

HERBAL TISANES—NO CAFFEINE

Lost Legend Pu-erh —(1oz, 2oz, 4oz, 8oz) Blend of 12–20 year-old pu-erh	\$18.00, 34.00, 65.00
Allergy Soother —Nettle leaves, Elderflowers, rosehips, lime blossoms, peppermint, mullein flowers (1oz, 2oz, 4oz, 8oz)	\$4.00, 7.00, 13.75, 24.00
Austin Ambrosia —organic Berries, Honey Bush (2oz, 4oz, 8oz)	\$9.50, 18.00, 35.00
Berry Brew —blueberries, black currants, cornflower, hibiscus, elderberries, apple	\$6.00, 11.00, 20.00
Chamomile Flowers —Organic (1oz, 2oz, 4oz, 8oz)	\$4.00, 7.00, 13.00, 24.00
Cold Chaser —elder leaves, Linden blossoms, Thyme, Aniseed, Fennel, Rose hip peels, Licorice, Blackberry leaves, Wild Thyme, Marigold (1oz, 2oz, 4oz)	\$3.50, 6.00, 11.00
Digestive Helper —Chamomile blossoms, peppermint leaves, yarrow, valerian roots, Marigold blossoms, lemon balm (1oz, 2oz, 3.5oz)	\$3.50, 6.00, 11.00
Fasting —green Mate, lemongrass, rose hip, ginger, chamomile (1oz, 2oz, 4oz)	\$4.00, 7.00, 13.00
Fountain of Youth —ginkgo, nettle, blackberry, St. John Wort, verbena, mistletoe, white thorn, lemongrass, green tea, cornflower (1oz, 3oz, 6oz)	\$5.00, 9.00, 17.00
Flu Fighter —Elderflowers, lime blossoms, fennel, licorice root, echinacea root, cinnamon, Marigold petals (1oz, 2oz, 4oz, 8oz)	\$4.00, 7.00, 13.75, 24.00
Ginger Root —Organic (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Hangover Helper —Licorice, cinnamon, nettle, hawthorn, lapacho, mate. (2oz, 4oz, 8oz)	\$4.50, 7.50, 14.00
Herbs of the Healer —honeybush, fennel, orange, apple, cinnamon, mate, raspberry, mint, bean peels (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Hook 'Em Horns —Blood Orange—apple, hibiscus, rose hip, orange, lemon (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Ju Hua —Chrysanthemum Flowers (.5oz, 1oz, 2oz, 4oz)	\$4.00, 7.00, 13.00, 24.00
Jasmine Flowers (1oz, 2oz, 4oz)	\$4.00, 7.00, 13.00
Lemongrass —(1oz, 2oz, 4oz, 8oz)	\$3.00, 5.00, 9.00, 17.00
Lemon Myrtle —Organic—Australia (1oz, 2oz, 4oz)	\$4.50, 7.50, 14.00
Mint Verbena —(1oz, 2oz, 4oz, 8oz)	\$4.00, 7.00, 13.00, 24.00
Mate Chocolate (2oz, 4oz, 8oz) Yerba Mate & Rooibos with cocoa	\$6.00, 11.00, 20.00
Yerba Mate —wild-harvested in Paraguay (1oz, 2oz, 4oz, 8oz)	\$3.50, 6.00, 11.00, 20.00
Peach Ginger Mate —wild-harvested in Paraguay (2oz, 4oz, 8oz)	\$5.50, 10.00, 18.00
Chai Mate —wild-harvested in Paraguay (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Passion Berry Mate —wild-harvested in Paraguay (2oz, 4oz, 8oz)	\$6.50, 12.00, 22.00
Men's Tea —Ayurvedic—apple, cinnamon, bean peels, ginger, mistletoe, St. John's Wort, lemongrass, eryngo, cardamom, cloves, pepper, lemon, ginseng (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Women's Tea —Ayurvedic—cinnamon, apple, Rooibos, ginger, raspberry leaves, fennel, chamomile, cardamom, alchemilla, cloves, orange, St. John's Wort, pepper, juniper berry, goose grass, (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Midnight Snack —apple, chamomile, cinnamon (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Mother's Bouquet —chamomile, rosebuds, cornflowers, orange peel (1oz, 2oz, 4oz)	\$4.00, 7.00, 13.00
Peppermint —organic (1oz, 2oz, 4oz, 8oz)	\$4.00, 7.00, 13.00, 24.00
Raspberry Mint —apple, hibiscus, blackberry, peppermint, chamomile, bean peels, raspberry, sunflower, (1oz, 2oz, 4oz, 8oz)	\$3.50, 6.00, 11.00, 20.00
Red Raspberry Leaves (1oz, 2oz, 4oz)	\$3.50, 6.00, 11.00
Regeneration —cinnamon, rose hip, chamomile, chicory, apple bits, lemongrass, raspberry, ginger, cardamom, lemon peels, fennel, cloves (2oz, 4oz, 8oz)	\$5.50, 9.50, 18.00
Rooibos & Honeybush —See Rooibos Menu—over 25 flavors	
Schizandra Berries —organic Wu Wei Zi (1oz, 2oz, 4oz)	\$9.00, 16.00, 30.00
Sunrise Blend (2oz, 4oz, 8oz) Grapefruit & oranges	\$5.00, 9.00, 17.00
Sweet Christmas —apple, currants, carrot, cinnamon, almond, orange, rose (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Tulsi Tea —Ayurvedic, holy basil, fennel, orange, spearmint (1oz, 2oz, 4oz)	\$6.00, 11.00, 18.00

BREWING INSTRUCTIONS

The temperature and quality of the water is very important. We encourage infusers so you can control the steeping time. Your personal tastes and the type of tea determine the temperature and time:

Black —boiling water (212° F) 3-5 min	White —below boiling (190-208° F) 5-7 min
Green —below boiling (165-190° F) 2 min	Rooibos & Herbal Tisanes —Boiling water (212°F.) 4-10 minutes
Oolong —boiling or below (190-212° F) 3-7 minutes	Puerh —boiling water (212° F) 3-5 min



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TEA EMBASSY TEA MENU

Tea Embassy brings you premium teas from around the world, encouraging all generations, genders, and cultures to experience the wonders of tea together.

UNFLAVORED BLACK TEAS

Grand English Breakfast —Keemun (2oz, 4oz, 8oz)	\$5.50, 9.50, 18.00
C. S. Lewis Blend —Irish Breakfast Blend (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Bengali Blend —Assam, Oolong, Darjeeling (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Breakfast Treasure —China Blend with Hao Ya A (2oz, 4oz, 8oz)	\$7.00, 12.00, 22.00
Palm Court —Plaza Hotel—Assam, Keemun, Ceylon, Oolong (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Canadian Breakfast —Empress Hotel (2oz, 4oz, 8oz) (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Capital Blend —Assam, Kenyan, Ceylon—Scottish Breakfast (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Texas Blend —Keemun, Darjeeling, Lapsang Souchong (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Dejoo Assam —(2oz, 4oz, 8oz) smooth	\$5.00, 9.00, 17.00
Satrupa Assam —Tippy, Sweet, Strong (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Tippy Assam (2oz, 4oz, 8oz) premium grade	\$8.50, 15.50, 30.00
East Frisian Blend (2oz, 4oz, 8oz) Assam, Java, Ceylon	\$5.00, 9.00, 17.00
Scottish Breakfast (2oz, 4oz, 8oz) Taylors	\$7.50, 13.00, 25.00
Yorkshire Gold (2oz, 4oz, 8oz) Taylors	\$6.50, 12.00, 22.00
Ceylon Dawn (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Vintage Ceylon (2oz, 4oz, 8oz) High & low grown blend	\$6.00, 11.00, 20.00
Gopaldhara Darjeeling —2nd Flush (1oz, 2oz, 4oz, 8oz)	\$6.50, 12.00, 22.00, 42.00
Margaret's Hope Darjeeling —2nd Flush (2oz, 4oz, 8oz)	\$6.50, 12.00, 22.00
Organic Darjeeling 2nd Flush (1oz, 2oz, 4oz, 8oz)	\$10.00, 18.00, 34.00, 65.00
Rohini Darjeeling 1st Flush 2007 (1oz, 2oz, 4oz)	\$8.00, 15.00, 28.00, 52.00
Sikkim Tea —Himalayas (2oz, 4oz, 8oz) converting to organic	\$5.00, 9.00, 17.00
Guangxi Hao Ya A —Keemun (1oz, 2oz, 4oz, 8oz)	\$7.00, 13.00, 25.00, 48.00
Beeyu Nilgiri FTGFOP (2oz, 4oz, 8oz)	\$7.00, 12.00, 21.00
Nilgiri Korakundah Organic (2oz, 4oz, 8oz)	\$4.00, 7.00, 13.00
Nilgiri Havukal (2oz, 4oz, 8oz)	\$9.00, 17.00, 32.00
Lapsang Souchong (2oz, 4oz, 8oz)	\$4.00, 7.00, 13.00
Imperial Lapsang Souchong (1oz, 2oz, 4oz) organic	\$8.00, 14.00, 26.00
Golden Yunnan Supreme (1oz, 2oz, 4oz, 8oz)	\$7.50, 14.00, 26.00, 50.00
Golden Buds —organic Golden Yunnan buds (1oz, 2oz, 4oz)	\$9.50, 17.00, 32.00
Zhen Qu —special Yunnan Royal Gold (1oz, 2oz, 4oz)	\$6.50, 12.00, 22.00
Twig Tea —organic Roasted Kukicha (1oz, 2oz, 4oz)	\$4.00, 7.00, 13.00
China Golden Monkey —Fujian, China (1oz, 2oz, 4oz)	\$9.00, 17.00, 32.00
Emperor Red —Fujian, China (1oz, 2oz, 4oz)	\$14.00, 25.00, 45.00
Georgian Treasure (1oz, 2oz, 4oz)	\$6.00, 11.00, 20.00
Georgian Beauty —Artisan Tea (1oz, 2oz, 4oz)	\$8.50, 16.00, 30.00
Georgian Village —Artisan Tea (1oz, 2oz, 4oz)	\$8.00, 15.00, 29.00
Natela's Gold —Artisan Tea (1oz, 2oz, 4oz)	\$10.00, 18.00, 35.00
Turkish Tea (2oz, 4oz, 8oz) Black Sea	\$5.00, 9.00, 17.00
Decaf Teas CO2 —Irish Breakfast & Earl Grey (1.5oz, 3oz, 6oz)	\$6.00, 11.00, 20.00
Kwazulu —South African (2oz, 4oz, 8oz) Taylors	\$6.00, 11.00, 21.00
Jamisi Tea —Manipur, India (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00

FLAVORED BLACK TEAS

Bavarian Chocolate Creme (2oz, 4oz, 8oz)	\$6.50, 12.00, 22.00
Berry Grey —strawberry & raspberry bits, Bergamot or Black Rose (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Black Currant (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Breather —Yunnan, brittle, licorice, fruit (1oz, 2oz, 4oz)	\$4.50, 7.50, 13.50
Buckingham Palace —floral jasmine blend (2oz, 4oz, 8oz)	\$4.00, 7.00, 13.00
Café Latte —tea, coffee beans, cocoa, yogurt (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Chocolate Almond Cookie (2oz, 4oz, 8oz) cocoa, orange, peanut	\$5.00, 9.00, 17.00
Clarksville Cordial —organic ginger, orange, peach flavored (2oz, 4oz, 8oz)	\$5.50, 10.00, 18.00
Royal Earl Grey —white tipped (1.5oz, 3oz, 6oz)	\$6.00, 11.00, 20.00
Manhattan Earl Grey —floral & Bergamot Blossom (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Cream Earl Grey (2oz, 4oz, 8oz)—bergamot with vanilla	\$5.50, 10.00, 18.00
Lady Grey (2oz, 4oz, 8oz)—bergamot with lavender	\$5.00, 9.00, 17.00
Eye of the Tiger (2oz, 4oz, 8oz)—caramel, toffee bits with black tea & Rooibos	\$4.00, 7.00, 13.00
Hot Cinnamon Spice (2oz, 4oz, 8oz)	\$6.50, 12.00, 22.00
Lychee Black —(2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Love Story —chocolate, rose petals (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Mango Medley (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Maple Sugar (2oz, 4oz, 8oz)	6.00, 11.00, 20.00
Margarita —lime with hint of salt (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Masala Chai —traditional or Wedding Chai —Cardamom & Vanilla (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Mauritius Tea —Vanilla (2oz, 4oz, 8oz)	\$6.50, 11.00, 20.00
Nutcracker & White Christmas Tea (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Pomegranate Tea or Gig'em Aggies —(2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Snow Flake —Almond Coconut (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Thai Tea —Assam, star anise, vanilla (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Winter Dreams —Chocolate Mint (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00

OOLONG TEAS—MULTIPLE INFUSIONS

Aged Oolong —90's Roasted—Nantou, Taiwan (1oz, 2oz, 4oz)	\$14.00, 25.00, 49.00
Bao Zhong Supreme —2007 Competition Grade—Wen Shan, Taiwan (1oz, 2oz, 4oz)	\$15.00, 28.00, 54.00
Blue Spring Oolong (1oz, 2oz, 4oz) Fujian Province, China	\$9.00, 17.00, 30.00
Burnside Nilgiri Oolong (2oz, 4oz, 8oz)	\$9.00, 17.00, 32.00
Cheeky Monkey-picked —Medium Roast (1oz, 2oz, 4oz)	\$12.00, 22.00, 40.00
Formosa Oolong (2oz, 3oz, 7oz) or Darjeeling Oolong —(1oz, 2oz, 4oz)	\$5.00, 9.00, 17.00
Fancy Formosa —White-tipped (1oz, 2oz, 4oz, 8oz)	\$5.50, 10.00, 18.00, 34.00
Forest Lake Oolong —Winter 2006 A-Li-Shan (1oz, 2oz, 4oz)	\$12.00, 22.00, 40.00
Good Leaf Oolong —2007 GABA, Taiwan (1oz, 2oz, 4oz)	\$9.00, 17.00, 32.00
Phoenix Honey Oolong —Honey Dan Chong—Southern China (1oz, 2oz, 4oz)	\$12.00, 23.00, 45.00
Jade Oolong (1oz, 2oz, 4oz)	\$10.00, 18.00, 34.00
Jet Set Iron Goddess (1oz, 2oz, 4oz)	\$14.00, 25.00, 49.00
Milk Oolong (1oz, 2oz, 4oz) Chinese reserve oolong	\$12.00, 22.00, 42.00
Monkey-Picked Oolong Supreme (1oz, 2oz, 4oz, 8oz)	\$9.00, 17.00, 32.00, 62.00
Oriental Beauty 2007 (1oz, 2oz, 4oz)	\$22.50, 43.00, 84.00
Tung Ting —Taiwan (1oz, 2oz, 4oz)	\$7.00, 12.00, 21.00
Wild Ti Kwan Yin (1oz, 2oz, 4oz, 8oz)	\$9.00, 17.00, 32.00, 62.00

UNFLAVORED GREEN TEA

Bancha —organic Japanese, summer & fall sencha (1oz, 2oz, 4oz, 8oz)	\$5.50, 10.00, 18.00, 34.00
Chun Mee —organic, China (2oz, 4oz, 8oz)	\$4.00, 6.50, 10.00
Curley Q Green —Lushan Clouds & Mist, China (1oz, 2oz, 4oz, 8oz)	\$12.00, 22.00, 40.00, 78.00
Dragon Well —organic (1oz, 2oz, 4oz, 8oz)	\$6.50, 11.00, 20.00, 38.00
Emperor's Pride —Hunan China (1oz, 2oz, 4oz, 8oz)	\$4.00, 7.00, 13.00, 24.00
Fog Tea —organic high grown blend, Wuyi Mountains (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Great Green Monkey —Tai Ping Hou Kui (1oz, 2oz, 4oz, 8oz)	\$12.00, 22.00, 40.00, 78.00
Green Snail Spring —Bi Luo Chun (1oz, 2oz, 4oz, 8oz)	\$8.75, 16.50, 31.00, 59.00

Gunpowder (2oz, 4oz, 8oz)	\$4.00, 7.00, 13.00
Gyokuro —Japanese (1oz, 2oz, 4oz)	\$7.00, 13.00, 25.00
Houjicha —organic roasted bancha (1oz, 2oz, 4oz, 8oz)	\$6.50, 11.50, 21.50, 40.00
Kabuse No. 1 —organic partially shaded Sencha Japanese tea (1oz, 2oz, 4oz)	\$15.00, 28.00, 52.00
Kukicha —Japanese Green (2oz, 4oz, 8oz)	\$8.00, 15.00, 28.00
Love Notes —heart shaped green & black tea	\$7.75
Matcha Muzi Traditional or Organic —Japanese green tea powder (1.06 oz tin)	\$24.00, 28.00
Mao Jian —organic green from Hunan (1oz, 2oz, 4oz)	\$5.50, 9.50, 18.00
Decaf Green —organic decaf CO ₂ green from India (2oz, 4oz, 8oz)	\$6.00, 11.00, 21.00
Japanese Sencha—Organic (1oz, 2oz, 4oz)	\$10.00, 18.00, 35.00
Sencha Asatsuyu —Japanese First Flush—Kagoshima region (1oz) multiple Infusions	\$10.00
Sweet Green —Ceylon (2oz, 4oz, 8oz) multiple Infusions	\$4.00, 7.00, 13.00
Yellow Mountain Hair Tip—Organic (1oz, 2oz, 4oz)	\$6.50, 11.50, 21.50
White Monkey —organic (1oz, 2oz, 4oz, 8oz)	\$5.75, 10.00, 18.75, 35.00

FLAVORED GREEN TEAS

Almond Cake Green —Green & white tea, almond, coconut, choc nut (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Almond Cookie —organic with almond & coconut (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Apple Green Tea —organic green tea with apples (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Display Teas —Romeo & Juliet/Longing Heart	\$2.00 each
Earl Green —(1oz, 2oz, 4oz, 8oz)	\$8.00, 15.00, 24.00, 38.00
Genmaicha —brown rice & popcorn (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Matcha Genmaicha—organic (1oz, 2oz, 4oz)	\$8.00, 14.00, 27.00
Green Treasures —Five Japanese Green teas with strawberry bits (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Green Chai (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Green Tropics —pear pineapple taste (2oz, 4oz, 8oz)	\$6.50, 10.00, 18.00
Kyoto Cherry Rose Sencha (2oz, 4oz, 8oz)	\$4.00, 7.00, 13.00
Jasmine Pearls (2oz, 4oz, 8oz)	\$8.00, 14.00, 26.00
Jungle Party —pineapple, papaya, kiwi black & green tea (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Lemon Ice Green —lemon peel, apple bits, ginger, orange (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Moroccan Mint Gunpowder & mint leaves (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Olive Jasmine —(1 oz, 2oz, 4oz)	\$10.00, 18.00, 34.00
Rose Garden —organic green with Guatemalan roses (1oz, 2oz, 4oz, 8oz)	\$6.50, 12.00, 22.00, 42.00
Seven Wonders —paypaya pineapple, green tea, mate, Rooibos (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Sundew Green —organic green tea, sunflower, red rose, cornflower (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Strawberry Cream Green (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00
Thai Chai —ginger, coconut, lemongrass (2oz, 4oz, 8oz)	\$5.00, 9.00, 17.00
Walnut Green —brittle pieces, pineapple, coconut, walnuts (2oz, 4oz, 8oz)	\$6.00, 11.00, 20.00

WHITE TEA—MULTIPLE INFUSIONS

White Antlers —Handmade White tea from Malawi, Africa (.5 oz, 1oz, 2oz, 4 oz)	\$12.00, 22.00, 42.00, 80.00
Secret Garden —Pai Mu Tan, Green Tea, Fruit (1oz, 2oz, 4 oz)	\$5.00, 9.00, 17.00, 33.00
Camellia Blossoms —organic ancient tea flowers (.5 oz, 1oz, 2oz, 4 oz)	\$4.00, 7.00, 13.00, 22.00
Pai Mu Tan —(1oz, 2oz, 4oz)	\$6.00, 11.00, 20.00
Moonlight White —Yunnan (1oz, 2oz, 4oz, 8oz)	\$14.00, 27.00, 52.00, 100.00
Silver Needles Bai Hao —organic, Hunan China (1oz, 2oz, 4oz)	\$9.00, 18.00, 32.00
Silver Needles Yin Zhen —organic Fujian China (1oz, 2oz, 4oz)	\$7.00, 13.00, 24.00
Jasmine Silver Needles —organic Fujian China (1oz, 2oz, 4oz)	\$12.00, 22.00, 40.00
Pomegranate White or White Chai (1oz, 2oz, 4oz)	\$6.00, 11.00, 20.00

PU-ERH—MULTIPLE INFUSIONS

Organic Green Pu-erh Tea Tuo Cha or Black Golden Pu-erh Tuo Cha	\$3.00, 2.00
Wild Tree Pu-erh Tea Cake (2005 Ming-Yuan Hao Yi-Wu) uncooked	\$34.00
Organic Green Pu-erh Cake (125 grams)	\$48.00
Palace Pu-erh —loose & aged (1oz, 2oz, 4oz)	\$8.50, 15.00, 28.00
Ginger Pu-erh —100% organic (1oz, 2oz, 4oz, 8oz)	\$6.50, 12.00, 22.00, 42.00
Horse Brick Pu-erh —Ma Zhuan Cha 2002 “Year of the Horse”	\$38.00



ROOIBOS/RED BUSH

The caffeine-free herbal beverage that is rapidly gaining popularity due to its pleasant, tea-like character, sweet-fruity flavor and its numerous health benefits—delicious both hot and chilled!



The beverage Rooibos (referred to as “red bush” tea and pronounced “Royboss”) originates from the *Aspalathus linoraris* plant from the Cederberg Mountains in the Western Cape region of South Africa. In 1904, the Russian immigrant Benjamin Ginsberg witnessed the preparation of Rooibos and began marketing it in South Africa. In 1930, the physician and botanist Dr. Peter la Fras Nortier, together with local farmers, developed methods of cultivation.

Dr. Hiroshi Maeda, the internationally famous scientist in the study of the effect of active oxygen and super radicals on organisms, at the Department of Medicine of the University of Kumamoto, Japan, conducted research studies that proved Rooibos contains far more antioxidation action which works to neutralize active oxygen than any other drink. The research shows that Rooibos has more antioxidant action than green tea. The longer you brew it, the more antioxidant qualities. The recommended brewing time is 4-10 minutes for a delicious cup of Rooibos. When brewing Rooibos, the brewing process for taste ends at 4 minutes. This infusion will not become bitter.

The Rooibos infusion tastes much like tea, but is 100% caffeine free and is found to be rich in vital minerals and Vitamin C. It is popular among athletes as it is a rich source of depleted minerals after a workout. **Three grams of Rooibos in 8 ounces of water contain: 1.09 mg. of calcium, 0.22 mg of fluoride, 0.07 mg of iron, .04 mg of manganese, 1.57 mg of magnesium, 7.12 mg of potassium, 6.16 mg of sodium, and 0.04 mg of zinc.** Rooibos is also very low in tannins, which are said to inhibit the absorption of protein and iron.

Rooibos can strongly be recommended for people suffering from irritability, headaches, disturbed sleeping patterns, insomnia, nervous tension, mild depression or hypertension, as it contains no caffeine and has a soothing effect on the central nervous system.

Although Rooibos is not a cure for acute diseases, its healing properties seem well proven and go beyond those of other herbal remedies. It has been beneficial for those who have stomach and indigestive problems like nausea, vomiting, heartburn, stomach ulcers and constipation. It has anti-spasmodic properties, relieving stomach cramps and colic. It contains no oxalic acid and can be drunk freely by people suffering from kidney stones.

One of the most reported benefits has been in the management of allergies like hayfever, asthma, and eczema. It has a soothing effect on the skin when directly applied, giving relief for diaper rash and other skin irritations. As a bonus, Rooibos tastes so good that it is a treat as much as it is a health beverage.

Information provided by Rooibos Limited

Honeybush (*cyclopia spp.*) also indigenous to the cape of South Africa, is similar to Rooibos. It derives its name because it has a pleasant, mildly sweet taste and aroma, somewhat like honey. It has traditionally been used for treatment of coughs, as an aid in regulating blood sugar, and in reducing menopausal symptoms.

TEA EMBASSY ROOIBOS & HONEYBUSH MENU

Delicious hot or iced—no caffeine
2 oz—\$5.00 4 oz—\$9.00 8 oz—\$17.00

- Blueberry***—Organic Rooibos with organic blueberries, schizandra berries & hibiscus
- Capetown**—Rooibos, hibiscus blossoms, rose petals, blue mallow & sunflower petals
- Cappuccino**—Rooibos, caramel cream bits, marigold blossoms, flavoring
- Caramel**—Rooibos, caramel bits
- Chai**—Rooibos, ginger, cinnamon, vanilla, & lemon grass
- Chocolate Mint**—Rooibos, chocolate bits & peppermint leaves
- Chocolate Ginger**—Rooibos, cocoa bits, ginger bits, barley malt
- Chocolate Orange**—Rooibos, chocolate chips, orange peels, flavoring, orange petals
- Christmas**—Rooibos, pineapple, mango, papaya, almond, coconut, walnuts, peanut, hazelnuts
- Cinnamon**—Rooibos, cinnamon bits
- Creativity**—Rooibos, lemon grass, apple bits, lemon peels, ginger, orange peels, basil, red pepper, cardamom, rosemary leaves
- Earl Grey**—Rooibos, Oil of Bergamot
- Garden**—Rooibos, lemon grass, rose buds, lavender
- Green Rooibos**—no flavorings, organic unblended, unoxidized
- Holiday Rooibos**—Rooibos, grapes, apple bits, orange peels, cinnamon, almond flakes
- Key Largo Green**—Green Rooibos, papaya, mango, peach, orange peels, & marigold flowers
- Lavender***—Organic Rooibos with Washington State grown royal lavender
- Lemon Chiffon**—Rooibos, lemon grass, and creamy lemon flavoring
- Mexican Winter**—Rooibos, orange, cinnamon, coconut, chili bits
- Oasis Green**—Green Rooibos, orange, strawberry, peach, sunflower
- Passion Fruit Green***—Green Rooibos, sunflower petals, freeze-dried blueberries, cornflower
- Payaya Peach**—Rooibos, Papaya, apple, peach, currants, sunflower
- Peach Green**—Green Rooibos, peach pieces, safflower blossoms, & marigold blossoms
- Pina Colada**—Rooibos, coconut, pineapple, marigold
- Provence**—Rooibos, lavender, raisins, currants, blueberries, rose petals
- Pumpkin Spice***—Rooibos, cinnamon, ginger, pumpkin spice flavoring
- Rooibos**—no flavorings, organic unblended
- Savannah**—Rooibos, cocoa pieces, almond bits, & chocolate-rum flavor
- Sentimint***—Organic Rooibos and organic peppermint leaves with hint of Bergamot
- Town Lake Rooibos**—Green Rooibos, cinnamon, candied papaya bits, date bits, verbena, ginger bits, cardamom, natural flavoring,
- Tropical Sunrise**—Rooibos, apple, orange, ginger, cinnamon, lemon
- Vanilla**—Rooibos, Vanilla
- White Chocolate Toffee**—Rooibos, toffee bits, white chocolate chips, cocoa
- Honeybush**—unflavored organic
- Peach Apricot Honeybush Green**—green honeybush, apricot bits, peach bits

*More expensive blends 2oz—\$7.00 4oz—\$13.00 8oz—\$24.00

Prepare 1 heaping teaspoon per 8 oz. boiling water. Steep at least 4 minutes. You may also cook the Rooibos for a richer taste. For iced tea, steep for 10 minutes. Chill before pouring over ice. Adding honey or sweetener while warm will enhance the flavor.