



# High Tea Drinks

## Tea

### English Breakfast with Cinnamon

A full bodied English Breakfast Tea with a hint of cinnamon providing the mind a natural energy boost and creating a sense of overall wellbeing!

### Tart's Herbal Blend

A mix of eight herbs and spices create a sense of calmness but also provide a sense of vitality, with hints of peppermint and lemon grass.

### Apple, Lime, Ginger & Lemongrass Iced Tea

refreshing and cooling ginger and lemongrass ice tea loaded with antioxidants which improves blood flow and lowering cholesterol and naturally sweetened with apple and lime

### Chai Tea

Using our very own blend of spices, the House Chai Tea provides a calming and relaxing effect on the body and mind as well as many immune boosting qualities.

## Coffee

### Cinnamon Coffee

With the endorphin boosting properties of coffee combined with the memory boosting qualities of cinnamon, this is a great coffee to commence the day!

### Vanilla And Cardamom Coffee

The hint of vanilla aids in mental ability and a good dose of antioxidant combined with the immune boosting properties of cardamom.

### Piccolo Espresso Martini

This coffee is of pure indulgence with the warming sensation of coffee liquor, mixed with the sweet taste and aromatic scent of vanilla.

### Salted Caramel Frappe

House made gourmet salted caramel ice cream, blended with milk and served over ice

