

ORGANIC HERBAL TEA

Garden Tea

Mountain Tea 4

Locally picked herbs, good for boosting the immune system and reducing inflammation

Fresh Mint Tea 4

Fresh Mint Leaves straight from our garden to help with digestion

Herbal Blends

De-stress & Relax 4

Lavender is known for its antiseptic properties and has relaxing effects on the nervous system
Chamomile has sedative action. It is anti-spasmodic and relaxant. Can help relieve headaches, neuralgia, insomnia and other stress induced complaints
Passion Flower can treat insomnia and anxiety
Linden helps to reduce stress and arthritis. Can also relieve muscle pain, dissolve gallstones and soothes headaches or migraines

Digest & Purify 4

Greek Mountain Tea is anti-inflammatory, anti-microbial and anti-oxidant. Can help fight Alzheimer's disease
Spearmint stimulates digestion, nausea, nervous conditions including headaches, insomnia, good for liver and gallbladder
Dittany helps the digestive system, rheumatism and arthritis

Balance & Harmonise 4

Sage stimulates the body's energy levels, regulates the bowels, can reduce PMS symptoms and is anti-inflammatory for mouth and throat issues such as ulcers and tonsillitis
Rose Buds have anti-depressant and anti-inflammatory properties and can help reduce cholesterol levels
Lemon Balm was traditionally used to lift spirits and fight depression. Good for the body and soul and can help to improve memory

Antioxidant & Weight Loss 4

Verbena stimulates metabolism, beneficial for the digestive system and can help to reduce heart burn, indigestion and stress levels
Hibiscus is full of antioxidants and very high in vitamin C as well as soothing for the digestion

Dandelion can help treat liver diseases and gall bladder afflictions. Strengthens the liver, stimulates its detoxifying and fat burning functions as well as being high in potassium, unlike conventional diuretics

Detox Herbs of Mount Olympus 4

Fennel helps with digestion and can reduce bloating, gas or cramps, soothing the muscles of the gastrointestinal system

Stinging Nettle can be used as a diuretic, reducing inflammation as well as treating UTIs. Also helps to boost metabolism and immunity

Thyme can help with diarrhea, stomach ache, sore throats and arthritis

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Immune Support 4

Echinacea stimulates the immune system, boosting the body's defence and speeds up the recovery time from the common cold and flu. It also prevents infections and contributes to ridding the body of infections of the respiratory and urinary system, and also helps to fight infections from bacteria and viruses

Green

Matcha Green Tea 6

Match Green Tea with coconut milk. Served hot or cold 7

Japanese Matcha Premium Green Tea Powder. *High in antioxidants and energizing*

Pure Energy 4

Green Tea high in antioxidants

Chinese Ginseng Root anti-inflammatory, boosts immune system, benefits the brain function, helps to reduce fatigue and increase energy levels, improves stamina and libido

Pineapple adds a sweet note and contains digestive enzymes

Ginger helps with digestive issues, anti-inflammatory, helps with respiratory problems, improves blood circulation, boosts immune system, relieves stress

Slim Tea 4

Green Tea high in antioxidants

Green Mate rich in antioxidants and nutrients, boosts energy and improves mental focus, can enhance physical performance, helps weight loss especially around the belly, boosts immune system, lowers blood sugar levels, lowers risk of heart disease

Green Coffee Beans improves mood and brain function, protects against heart disease, boosts metabolism, contains less caffeine than roasted beans

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Anti-aging Aloe Vera 4

Green Tea, Aloe Vera, Pineapple

Green Tea high in antioxidants

Aloe Vera antioxidant and antibacterial, improves digestion, cleanses the liver, reduces bloating, boosts immune system and reduces levels of stress, nourishes the brain and the skin, boosts metabolism aiding in weight loss, purifies the circulation and helps to lower cholesterol levels, good for the female reproductive system, helps to relieve pain

Pineapple adds a sweet note and contains digestive enzymes

Goji-Acai 4

Green Tea, Hibiscus, Rose Hip, Goji and Acai Berries, Pomegranate, Apple, Blackberry

Green Tea high in antioxidants

Hibiscus helps to lower blood pressure, reduce blood sugar levels, maintain healthy liver, menstrual cramps, boosts mood, aids digestion and weight management, high in vitamin C, contains minerals such as flavonoids and has laxative properties

Rose Hip high in antioxidants, healthy immune system, fights against aging skin, aids weight loss, protects against type 2 diabetes, reduce inflammation and pain, protects against heart disease

Goji berries have a high level of polysaccharides and promote longevity

Acai berries native to Brazil, have been known to increase energy levels, help fight fatigue and promotes weight loss

Apple adds a sweet note, boosts immunity, improves heart and bone health, helps with constipation, good for blood sugar levels and managing diabetes

Blackberry high in antioxidants, helps to lower blood pressure and blood sugar levels, aids with digestion, boosts the immune system

Sencha Kombucha 4

Green Tea high in antioxidants

Kombucha good bacteria to help the digestive system

Lemongrass relieves anxiety, lowers cholesterol, boosts red blood cell levels, relieves bloating

Blackberry good source of vitamin C & K

Acorus Calamus calming and detoxifying

Plum detoxifies body, boosts immune system and improves liver function

Rooibos

Vanilla 4

Rooibos leaves with finely ground vanilla beans from Mauritius

Aphaea 4

South African Rooibos, pistachio, grape, almonds

A sweet and nutty blend that harmoniously combines Greek flavours with South Africa's miracle

White Tea

The White Orchard 4

White Tea, Apricot, Fig, Melon, Peach, Lavender

Black Tea

Lord Byron 4

Earl Grey leaves delicately flavoured with Bergamot

Almond 4

Blend of Black teas from China with a bittersweet aroma of Almond