



## TEA MENU "Camellia Sinensis"

\* = Organic

**GREEN TEA** *is world famous for its refreshing, clean taste and health benefits. Rich in antioxidants and low in caffeine, green tea is "unoxidized" tea leaf and one of nature's most treasured health-giving, daily rituals.*

### Classic Greens

- \* **Dragonwell** Rich "roasted chestnut", pan-fired green with supreme taste.
- \* **Emerald Green** Refreshing sweet pine aroma and green honey taste.
- \* **Genmaicha** Earthy, savory "brown rice" green with mild savory taste.
- \* **Gunpowder** Toasted, slightly earthy aroma with rich, vegetal flavor.
- \* **Himalayan Green** Sweet, earthy green with a muscatel, "darjeeling" aroma.
- \* **Hojicha** Roasted chocolate-like aroma with smooth, mellow and toasty taste.
- \* **Sencha** Mild sweet and fresh green with grassy, "oceanic" flavor and taste.

### Scented Greens

- Bangkok** Coconut-lemongrass bancha green evokes serenity and enlightenment.
- Green Earl Grey** Aromatic, citrusy bergamot with a full-bodied gunpowder.
- \* **Green Osmanthus** Sweet, smooth dark green with a herb-apple-floral aroma.
- \* **Moroccan Mint** Refreshing, strong peppermint with an earthy gunpowder.
- \* **Jasmine Pearls** Delicate, hand-rolled sweet, highly fragrant jasmine light green.
- Royal Jasmine** Classic, aromatic "Yin Hao" jasmine in a richer green.

**WHITE TEA** *is closest to the natural tea leaf, traditional to Fujian Province of China. Simply steamed and dried, white tea shares the same health benefits and low caffeine of green tea. Only the fresh leaf sprouts and buds are used to provide a very subtle, sweet taste and delicate liquor.*

- \* **Silver Needle** Supreme, "bud-tip" white with lingering honeysuckle sweetness.
- \* **White Peony** Delicate, herbal aroma with sweet, smooth velvety texture.
- Wedding Tea** Elegant "White Peony" with vanilla, lemon and pink rosebuds.

**BLACK TEA** *is the fully oxidized tea leaf, which rejuvenates the body with smooth, rich amber liquor, and moderate caffeine. Great "self-drinkers" rarely require the adornment of milk or sugar, yet breakfast blends provide strength and consistency.*

### Classic Blacks

- Golden Tips Assam** Strongest, maltiest black which great, smooth character.
- \* **Black Spirals** Smooth gold tip honey butter with subtle roasted undertones.
  - \* **Ceylon Black Tips** Deep full-bodied with aromas of molasses and black cherry.
  - \* **Darjeeling** Crisp, flowery to buttery, "muscatel" from the Himalayan foothills.
  - \* **Keemun Hao Ya A or B** Rich, supreme quality with sweet rose, hint of smoke.
- Scottish Breakfast** Our "Guinness of Tea", a blend of Assams for strength!
- Supreme Breakfast** Smooth, full-bodied Assam with Keemun Hao Ya B.
- \* **Tippy South Cloud** Rich, buttery Yunnan with slight hint of smoke and earth.
- Decaf Assam** A bold choice for decaf lovers! Full-bodied and CO<sub>2</sub> processed.

### Scented Blacks

- Blackcurrant** Classic, full-bodied black blend with subtle fruit, berry flavor.
- Florence** Chocolate-hazelnut rich black blend enters into the realm of dessert.
- Paris** Sweet and smooth full bodied black blend with hints of grapefruit and vanilla.
- Russian Country** Rich black tea blend with a touch of smoky *Lapsong Souchong*.
- Supreme Earl Grey** A connoisseurs true bergamot blend with silver-tipped white.

**OOLONG** *means "black dragon", is always full-leaf, and can range from green to golden to black. Old style oolong making methods comprise less than 5% of all oolongs made today - our efforts are to source such teas and help preserve this traditional artform. Oolongs are the most complex teas to process, requiring the most "art" to perfect.*

**Frozen Summit** Finest "high mountain" Formosan, this highly prized "Tung Ting" is pale green with unfolding layers of lilac aroma and lingering high mountain pines.

**Laughing Buddha** Sweet, ginseng and licorice blend with an amber-golden oolong.

- \* **Poet Warrior** Smooth golden-amber Wuyi oolong with hints of fruit and smoke.

- \* **Puerh** Truly fermented, darkest oolong hails from the land of ancient tea trees. Compressed as "touchas" (birds nests) or bricks, puerh is extra rich and earthy.

**Strong Fire** Dark "ti kuan yin" with bittersweet chocolate and roasted taste.

**Ti Kuan Yin** Deluxe grade of toasty, jade green oolong with buttery sweet taste.

**"Seasonal Oolongs"** - *Ali Shan, Li Shan, Wen Shan, Golden Lily, Bamboo Oolong... inquire within.*

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## TEA MENU "Masala Chai"

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**MASALA CHAI** *Masala Chai means "Spice Tea" which traditionally includes ginger, clove, cinnamon, black pepper, cardamom and/or star anise blended with a rich black tea. Different blends of masala spices may also be added to green tea, yerba maté, or rooibos for more gentler, chai variations. Our special blend of Masala Chais, described below, are rated from 1 to 5 for caffeine (C1-C5) and spice (S1-S5), with C1,S1 being "low and mild" and C5,S5 being "strong and spicy". Spice up your life!*

**Dreamers Chai** Traditional Indian spices of ginger, cinnamon, clove unite with rooibos and honeybush for a smooth, delicious "herbal chai" treat. (Czero-S3).

**Flyin' High Chai** *WILD SAGE'S* own authentic chai blend of strong Assam black tea loaded with fresh spices of ginger, clove, cinnamon, cardamom, black peppers and star anise. Best served slightly sweetened with honey and steamy hot milk. (C5-S5). Warming and strengthening of the blood and circulatory system!

**Kava Cocoa Chai** *WILD SAGE'S* own special blend of kava kava, rich cocoa and exotic chai spices brings delicious, cheery, "happy unconcern" into your life! Best served slightly sweetened with honey, fresh ginger (optional), and steamy hot coconut, hazelnut, or regular milk. ...(C1-S4).

**Samba Cha** Subtle and exotic blend of masala chai spices with a green, Argentinean cut yerba mate' for an uplifting, easygoing chai.....(C2-S2)

\* **Saraswati's Chai** *WILD SAGE'S* own special blend of soft cardamom, cinnamon and ginger with rich Himalayan green tea for a wonderful green chai.....(C2-S3).



# WILD SAGE

## HERBAL TEASAN MENU

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**WILD SAGE'S HERBAL TEASANS** are created exclusively at Wild Sage in Port Townsend. Blended with only the freshest, regional 100% Organic herbs, Our Special Blends are handcrafted for optimal quality, unparalleled freshness, deep nourishment, and delicious taste. Our Herbal Teasan provide great preventative healthcare and are highly recommended for daily wellness or sheer enjoyment!

### Tonic Herbals

- \* **Earth Drum** earthy, toasty synchronicity of roasted maté'-honeybush-cinnamon...
- \* **Goddess Chi** hibiscus-raspberry leaf-red clover-oatstraw. nourishes and restores balance
- \* **Gypsy Lemon Peace** soft lemongrass-lemon balm-ginger... blend for digestive comfort & calm
- \* **Kavalander** outlandish kava-lavender... blend to reduce stress & induce "happy unconcern"
- \* **Minty Belly Balm** refreshing peppermint-lemon balm-fennel-chamomile...aids life "digestion"
- \* **Moondance** chamomile-skullcap-lavender... calms the mind, soothes the nerves, lifts the spirit
- \* **PT Celebritea** perfect for any celebration, this spearmint-lavender-tea flower.... delights!
- \* **Tonic Blend** nourishing, vitamin-mineral rich blend of raspberry-nettles-oatstraw & alfalfa
- \* **Serendipitea** truly rejuvenating & delicious yerba maté'-dandelion leaf-lemon-mint-nettles...
- \* **Sweet Surrender** nourishing honeybush-catnip-poppy-nettles... for yin/yang balance
- \* **Tai Chi** licorice-peppermint-nettles-red clover...for energy support & flowing energy

### Wellness Herbals

- \* **Cold Comfort** immune-boosting lemon-ginger-echinacea-elder... tames colds/flu & allergies
- \* **Daily Puritea** purifying dandelion-burdock-licorice + 9 herbs assists daily detoxification
- \* **ElderBerry Wisdom** anti-viral elderberry-cinnamon-lemon balm-red clover... treats & prevents

### Other's HERBALS

- \* **Chrysanthemum** A cooling and calming, classic Asian favorite. Great tonic for eyes & liver
- Evening in Missoula** sweet multifaceted herbal blend for gentle relaxation and pure enjoyment
- Ginseng Jamboree** adaptogenic blend of panax-prince & siberian ginsengs-astragalus-suma-fo ti...
- Lover's Rose** Romance enhancing raspberry-rose-damiana-hibiscus... enlivens the mood
- \* **Shanti** Centering "Tulsi" (holy basil)-mint-fennel.... promotes deep inner peace & longevity
- \* **World Peace** Invigorating "enlighten-mint" with peppermint-clove-licorice deepens breathing



# WILD SAGE YERBA MATE' & ROOIBOS MENU

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**YERBA MATE'** is the "drink of the gods" from South America. A native, subtropical rainforest shrub, yerba mate' rejuvenates by the wealth of it's nutrients, providing 24 vitamins & minerals, 15 amino acids & antioxidants. Cherished daily for providing sustained energy & mental clarity, it resembles an earthy or smoky green tea in taste & caffeine.

## Plain

- \* **Guayaki Mate'** earthy, smoky Paraguayan mate', eco-harvested & fairly traded
- \* **Yemaya Mate'** fresh and greener, unsmoked yerba mate' from Brazil
- \* **Gaucha Mate'** Roasted brown yerba mate' for a richly satisfying darker brew

## Blended or Flavored

- \* **Mellow Mate'** a.k.a. *Serendipitea* WILD SAGE's own blend of revitalizing lemon-mint-dandelion leaf-*yerba mate'* for purification, rejuvenation & delicious taste
- Mate' Carnivale** rich chocolate-almond roasted mate', a.k.a. "All Night Samba" tea
- \* **Samba Cha** Argentinean yerba mate' artfully blended with subtle chai spices

**ROOIBOS & HONEYBUSH** "Red bush" (*Rooibos*) is native to the Western Cape region of South Africa. Naturally caffeine-free with the smooth taste and full body of a black tea, rooibos is rich in antioxidants and nutrients. Honeybush is native to the Eastern Cape region of South Africa, is similar to rooibos, with a slightly earthier, honey taste.

## Plain

- \* **Rooibos** richly satisfying "red bush" is brings the soul of South Africa to the cup!
- \* **Honeybush** another richly satisfying brew with an earthy, honey-sweet taste.

## Blended or Flavored

- Belgian Chocolate** subtly infused with chocolate bits, this "redbush" delights!
- Bourbon Street Vanilla** sweet vanilla & nutty almond blend for a sweeter treat.
- \* **Oya Rooibos** rooibos artfully adorned with rose petals, chamomile & spearmint.....