

www.TheCardinalHerbs.com Coffee and Tea Menu

Organic Whole Leaf Teas

Choose from Our Tea Menu. All drinks freshly made to order. All Plant base milks Coconut, Almond, Soy, Oats, Macadamia

Cup of Tea in Water Hot or Iced-Choose your Tea from our All organic Loose Tea Menu.

Add small cup of cold (v) milk .50

Tea Latte Hot or Iced-Choose ANY Tea from our All organic Loose Tea Menu. Made with (v) milk.

Pot of Tea Approx. 4+ full cups, tea of your choice, check from our **Tea menu**. Served in a teapot, hot and perfect to share.

Side Steamed Milk(v)
 Warm Cup of Steamed Plant Milk.
 All Plant base milks Coconut, Almond, Soy, Oats, Macadamia

Berries with Mint Tea A refreshing simple mint tea with berries, all organic served in water,

Hot or Iced.

Caffeinated Drinks

Hot or Cold 100% Hawaiian Coffee! No artificial flavors ever

All Plant base milks Coconut, Almond, Sov. Oats, Macadamia

Espresso Single Shot of Espresso; Double Shot or add milk(v), add 1.50 each

Macchiato Shot of Espresso with (v) milk foam

Americano

Italian version of a "Regular" Cup of Black Coffee. (Ask for cream & sugar/stevia)

Cappuccino Shot of Espresso with Steamed (v) milk of choice. No sugar added.

Coffee Latte Like the Cappuccino but sweetened with Steamed (v) milk of choice.

Caffeinated Drinks (Continue)

Mocha Coffee Latte with Chocolate added, made with (v) milk of choice.

Reishi Coffee Our low acid organic coffee where beans have been infused with Reishi. CAFFEINATED Lion's mane Coffee Our low acid organic coffee where beans have been infused with Lion's mane mushroom. CAFFEINATED

Matcha Green Tea Latte Made with our Organic Matcha Green Tea and your choice of plant-based milks.

Tea Latte Choose your caffeinated tea from our extensive tea menu. Hot or Cold milk(v)
Green chai latte, Yerba matte, Black tea.

ChocoLatte Yummy Chocolate Latte made with full (v) milk of choice

Non-Caffeinated Drinks

Hot or Cold (Add optional espresso shot for \$1)
All Plant base milks Coconut, Almond, Soy, Oats, Macadamia
Organic Turmeric Latte

Non-caffeinated with milk(v) of choice.

Organic Beet Latte

Non-caffeinated with milk (v) of choice.

Mushroom Antioxidant Latte

Non-caffeinated all Organic has Reishi, lions mane, maitake, turkey tail with milk (v) of choice,

Organic Herbal Tea Latte

Non-Caffeinated. Made with milk (v) of choice. Herbal chai. Rooibos Chai

Organic Herbal Mocha Non-Caffeinated. Contains Chicory, dandelion, rye, carob and other amazing spices! Made with (v) milk of choice.

Add a <u>BOOSTER</u> to any drink for extra .50¢: Amla, ashwagandha, turmeric, chaga, guarana, wheat grass, chlorella, kava, ginger.

ALLERGY DISCLOSURE: Please let us know if you have any allergy, we will do our best to accommodate to your needs.

Tea Menu

Serving All Organic Whole Leaf Tea as cup or whole pot of tea.

CA: Caffeinated NC : No Caffeine La: Latte OK

Turmeric Spice Tea Organic INGREDIENTS: Organic turmeric root, organic cinnamon, and organic ginger root. NC. La

Moringa Mint Organic INGREDIENTS: Organic moringa leaf, organic peppermint leaf, organic spearmint, organic elderflowers NC

Masala Chai Tea Organic INGREDIENTS: Organic Tulsi Tea (Org.Krishna, Org.Rama, Org.Vana), organic Assam black tea, organic cinnamon, organic cardamom, organic ginger, organic cloves, organic black pepper. CA La

Hibiscus Heaven Tea Organic INGREDIENTS: Organic hibiscus flower, organic rosehips, organic orange peel, organic lemongrass, organic lemon peel, and organic lemon oil. NC

Afternoon Delight Tea Organic INGREDIENTS: Organic peppermint, organic chamomile flower, organic licorice root and organic cinnamon tea. NC

Spice Delight Tea Organic INGREDIENTS: Organic licorice root, organic orange peel, organic cinnamon, organic cardamom seeds and organic cloves. NC La

Serendipitea Tea Organic INGREDIENTS: Organic licorice, organic spearmint, organic orange peel, organic cinnamon, organic red rose buds and petals, organic raspberry leaf, and organic lemon verbena. NC

Mango Black Tea Organic INGREDIENTS: Organic Ceylon Tea*, organic calendula petals, and organic mango flavor. *Fair Trade Certified* Tea. CA. La

Jasmine Green Tea Organic INGREDIENTS: Organic Green tea scented with organic jasmine flowers. CA La

Chai Herbal Tea Organic INGREDIENTS: Organic cinnamon, organic cardamom, organic cloves, organic fennel, organic orange peel, organic ginger, organic licorice & organic black pepper. NC. La

Rooibos Chai Tea Organic INGREDIENTS: Organic Rooibos tea (Aspalathus linearis), organic cinnamon, organic gingerroot, organic cardamom seed, organic cloves & organic stevia leaf. NC La Organic Yerba Maté INGREDIENTS: Org. Yerba Maté leaf. CA English Breakfast Tea Organic, Organic INGREDIENTS: Organic Black Tea F.O.P., Organic Assam T.G.F.O.P. Tea. CA La

Passion Fruit Chai Tea Organic : Organic Black F.O.P. Tea, Organic Assam T.G.F.O.P. Tea, organic calendula petals, and organic flavor passion fruit. CA. La.

Mamaki Tea INGREDIENTS: Local & endemic Mamaki leaves NC Chamomile apple INGREDIENTS Apple and chamomile flowers NC TULSI Ginger INGREDIENTS: Organic tulsi, organic ginger Ginger Turmeric Tea, INGREDIENTS: Ginger, Green Tea, Coconut, Turmeric, Ceylon "True" Cinnamon, Black Pepper. CA La.





Additional Herbal Drink Options

Herbal Drinks served over ice made to order.

Cold Herbal Lemonade Cold herbal tea with lemon and ice. Choose 1 option:



Mamaki, yerba mate, herbal chai, black chai, lavender, chamomile, tulsi, lemongrass, ginger, turmeric, beet powder, red hibiscus, matcha green tea.

Sparkling Herbal Electrolyte Lemonade

Same as before Cold Herbal Lemonade plus coconut water plus sparkling water.

Choose your herbal option. \rightarrow 1

Cold Coconut Lemonade

Coconut milk, lemon, stevia a refreshing twist of a normal lemonade with the nourishing coconut milk.

Cold Pineapple Gingi Lemonade

Pineapple, ginger, lemon, mint, stevia, refreshing drink.

Fruit Colada

Cold Nourishing blend option of coconut milk or coconut water, mint, ginger and the choice of one fruit:

Additional Canned or Bottled Drinks

Sparkling Water. Various flavors **Virgil soda** canned assorted flavors:

Cola, Vanilla, Cherry, Root beer

Zevia soda

Shaka Tea. Bottled Teas with mamaki leaf! **Big Island Booch**. Bottled Kombucha

To Chew

Made to order to go with your Drinks

Night Owl Oats Hot or Cold

Oats, plant milk, blueberries, strawberries, almond butter, maple syrup. All organic for a healthy breakfast.

Papaya Boat

Half Papaya, vegan yogurt, strawberry jam, with berries and almond butter on top!

Sweet Toast

Toasted Bread Slice with strawberry OR mango jam and choice of Vutter or almond butter.

Extra spread/jam \$1

Savory Toast

Toasted Bread Slice with choice of hummus, OR guacamole, OR Coconut cream cheese

Extra spread/jam \$1

Toasty Bagel w/(V)utter Toasty Bagel with:

- -Margarita (melted cheese, tomato slices, basil & pesto)
- -Coconut cream Cheese or Melted slice cheese (v)
- -Hummus or Guacamole



Sandwiches

Our sandwiches are made to order with a choice of bread: Sourdough, Everything bagel or Multigrain when available. GF options available: request as open taco lettuce or with gluten free bread. We are not a GF facility but we offer options for people sensitive to gluten.

Healthy hungry plates

Plant-Based Entree comes with Organic Healthy Salad, Toasted Sourdough Bread and Savory Spread (Choose 1: Sauerkraut, Purple sweet potato, Hummus or Guacamole).

Sandwich or Plate options

Made to order to go with your Drinks

SANDWICH or PLATE

Tofu Scramble

Tofu Scramble tastes like scrambled eggs but is totally vegan. Comes with cheese (v) and avocado slices.

BBQ Jackfruit

You know BBQ! You know Jackfruit! BAM! This will pull the pork out of you!

Jackfruit Tuna

If you have ever tasted a Tuna Salad, this will have that taste. We use selected spices and a vegan aioli, add celery bits, avocado slices, vegan cheese and leaf lettuce, and Wow! You'll definitely be back for more!

Chickn' baby Porto

Sautee mock chickn' with baby portobellos and roasted peppers. It comes with melted cheese (v) avocado slices, romaine lettuce and vegan mayo.

Root Shrimp

It's set in a Mango-Avocado mele with melted "V cheese." You will not believe it's not Shrimp! Sauce options: Ginger sesame or Aioli or BBQ.

Classic Sandwich

Choice of toasted bread, cheese slice (v), romaine lettuce, tomato, avocado, choose veggie meat (v): Peppered ham(v) or Hickory ham(v).

ADDITIONALS

TOUTIONS
GRILLED SAUSAGE
GLUTEN FREE BREAD ADD \$1.
ADD AVOCADO SLICES\$1
ADD EXTRA MELTED CHEESEE. \$1
ADD RED PEPPERS\$1.
ADD JALAPENOS \$1.
ADD PICKLES \$1.
ADD MORE CHEESE(v) \$1

We have pastries, cupcakes and desserts to go along with your drinks. Ask for daily availability.