

# sana vida

## TEA BAR MENU



### ELIXIRS

**\$3.85** Served hot or cold,  
still or sparkling, with mint & lime.

#### CLASSIC TONICS

##### **Tame the Elements**

A fight-the-good-fight with lemons, honey, honeysuckle, goldenbell, Chinese bellflower, Chinese mint and more.

#### SOFT TONICS

##### **Root Beer**

A full bodied tonic, rich in the flavors of life, proffered by a classic blend of old world roots and herbs and spices.

#### LOUNGE TONICS

##### **Chi Devil**

A women's Classic Sensuality Tonic for evoking the seductive pleasures of female sensuality and sexuality. A delicious blend of boysenberries, blackberries & herbs such as Damiana, Epimedium and Pueraria (Pueraria mirifica), the women's herb from Thailand, with 3,000 times the estrogenic value of Soy or Dong Gui.

##### **Mighty Joe Yang**

A classic men's sex tonic for striking the deepest flames of manly passion. A delicious blend of boysenberry, blackberries & herbs such as Epimedium, Muira Puama, and Butea Superba, the amazing man-herb from Thailand (need we say more!)

### COFFEE

#### **French Pressed Organic Coffee** **\$2.55**

16 oz. freshly made when you order. Specify dark or medium brew.

#### **Organic Espresso** **\$2.95**

A 2 ounce shot of our robust and caramelly rich espresso.

#### **Café Americano** **\$2.95**

A 16 oz. of full bodied organic espresso with water, true to European style.

#### **Cappuccino** **\$3.65**

16 oz. of organic espresso with steamed milk and a layer of creamy froth.



### TEA

#### SPECIALTY TEA DRINKS

##### **Mojteato** **\$4.85**

A cool breeze of the islands. The intensity of matcha (Japanese green tea powder) is paired with the effervescence of lime, mint and sparkling water.

##### **Matcha Tea Shot** **\$1.85**

Made from actual powdered green tea leaves, this ancient technique is unmatched when you are in need of a serious dose of antioxidants and smooth energy.

##### **Powerhouse Matcha Latte** **\$4.85**

Definitely a Sana Vida favorite! This is a superfood for endurance. A power packed mix of Greens Today Powerhouse Formula with Matcha Green Tea, Chai spices and almond milk. Great as a meal in itself or an energy boost before or after exercise. Each drink is packed with antioxidants, protein, calcium, greens, fiber and much more!

##### **Yogi Tea (Homemade Chai Tea)** **\$3.85**

A Sana Vida signature blend of fresh ginger, black peppercorn, cardamom, cloves, and cinnamon. After a long steep, these ingredients are blended with an aged Pu Ehr Tea, almond milk and agave nectar. A spicy and soothing treat not to be missed.

##### **Teana Colada** **\$4.85**

A tropical creamy blend of pineapple, coconut milk, white tea, agave, with hints of ginger and Mandarin citrus.

#### EVERYDAY ICED TEAS

##### **Traditional Black Iced Tea** **\$2.55**

Extremely high quality black tea leaves picked from Yunnan's Antique Tea Trees. Some of these trees are over 100 years old. Its smooth, malty-sweet flavor won "Best Black Iced Tea" at the World Tea Expo.

##### **Hibiscus Iced Tea** **\$2.55**

Caffeine-free and antioxidant rich, refreshing blend of hibiscus, rooibos, and tropical fruits.

##### **Additional Iced Teas** **price varies**

Any of our loose leaf teas can be prepared as an iced tea. The prices are on the back. Please be patient, brewing time is 5-7 minutes!

#### AYURVEDIC HEALING BLENDS *Served Hot*

##### **Pitta Reducing Tea** **\$2.55**

Traditionally recommended for persons with excess body heat, strong digestion, warm blooded, sharp minded, passionate, easily prone to anger and sensitive to light and heat.

##### **Vata Reducing Tea** **\$2.55**

Traditionally recommended for persons with dryness, cold hands or feet, sensitive digestion, nervousness and hard to gain weight.

##### **Kapha Reducing Tea** **\$2.55**

Traditionally recommended for persons who have a hard time losing weight, weak digestion, slow metabolism and sluggishness.

**MON - FRI 8:30am - 7pm, SAT 8:30am - 5pm**

**507 Hwy 1431 E**

**Marble Falls, TX 78654**

**(830)693-6000**

**www.sanavida.info**

# Loose Leaf Tea



## BOTANICAL TEAS

### **Chamomile Lemon**

A refreshing and caffeine free herbal blend of chamomile, lemon peel, and hibiscus with natural lemon flavor.

**\$/ounce**

**\$7.00**

**\$/cup**

**\$2.25**

### **Emerald Jewel Rooibos**

Antioxidant-rich African Rooibos blended with marigold and rose petals perfectly balanced to provide tart, juicy and naturally sweet flavors that taste great hot or iced.

**\$7.00**

**\$2.25**

## WHITE TEAS

### **Mandarin Citrus**

Smooth and refreshing Jasmine scented white tea hand blended with Australian lemon myrtle leaf and mandarin orange to create a fresh citrus taste balanced with a complex flowery aroma. *Ingredients: White tea, Lemon myrtle, Natural flavors of orange and grapefruit and jasmine flowers.*

**\$8.00**

**\$3.25**

### **White Peony**

White Peony (Bai Mu Dan) is the most common style of traditional white tea and consists of two tea leaves and a bud. Prized for its smooth, sweet flavor and slightly woody, toasted aroma. *Ingredients: Organic white tea. / Origin: Fujian, China.*

**\$7.00**

**\$2.25**

## GREEN TEAS

### **Jasmine Pearls**

The most tender green tealeaves and silvery down-covered buds are hand rolled into small pearls and naturally scented with the essence of fresh jasmine blossoms. *Ingredients: Green tea and Jasmine flowers. / Origin: Fujian, China.*

**\$11.50**

**\$3.75**

### **Orange Blossom**

A refreshing and floral blend of green teas with sweetly-scented blossoms, lemongrass and tropical citrus fruits. *Ingredients: Green tea, Lemongrass, Osthmanthus flowers, Lemon myrtle, Natural essential oils of orange, lime and tangerine.*

**\$8.00**

**\$3.25**

### **Moroccan Mint**

A premium version of a classic blend of peppermint and floral scented Chinese green tea enjoyed throughout the world. *Ingredients: Green tea, Peppermint leaves and Jasmine flowers.*

**\$7.00**

**\$2.25**

### **Ancient Emerald Lilly**

Hand harvested from Yunnan's old growth forest tea trees. Balanced with aromatic notes of wild flowers and toasted pine nuts. Tea from ancient tea trees contain a higher content of polyphenols and antioxidants than other green teas.

**\$8.00**

**\$3.25**

### **Japanese Genmaicha**

A perfect combination of high-grade bandha green tea leaves and lightly roasted, popped brown rice blended to create a tea that is rich and almost brothy with a delightful sweetness on top of its nutty character that can be enjoyed throughout the day and through multiple infusions. *Ingredients: Green tea and Roasted brown rice.*

**\$7.00**

**\$2.25**

### **Chrysanthemum Green**

A perfect serenity blend of the highest quality green tea from China, chamomile flowers, chrysanthemum and the natural flavors of lemon.

**\$7.00**

**\$2.25**

## OOLONG TEAS

### **Amber Dragon**

A darker oxidized oolong with a character similar to Darjeeling black tea with silvery-white tips and tender leaves that extol notes of ripened fruit and honey.

**\$8.00**

**\$3.25**

### **Jade Oolong**

A lightly oxidized oolong tea from the mountainous region of Nantou, Taiwan, that creates a smooth golden green infusion with a flowery aroma, brisk flavor, smooth body and fruity finish enjoyed by most green tea lovers. *Ingredients: Oolong tea. / Origin: Nantou, Taiwan.*

**\$8.00**

**\$3.25**

### **Iron Goddess of Mercy**

The most famous of oolong teas. A light and golden amber infusion with a smooth body and sweet finish. Possesses an aroma reminiscent of baked grain and apricot.

**\$8.00**

**\$3.25**

### **Rose Oolong**

Rose Oolong Tea is produced by scenting Oolong tea repeatedly with fresh rose petals. Rose Oolong Tea produces a strong rose smell with oolong floral undertones and a liquor of a pale yellow. The taste is initially rose, but quickly blends into a mild oolong floral flavor. A beautiful calming blend.

**\$8.00**

**\$3.25**

### **Milk Oolong**

Like spring time irises and slightly caramelized sweet cream. This rare tea can only be harvested during times of sudden temperature drops that produces a milky sap on the leaves. High floral notes balanced with buttery overtones.

**\$8.00**

**\$3.25**

## BLACK TEAS

### **Darjeeling**

Often called the "Champagne of Teas," this second flush tea is from high altitude garden of Namring/Gopaldhara Estate Vintage, known for their muscatel teas.

**\$8.00**

**\$3.25**

### **Golden Yunnan**

A deeply flavored infusion with notes of peppery spice, chocolate, sweet raisin and malty finish. A wonderfully flavored tea with a rich body that is a treat for black tea lovers.

**\$7.00**

**\$2.25**

### **Lapsang Souchong Superior Smoked**

A China specialty from Fujian province. The finest black tea is smoked over wood logs. Intense smoky flavors. Great to cook rice with!

**\$6.00**

**\$1.75**

### **Monks Blend**

A mellow blend of Indian Darjeeling, Assam and Nilgiri and Chinese Keenum teas.

**\$8.00**

**\$3.25**

### **Lavender Earl Grey**

A contemporary version of a classic blend developed in French tea salons, by adding lavender to complement the sweet citrus and full-bodied flavor of classic Earl Grey. *Ingredients: Black tea, Lavender flowers, Natural essential oils of bergamot and lavender.*

**\$7.00**

**\$2.25**

## PU EHR TEAS

### **Ancient Pu Ehr Maiden**

A rare organic pu-erh with a dark black medium leaf that when infused creates a deep reddish-brown liquor that is earthy and nutty-sweet with hints of espresso and acorn. This is a famous digestive tea, taken after heavy meals or to kick start the digestion. *Ingredients: Yunnan pu-erh tea. / Origin: Yunnan, China.*

**\$8.00**

**\$3.25**

### **Gu Pu Cha (Chrysanthemum Pu Her)**

An aged Pu Ehr with a dark black medium leaf blended with golden chrysanthemum and tangerine mandarin flavors. This is a famous digestive tea, taken after heavy meals or to kick start the digestion. *Ingredients: Yunnan pu-erh tea. / Origin: Yunnan, China.*

**\$8.00**

**\$3.25**

## MATE BLENDS

### **Carnival Mate**

A colorful blend of roasted mate, rooibos and corn flowers and coffee essence which creates a naturally sweet, toasty, floral and rich beverage that can stand proudly on its own or could be served with milk and a little sweetener. Merges fantastically with agave nectar. *Ingredients: Roasted mate, Corn flowers, Rooibos, and Coffee Essence.*

**\$7.00**

**\$2.25**

## CHAI BLENDS

### **Masala Chai**

Black tea, ginger root, cinnamon, green cardamom and cinnamon and vanilla flavors

**\$6.00**

**\$1.75**

### **Kashmiri Green Tea Chai**

A spicy and aromatic blend of green tea, cinnamon chips, almonds, cloves, and crushed green cardamom.

**\$7.00**

**\$2.25**