

Soft Drinks 3.25

pepsi, diet pepsi, orange crush, muys root beer, sierra mist, dr. pepper, tropicana lemonade, cherry pepsi

Organic Iced Tea 3.50

(black or passionfruit green)

Harvest Palmer 4.00

(organic iced tea & great defender)

Great Defender 4.50

(think ginger lemonade... ginger, lemon juice, cinnamon, cayenne, honey)

Juices 3.75

orange juice, cranberry, grapefruit, apple, tomato, pineapple

Kids Juice : 2.75



Two Sisters Brews Loose Leaf Craft Teas & Tisanes

Organic Traditional Teas

Herbal

Chamomile
Yerba Mate
Indian Spice

White Tea

White Peony

Green Tea

Passionfruit
China Green

Black Tea

Chai
Earl Grey
Irish Breakfast
China Black
Ceylon (decaf)
Lapsang Souchong

\$3.50 per cup

\$8.00 per pot

\$.25 additional herb

Organic Hand Crafted Healing Teas & Tisanes

After Dinnermint: This minty tisane is great after a heavy meal or anytime, and can be soothing to an upset stomach (chamomile, peppermint, spearmint, lemon balm, marsh mallow root, ginger, vanilla).

Breathe Easy: Allergies, asthma, bronchial congestion? Try a cup of this tea with powerful herbs that are natural antihistamines and congestion reducers...suggested with our local raw honey (catnip, astragalus, stinging nettle, hyssop, ginkgo, lemon balm, feverfew, marsh mallow root, elder berry, peppermint).

Cacao Mint Mate- beyond the wonderful taste of this tisane are the powerful benefits of boosting metabolism, slowing the aging process, fighting against free radicals, supports heart health, etc, etc. (yerba mate, peppermint, spearmint, cacao nibs, vanilla bean)

Endurance: The perfect sweet and fruity tea to drink before and after a long run or workout, try it hot or cold (great defender, hibiscus, green tea, licorice root, lemon peel).

"ALL TEAS SHARE CROSS CONTAMINATION WITH ALL INGREDIENTS LISTED"

* Please consult a physician if you are pregnant, nursing, or on medication prior to consumption

Herb Index

Astragalus: good for viral & upper respiratory infections, common cold, and as an adjunct to cancer therapies; can help to restore the activity of a suppressed immune system; strengthen the immune system over time.

Calendula: flower petals of the marigold have been used in treatments for healing the skin: cuts, bruises, acne, etc. This herb has anti-inflammatory, anti-fungal, anti-bacterial, and astringent properties.

Cacao: with 3 times the antioxidants of green tea, this useful little bean can aid in depression, cardiovascular health, weight loss, and also boost energy.

Catnip: fun for cats, relaxing for humans. This herb can aid in insomnia, anxiety, stress, stomach aches and cramps as well. *should not be taken with lithium.

Cayenne Pepper: increases blood flow (great for circulation, arthritic joints, and muscle pain); boosts metabolism, helps body to burn more fat; said to reduce cholesterol (capsaicin) and lower chance of heart disease; thins mucus membrane (great for sinusitis, asthma, bronchitis); enhances white blood cell functioning; antiseptic (good for cold sores).

Chamomile: sedative, gentle and soothing; antispasmodic used to calm muscles and nerves; used for anxiety and stress; bitter principles aid in digestion and stomach nausea; antibacterial and anti-inflammatory

Dandelion Root: detox for skin, liver and digestive system; diuretic that doesn't rob body of potassium; may aid in weight loss; may control blood sugar levels; anti-rheumatic; mild laxative.

Echinacea: immune boosting (phytochemical); great for cough, cold, and flu; mild anti-biotic, antiviral, antiseptic, and antifungal (good for cold sores, boils, ulcers, etc).

Elderberry: immune boosting (vit A, B, and C); great for cough, cold, and flu; diuretic and laxative; antioxidants to lower cholesterol and improve heart health; anti-inflammatory (good for urinary tract infections).

Feverfew: this bitter herb is used long term in the treatment for preventing migraines (analgesic). It has also been used for arthritis (anti-inflammatory, COX-2 inhibitor) as well as asthma and allergy relief (antihistamine).

Ginger Root: improves circulation; raises body temperature (reduces cramps, eliminate toxins); thins blood, lowers cholesterol, and blood pressure; aids in nausea (antispasmodic); anti-inflammatory (arthritis, headaches, toothaches, tendonitis); digestive aid after meals (indigestion, flatulence, heartburn, etc).

Ginkgo: this well-known herb is wonderful for all over body health. Full of antioxidants that help prevent against free radicals and natural antihistamines for allergies and asthma. This herb can lower blood pressure (vasodilator) and can also aid in blood circulation, which creates better heart health and oxygen flow to the brain for improved cognitive processes.

Hawthorn Berry: this herb has been renowned for its heart tonic properties. As with all herbs that naturally dilate the arteries, Hawthorn aids in blood circulation which is important for the heart, brain, and entire body.

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LAVAZZA Coffee Options:

Coffee 3.50

Espresso 4.00
Double Espresso 5.50
Cappuccino 4.50
Latte or Mocha 4.75
(inquire for flavors)
Flavored syrups .50
Alternative Milk .50 for coffee/ 1.00 espresso drink

Milk Options:

Organic Milk 3.50
Organic Kalona Chocolate Milk 4.00
Coconut Milk 4.25
Organic Hot Cocoa 4.00
Steamer 4.50 (steamed milk, flavor syrup)

Fountain of Youth: This tea is chock full of antioxidants and vitamins A and C which are fantastic for the skin, superb flavor (white tea, green tea, hibiscus, lavender, dandelion root, milk thistle, rose hips, hawthorn berries, calendula, elderberry).

Great Defender: This wonderful drink is fruity and crisp with just a hint of spice, think of it as a ginger lemonade. Will boost your immune system...great when sick or when symptoms start. Pairs perfectly with iced or hot tea (ginger, lemon, cinnamon, cayenne, raw honey)

Immuni Tea: Pump up your immune system up with the power of herbs in this deliciously rockin' herbful tea. Perfect for the onset of a cold or after an intense workout or run (great defender, astragalus, echinacea, elderberry, licorice root, rose hips)

Lemon Drop: Hibiscus and citrus and berries, oh my! This yummy herbal tea is such a delight for the palate and heart benefits as well (hibiscus, lemon verbena, lemon grass, lemon peel, lemon oil, hawthorn)

Little Sisters Blend: bright, sweet and a little tart, like the little sister herself. Flavorful from the passionfruit & hibiscus and soothing from the lemon balm & lavender (passionfruit green tea, hibiscus, lavender, lemon balm)

Machete: Those who can appreciate a great scotch and cigar and appreciate this tea. Complex smoky undertones arise from the pine-smoked black tea combined with a dried, house-smoked fruit (lapsang souchong tea, smoked fruit)

Sereni Tea: A soothing herbal tea reminiscent of a long bath and incredibly tasty (chamomile, peppermint, spearmint, lavender, lemon balm)

Stress Less: Relax and unwind with this powerful tisane. This combination of herbs aid in relieving anxiety and stress and tastes delicious. Take some home and drink before bedtime (valerian root, St. John's wort, lemon balm, passionflower, licorice root, lemon grass, cinnamon, allspice, lemon)

Winter Harvest- the warm goodness of spiced winter in a cup! Cozy in a cup! (orange pekoe, vanilla extract, winter harvest spice, cranberries)

Walk in the Earls Garden- light and floral, like a walk through an English garden...using our housemade Earl Grey (earl grey, calendula, rose petals, rose hips, lavender, red clover, lemon grass, lemon verbena)

\$3.50 per cup

\$8.00 per pot

\$.25 additional herb

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Herb Index

Hibiscus Flower: high in vit C; natural source of hydroxycitric acid (hydroxycut) which may aid in weight loss; mild diuretic and laxative; may lower blood pressure

Hyssop: known as the Holy Herb by ancient Greeks, this herb has been used to treat respiratory conditions such as bronchitis, lingering congestions (expectorant), and asthma (antispasmodic).

Lavender: antiseptic and antibacterial (fights infections and viruses); antispasmodic (relieves tension, stress, headaches, etc); relaxing and calming.

Lemon Balm: calming for nerves, headaches, and mild depression; sedative and analgesic properties (sleep problems, menstrual cramps, upset stomach, aches, and pains); antibacterial and antiviral (good for colds, fever, cold sores, etc.); antioxidants to help prevent disease. *Should not be taken by those with thyroid problems

Lemon Grass: digestion stimulant; high in vitamin C.

Lemon Verbena: good for settling a stomach (antispasmodic) and adding a sweet, lemony flavor.

Licorice Root: 50 times sweeter than sugar; demulcent (soothing to throat and air passages); anti-inflammatory (good for arthritis, digestive tract problem, etc); has glycyrrhizin (expectorant) that aids in chest congestion, relieving bronchial spasms, reduces coughs; anti-allergic (ease allergy symptoms); helps relieve fever; laxative; said to relieve mild depression.

Marsh Mallow Root: expectorant, clear congestion; emollient, coats and soothes sore throat; tannins for urinary tract infections and stomach ulcers; helps control blood sugar levels; diuretic.

Milk Thistle: silymarin helps protect the liver and regenerates liver cells (great for those with long term alcohol, drug, and/or prescription drug use); antioxidants to prevent disease; helpful for breastfeeding; great for liver detox.

Mint: antispasmodic (soothing aches, nerves and upset stomach); great for flu (eases congestion, headaches, muscle aches, nausea, and fever); aids in respiratory problems.

Passionflower: this powerful herb is used to relieve stress (nervine) and pain (analgesic) and can aid in sleep problems and restlessness as well.

Red Clover: packed with many vitamins, nutrients and isoflavones, this herb has been used for blood purification, cancer treatment, respiratory problems, and eczema.

Rose Hips: immune booster (Vit A & C); diuretic and laxative; great for scars and wrinkles; anti-inflammatory properties; antioxidants that prevent against cardiovascular disease

St. John's Wort: sedative (antidepressant properties); antiviral; anti-inflammatory, antispasmodic, and analgesic (relieves tension, anxiety, aches and pains). *Should not be taken in conjunction with other forms of anti-depressants, MAO inhibitors, other sedatives, or chemotherapy.

Stinging Nettle: used for allergies, asthma, bronchitis, and any other type of respiratory weakness and inflammatory condition. Benefits include: decongestant, antihistamine, anti-inflammatory, anti-allergic, anti-asthmatic, astringent, and decongestant among others.

Valerian Root: sedative (calming, stress reducer, anti-anxiety, insomnia); antispasmodic (soothing nerves, aches, pains).

Yerba Mate: long used in South America as a coffee substitute, this boosts metabolism, offers a natural caffeine, and is full of antioxidants

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