



HOT TEA

GREEN TEA

SPRING NEEDLES \$3/pot

ORIGIN: Lona's friend in SiMao, Yunnan

DESCRIPTION: Bold but light, refreshing and calming without the dryness often associated with bold greens. This tea has a calming effect.

HEILOOM GREEN \$4/pot

ORIGIN: Lona's parents in BaLuo, Yunnan

DESCRIPTION: Bold, full-bodied, peaty and slightly bitter. Has a soothing sensation on the body, won't keep you up, and great health benefits.

HIGH MOUNTAIN \$4/pot

(certified organic)

ORIGIN: Friend in Fujian

DESCRIPTION: Velvety, slightly vegetal with a sweet finish. Very restorative, especially if a little under the weather.

LOOSE GREEN PU'ER \$4/pot

ORIGIN: Lona's brother

DESCRIPTION: Bold, richly fragrant, sweet earthiness. Drinking is accompanied with a very pleasant body sensation, is associated with fat-burning/weight-loss, as well as Chinese medicinal effects.

OOLONG TEA

HIGH MOUNTAIN BENSAN \$4/pot

ORIGIN: Friend in Fujian

DESCRIPTION: Very floral and sweet with a slightly earthy backdrop. This tea is relaxing and yet simultaneously awakening.

ROASTED WUYI \$4/pot

(certified organic)

ORIGIN: Friend in Fujian

DESCRIPTION: This one is ideal for our coffee-loving comrades. Bold, heavily roasted sweet floral notes. Has a soothing effect, especially in the face and abdomen.



HOT TEA

WHITE TEA

WHITE PEONY

\$3/pot

ORIGIN: Friend in Fujian

DESCRIPTION: Sweet with a silky, almost creamy sensation/flavor. This tea is accompanied with a jovial feeling.

LOOSE PU'ER

\$4/pot

ORIGIN: Lona's cousin in Jinggu, Yunnan

DESCRIPTION: Bold, sweet earthy taste. Energizes the entire body while simultaneously grounding it. A tea you can sip on all day.

BLACK (HONG) TEA

GOLDEN SNAIL

\$3/pot

ORIGIN: Lona's friend in SiMao, Yunnan

DESCRIPTION: Robust, sweet with spicy undertones of cacao. This tea has a wakeful affect.

BLACK SPRING TIPS

\$4/pot

ORIGIN: Lona's friend in SiMao, Yunnan

DESCRIPTION: This tea is closest to a strong Indian-style tea. Stiff, highly caffeinated, with the accompanying sweetness associated Yunnan.

BAI LIN GONG FU

\$4/pot

(certified organic)

ORIGIN: Friend in Fujian

DESCRIPTION: Actually a full-oxidized white tea. Sweet, rejuvenating, hydrating. This tea is extremely energizing, yet jovial, and doesn't follow with a crash. One of my favorites.

GOLDEN NEEDLES

\$5/pot

ORIGIN: Lona's Friend in SiMao, Yunnan

DESCRIPTION: Spring white tea tips, partially oxidized and rolled for aging. Filled with floral, honey notes with a richly smoky, chocolaty backdrop. This tea has an exciting, invigorating, and jovial sensation.