilla, cinnamon, cacao, peppermint.*

**THAILAND WINTER - 8**

*Red Rooibos, lemongrass, coconut, cardamom, ginger, vanilla.*

**VANILLA ROOIBOS - 6.5**

*Rooibos, pure vanilla cane, hints of bourbon flavor, almond pieces, calendula petals.*

## Tisanes & Fruit Blends

*Caffeine Free*

**APPLE BUTTERFLY AZURE - 9**

*Butterfly pea flower, lemongrass, honey powder, luscious apple, raspberry, lemon.*

**BELLA COOLA - 7**

*Blend of tart fruits. Makes for a refreshing cup or a popsicle.*

**BLOOD ORANGE - 8.5**

*Blend of blood orange, grapefruit, hibiscus, rosehips, marigold.*

**CAPTAIN COCOA MINT - 13**

*Enlivening blend. Earthy mushrooms, cracked cacao nibs and shells, peppermint.*

**COCOA MINT - 8**

*Cracked cacao nibs and shells, cinnamon, peppermint, cloves.*

**EGYPTIAN CHAMOMILE - 7**

*Relieves anxiety, muscle twitches, psoriasis, eczema, menstrual cramps, stomach flu, ulcers, over-active nerves.*

**FRENCH VERVEINE - 10.5**

*Clean, lemony brew. Promotes digestive health, anti-fungal. Good for headaches, vertigo, rheumatism, fever, anxiety.*

**GINSENG HIBISCUS PEACH - 8**

*Invigorating blend of ginseng, hibiscus, cinnamon, ginger, licorice root, pepper, citrus fruits.*

**LAVENDER (WILD TIBETAN) - 10.5**

*Antiseptic, anti-inflammatory, soothes headaches, aids in relaxation.*

**MOTHER'S BOUQUET - 8**

*Chamomile, rosebuds, orange peel, orange Oil. Bright, uplifting.*

**MUSHROOM WARRIOR - 13.5**

*Chaga, reishi, maitake, lions mane mushrooms with astragalus, dandelion, chicory root. Earthy, coffee-like.*

**ORANGE PASSION - 7.5**

*Orange pieces, orange peel, rosehips, rose petals.*

**PARADISO PEACH - 6.5**

*Dried peach, apple, hibiscus, orange peel. Great frozen!*

**PEPPERMINT - 6.5**

*Bright, effervescent. Great for headaches, upset stomach.*

**PEPPERMINT GINGER - 7.5**

*Refreshing, bold, invigorating. Great for upset stomachs.*

**SABDARIFFA HIBISCUS - 7**

*Tart, fruity, extremely high in vitamin C. Great for hypertension.*

**SCARLET - 8**

*Rosehips, hibiscus, cranberries, schizandra berries, mango, passion fruit, honeybush rooibos.*

**STRAWBERRY KIWI - 8**

*Blend of strawberries, dried fruit pieces. Vibrant ruby red drink. Looks festive brewed in a glass teapot. Tastes delicious hot or iced.*

**TANGERINE GINGER - 8.5**

*Sweet tangerine, spicy ginger, hibiscus, schizandra berries.*



# CARY TOWN TEAS

PURVEYOR OF FINE TEAS  
SINCE 2006



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# Wellness Blends

## **A WOMAN'S WRATH - 12**

*Helps with symptoms of menopause and "Aunt Flow's" monthly visits.*

## **ALLERGY RELIEF - 10**

*Decongestant, astringent blend of anti-inflammatory herbs.*

## **ANTI-AGING HAIR SKIN AND NAILS - 9**

*Helps fight signs of aging while protecting the skin.  
Contains supporting herbs for hair, skin, nail health.*

## **ARTHRITIS BLEND - 9**

*A blend to help relieve the symptoms of arthritis.*

## **BLADDER KIDNEY BLEND - 12**

*Strengthens, cleanses, supports bladder, kidneys, liver.  
Great for urinary tract infections.*

## **BLOOD CLEANSER - 12.5**

*Blends of herbs. Helps rid the blood of toxins.*

## **CLEFF NOTE - 10**

*Therapeutic blend of herbs. Soothes sore, irritated throats,  
opens up lungs, nasal passages. Great for singers, smokers.*

## **DIABETIC BLEND - 10.5**

*Helps regulate insulin, stimulate circulation and other symptoms  
related to diabetes.*

## **ESSIAC BLEND - 11**

*A decoction NOT a tea. Boil for 10min, then steep for 12hrs,  
adding additional water to concentrate afterwards. Alternative,  
natural treatment for cancer. Great for building, strengthening  
the immune system.*

## **FERTILITEA - 9.5**

*Herbal blend to help aid in conception, strengthen the female system.*

## **FLU FIGHTER - 9**

*Aids in the relief of flu symptoms, helps get you on the track  
to recovery.*

## **HANGOVER HELPER - 9.5**

*Licorice, fennel, cinnamon, nettle, lapacho, mate. Cleanses, energizes,  
settles the systems.*

## **HEALTHY LEG - 9**

*Blend of herbs that strengthen vascular network promoting better  
leg circulation. Calms restless leg syndrome.*

## **MEMORY AID - 9**

*Ginkgo leaves, mate, peppermint, siberian ginseng, schizandra  
berries. Promotes mental alertness, clarity.*

## **PREGNANCY SUPPORT - 9**

*A blend to help prepare the body for birth.*

## **PURIFYING TONIC - 11.5**

*Roots of burdock, dandelion, licorice root, ginger, yellow dock  
to cleanse the vital organs.*

## **PURPLE HAZE - 12.5**

*Soothing, meditative blend of kava, passion flower, ashwaganda,  
lavender, rose.*

## **MOTHER'S MILK - 9**

*Designed to help milk expression for nursing mothers.*

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**PRICED PER OZ, 2OZ MINIMUM PER TEA**

**IMMUNITY BOOSTER - 10**

*Elderflower, licorice root, fennel, cinnamon, calendula. Fights congestion, eases fever.*

**HAVE HEART - 9**

*Strengthens the heart and cardiovascular system. Relieves stress.*

**RESPIRATORY BLEND - 9**

*Supports the respiratory system, opens the lungs.*

**SERENITEA - 10**

*Soothing blend of calming, uplifting herbs including St. John's Wort to enhance mood.*

**SWEET OBLIVION - 12.5**

*Designed to help those who have trouble falling asleep and staying asleep.*

**TUMMY TONIC - 9**

*Licorice, peppermint, ginger, chamomile. Blended to soothe the tummy.*

**ANTI-INFLAMMATORY BALANCE BLEND  
(FORMERLY TURMERIC GINGER) - 9**

*Turmeric, Ginger, Lemongrass and Citrus blended to help combat Inflammation, promote good circulation, digestion and skin clarity.*



# Herbs

- ALFALFA - 7
- ASHWAGANDA - 8
- ASTRAGULUS - 7.5
- BILBERRY LEAF - 5.5
- BIRCH LEAF - 5.5
- BLACK COHOSH - 10.5
- BURDOCK ROOT - 8
- BUTCHER'S BROOM - 6.5
- BUTTERFLY  
PEA FLOWER - 15
- BUCHU LEAF - 18.5
- CARDAMOM - 12
- CHAMOMILE  
(EGYPTIAN) - 7
- CHASTEBERRY  
(VITEX) - 5.5
- CHICKWEED - 6
- CHRYSANTHEMUM - 9.25
- DAMIANA - 8
- DANDELION LEAF - 7.5
- DANDELION ROOT - 9
- DON QUAI - 12
- ECHINACEA - 10
- ELDER BERRIES - 9
- ELDER FLOWER - 9
- EUCALYPTUS - 6.5
- FENNEL - 6
- FENUGREEK - 5.5
- GINGER - 7.5
- GINGKO - 6.5
- GINSENG - 7.5
- GOJI BERRY - 9
- HAWTHORNE  
LEAF & FLOWER - 6.5
- HOLY BASIL - 6.5
- KAVA KAVA - 15
- LADY'S MANTLE - 7.5
- LAPACHO - 6.5
- LAVENDER  
(WILD TIBETAN) - 10.5
- LEMONBALM - 9
- LEMONGRASS - 7.5
- LICORICE - 7
- MACA (POWDER) - 5.5
- MARJORAM - 5.5
- MORINGA - 6
- MUGWORT - 8.5
- MULLEIN - 5.5
- NETTLE - 8
- PASSION FLOWER - 6.5
- PEPPERMINT - 6.5
- PLAINTAIN - 6
- RASPBERRY LEAF - 7
- RED CLOVER - 9.5
- ROSEHIPS - 7
- ROSEMARY - 6.5
- ROSE PIECES  
& PETALS (RED) - 9
- SAGE - 6
- SASSAFRASS - 12.5
- SHEEP SORRELL - 8
- SLIPPERY ELM - 8.5
- SKULLCAP - 8.5
- SPEARMINT - 7.5
- ST JOHNS'S WORT - 6.5
- TURMERIC POWDER - 6
- TURKEY RHUBARB - 8
- UVA URSI - 6.5
- VALERIAN ROOT - 8.5
- VERVAIN  
(LEMON VERBENA) - 8
- YARROW - 6
- YELLOWDOCK - 6

**ALL HERBS ARE CERTIFIED ORGANIC**

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# Summer Blends

## **WATERMELON OOLONG - 8.5 (OOLONG)**

*A luxurios oolong tea full of watermelon pieces, watermelon flowers, papaya pieces, safflower, plum and natural flavors.*

## **HOTEL CALIFORNIA - 8.5 (TISANE)**

*An energizing , fruity blend of ginseng, star anise, ginger, orange, strawberry, apple and kiwi pieces. Delicious warm or iced.*

## **JASMINE MATCHA - 14 (GREEN)**

*A delightful, fragrant and naturally sweet matcha, blended with ground jasmine and jasmine pearls.*

## **STRAWBERRY DACQUERI EXPLOSION - 8 (BLACK)**

*Sweet juicy strawberries intermingled with creamy coconut. Black tea, apple, coconut , hibiscus, strawberry pieces, rose petals, rosehip and kiwi pieces.*

**PRICED PER OZ, 2OZ MINIMUM PER TEA**

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