

HERBAL (CAFFEINE FREE)

HIBISCUS FLOWER ORGANIC \$8

Egyptian organic hibiscus flower. A deep red infusion with a smooth, tart taste. Refreshing iced in the summer or brewed strong as a digestif after meals. High in antioxidants, benefits immunity & heart health.

SOOTHING ORGANIC BLEND \$8

Organic rooibos, chamomile, lavender, & lemon verbena blended together to create a soothing, mellow tea. Light & fragrant. Relaxes the nervous system.

CHRYSANTHEMUM & GOJI BERRY \$10

Chrysanthemum flower & Goji berry. A longevity tea made famous by classical Daoist poets. Nourishes the spirit, brightens & soothes the eyes, benefits the Liver.

PEPPERMINT TEA ORGANIC \$8

Fresh-picked organic peppermint leaves from the Pacific Northwest. Enlivening & cooling mint flavor. Opens the head, soothes the stomach & clears inflammation.

CLEAR LIGHT CHRYSANTHEMUM★ \$12.5

Wild-crafted & wild-harvested Chrysanthemum flower from the fields of Western China. This “fairy tea” is playful & inspiring. Brightens the eyes, clears the sinuses, opens the chest, connects with the dream world.

WHITE BUD★ \$8.5

Delicate white buds from 400-year-old trees. Gentle & sweet flavor. A heart-opener. Cleansing & awakening, lubricating, like sweepers moving through the system.

SNOW HONEY★ \$12.5

Petite persimmon-colored chrysanthemum from high-elevations in Northern China. Like drinking sunshine. Citrus & honey flavor. Relaxes body at cellular level.

SNOW MOSS★ \$12.5

High-mountain, wild-harvested lichen. Like imbibing the biosphere of snow-capped mountains. Pure & pristine. Slightly bitter & cooling. Gives one eagle-vision.

WILD GYNOSTEMMA★ \$12.5

Wild-harvested & highly revered for its adaptogenic properties. Exceptionally pleasant flavor. Has been shown to lower cholesterol, regulate blood pressure & fight cancer.



THE LIGHT CLINIC

TEA MENU

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OOLONG

GREEN JADE \$6.5

Medium roast oolong from Taiwan. Lightly sweet, smooth, mild honey flavor. Can drink all day for a light & even wakening.

TEA KUANYIN ORGANIC \$12

Lightly roasted organic oolong. A sweet, even flavor that is easy on the spirit & palate. Perfect meditation & centering tea.

HONEY ORCHID PHOENIX

OOLONG★ \$16

An exceptional phoenix oolong from China with deep layers of flavor. Honey floral aroma & woody undertones. Benefits digestion & energy.

WUYI WATER FAIRY

OOLONG★ \$18

Classic-roasted rock oolong grown in mineral-rich soils. Dark & nourishing. The archetype for oolongs.

WHITE

JASMINE PILLOW★ \$11

Baihao yinzhen “silver needle” tea lightly oxidized over a bed of blossoming jasmine flowers. Melts the heart & diaphragm. This tea was once only available to the emperor.

GREEN

GUNPOWDER GREEN

ORGANIC \$6.5

Organic, everyday-drinking green. Slightly bitter & cooling. Great for clear energy & digestion.

MAYUCHA SENCHA

SUPREME \$20

Absolute highest quality sencha from Japan. A true treat. Picked in spring. Robust flavor, filling & savory. Nutritive & slightly cooling.

BLACK

GOLDEN NEEDLES \$8

Fully oxidized black tea from China’s Yunnan province Hand-picked young tea buds. Lovely molasses notes, crisp flavor.

CHAI ASSAM ORGANIC \$6.5

Indian Assam tea with cardamom, cinnamon, anise, peppercorn, nutmeg, & clove. Delicious on its own or simmered with milk & honey.

GOLDEN ELIXIR FIELD★ \$13

Century-old trees in China. Tastes of roses & cocoa. Deeply energizing & nourishing. A great coffee substitute that loves to inspire dialogue.

PU’ER (CHINA)

STICKY RICE SHOU PU’ER \$8

Baked pu’er blended with *huo mi xiang*, a sticky rice-scented leaf. Warm, earthy & smooth.

PURPLE LEAF (2010)★ \$10

Purple-tinted raw or “green” pu’er is the most revered. Opens higher senses to contentment & bliss. Medicinal benefits for lowering blood pressure, cholesterol, blood sugar & toxicity.

GOLDEN RADIANCE (2012)★ \$18

Raw or “green” pu’er from 300 to 400-year-old trees. Melts the solar plexus & fills the body with solar light. Medicinal properties will increase with aging.

HEART OF THE SKY (2006)★ \$18

Baked & aged pu’er. Deep, rich & full-bodied. Made from rare, big leaves. Looks for blocks in the body, then works gently to clear them. Lifts & nourishes the heart.

SILK STREAM (2011) 8½ OZ.★ \$70

Baked pu’er in an 8½-ounce cake perfect for aging. Great for everyday drinking & sharing. Should be exceptional when 7-10 years old.

★Denotes Black Label Tea (rare or wild-crafted & price is for ½ oz.) All other tea is Green Label Tea 1 oz.