Next to water, tea is the most-consumed beverage in the world. It has been drunk since the Bronze Age & is enjoyed by people from all corners of the world. Tea comes from the *Camellia Sinensis* plant which is originally native to southwest China. Throughout the centuries peoples have taken saplings of the plant to Japan, Korea, India, Taiwan, Indonesia, and beyond for their own respective cultivations.

There are six types of tea:



What makes the leaves of the *Camellia* plant one of these six types is based on the processing of the leaves, which types of leaves (buds vs mature), and other steps which tea masters have honed for centuries.

The *Camellia* plant has two varieties, *Camellia Sinensis Sinensis* ("The China Bush") from which the majority of green, white, yellow, oolong, and Pu-er teas originate. *Camellia Sinensis Assamica*, ("The Assam Bush"), which is originally native to India, is where the majority of black teas originate.

Tisanes, colloquially known as Herbals, is any other plant, herb, root et al that is infused in hot water. These do not come from the *Camellia Sinensis* plant, though people will commonly call them teas (e.g. Peppermint tea). The large majority of tisanes are non-caffeinated.

Here at Gruene Tea Haus, we strive to offer high-quality loose-leaf tea in a relaxing, ambient atmosphere. We currently offer 50+ teas & tisanes and will expand in the near future to include more. Follow us on Instagram and Facebook, and subscribe to our Youtube channel which strives to educate people on the history, intricacies, and beauty of loose-leaf teas & tisanes.

Sincerely,

Albert & Casey Luna

Japanese Green Tea (0% Oxidized)

Japanese green tea is the lightest, freshest, most "oceanic" tasting of all teas. The leaves are picked and immediately "kill greened" by steaming to prevent the oxidation (break down) of the leaves. They are then rolled and dried. Japanese green teas have the highest level of anti-oxidants. Matcha, a type of Japanese Green Tea, is the only tea where the entire leaf is ground up and consumed. If infused at too high of a temperature, green tea will become bitter to the taste.

Genmaicha*

Genmaicha, aka Brown Rice Tea, is a traditional favorite. It combines Sencha tea leaves with toasted rice. The toasted, nutty flavor of the rice balances the fresh, grassy flavor of the Sencha, making this tea very easy on the palate. It also boasts little caffeine given that 50% of the blend is rice. It is the perfect tea for those "getting their feet wet" into tea appreciation.

Taste Profile: Sweet brown rice aroma with bright, grassy edge.

Gyokuro*

The highest level Japanese green tea, Gyokuro comes from the tea plant being shaded for 2 weeks to increase its caffeine, sweetness, and fluorescent liquor. Only the young buds are used for this tea, which makes it the most premium.

Taste Profile: Intensely fresh & refreshing.

Note: Gyokuro has a higher caffeine level than other teas.

Hojicha*

As opposed to the other Japanese green teas which are steamed to lock in the flavors, Hojicha is roasted, resulting in a very low caffeine level and a coffee-esque taste. An ideal evening-time and/or after-meal beverage. Commonly made in latte form.

Taste Profile: Smooth, toasty flavor & slightly smoky aroma

If you like teas with a taste that mimics black coffee, this is a good tea to try.

Matcha*

Matcha, aka Liquid Jade, is the most unique form of tea as one drinks the entire leaf after being ground into powder. Our Matcha hails from Uji, Japan one of the most famous tea growing regions of Japan. Like Gyokuro, the tea plant is shaded for weeks to promote full flavor. Matcha is most famous for the Chanoyu, the Japanese Tea Ceremony. We sell Matcha as Ceremonial Matcha (Matcha with Water). Also, we have Matcha-infused brownies.

Taste Profile: Creamy, sweet, and oceanic.

Note: Matcha has a higher caffeine level than other teas.

* Denotes Organic

Matcha Popcorn Tea*

Inspired by Grant, known as *Your Favorite Narrator* on YouTube, Matcha Popcorn Tea is a toasty, smooth fusion of Genmaicha "popcorn tea" and matcha. This blend balances the comforting warmth of roasted rice with the vibrant freshness of sencha green tea, creating a cup as rich and captivating as a well-told story.

Taste Profile: Toasty, nutty, & smooth w/ a vibrant green tea freshness & creamy matcha finish.

Uji Sencha*

Sencha is the most popular tea in Japan. The tea leaf is plucked, steamed at high temperature to retain its character & color, rolled into thin needles, and dried.

Taste Profile: Jade-colored brew with smooth, mildly sweet taste & grassy aroma.

Chinese Green Tea (0% Oxidized)

Chinese green tea offers a different taste profile than its Japanese counterpart. The leaves are picked and immediately "kill greened" by pan frying in a wok to prevent the oxidation (break down) of the leaves, they are then rolled and dried. Whereas Japanese greens are more vegetal and oceanic in taste, Chinese tend to be more buttery and roasted in flavor complexion, akin to roasted chestnuts. If infused at too high a temperature, green tea will become bitter to the taste.

Dragonwell "Longjing"*

Perhaps the most-high end of Chinese green teas, Dragonwell hails from the famed West Lake area in Hangzhou, China and is considered one of the 10 historic teas of ancient China. The manner in which the tea leaves are heated in small woks gives the leaves their characteristic flat shape & shiny, green appearance.

Taste Profile: Rich, toasty aroma reminiscent of roasted chestnuts mixed with vegetal notes of green pepper.

"Earl Grey" Green*

A spin on the classic black tea "Earl Grey," this blend naturally infuses seminal Gunpowder green tea with high-quality bergamot essential oil distilled near Bergamo, Italy.

Taste Profile: Light green tea with a subtle, citrusy note.

Ginger Green*

A combination of classic Gunpowder green tea with organic ginger pieces brings a powerful kick to this custom Gruene Tea Haus blend. Ginger offers a myriad of health benefits including improved circulation, antimicrobial resistance, digestive support, and much more.

Taste Profile: Sweet, green tea taste augmented by the pungent aroma of ginger.

Ginger Turmeric Green*

A golden fusion of earthy turmeric, zesty ginger, and smooth green tea. This bright, balanced blend delivers a warming spice with a refreshing finish, where the grounding richness of turmeric and the lively heat of ginger enhance the crisp, vegetal notes of green tea. A soothing yet energizing cup that awakens the senses and nourishes the soul.

Taste Profile: Warm and earthy with a hint of spice, balanced by the crisp freshness of green tea.

Gunpowder*

One of the most famous green teas, "Gunpowder" gets its name from the British who commented that the rolled-up leaves looked like musket balls. Originating from Pinshui in Zhejiang province, our Gunpowder has a great warm roasted flavor. Watch the leaves unfurl as it is steeped. In Morocco and Russia, Gunpowder is commonly blended with sugar and peppermint.

Taste Profile: Classic, green roasted flavor.

Jasmine*

One of the most iconic teas of the world, Jasmine Green tea is an amazing blend of floral notes with the sublime sweetness of green tea. Jasmine blooms are laid next to the top buds of the harvested tea leaves to naturally infuse its scent onto the leaves.

Taste Profile: Strong green tea with a sweet floral aroma

Jasmine Dragon

An elegant blend of aromatic jasmine green tea and bright, citrusy lemongrass. Earthy American ginseng adds focused clarity, while licorice root leaves a naturally sweet, smooth finish. A perfectly balanced elixir crafted to bring pure harmony to your day.

Taste Profile: Strong green tea with a sweet floral aroma

Jasmine Pearls

Jasmine Pearls boast the beautiful taste and aroma of jasmine with the artisanal, handcrafted rolling of the leaves into beautiful "pearls." The infusion of jasmine blooms with the tea leaves occurs at least 5 times to guarantee optimal blending.

Taste Profile: A bright wave of floral jasmine and citrusy lemongrass settles into an earthy depth, leaving a naturally sweet, lingering finish.

Moroccan Mint*

One of the most popular teas in the world, Moroccan Mint incorporates Gunpowder green tea with loose-leaf peppermint. Commonly consumed in *istikan* cups (similar to the Turkish cups on the wall), this beverage is most commonly consumed with sugar, hot or cold.

Taste Profile: Vegetal, roasted green tea with fragrant, cooling peppermint.

If you love mint, check out our peppermint in the Tisane section.

White Tea (5% Oxidized)

The most pristine form of the tea plant, white tea has the simplest processing. The leaves are plucked and laid out to dry, both indoors and outdoors for days, and later dried and sorted. Due to the solar drying, slight oxidation occurs. White tea is known to be delicate and for many novices, might not have much a taste. Consistent drinking of this class of tea will open up its taste subtleness to notes of fruit and, unlike green teas, lacks any bitterness.

Butterfly Rose White Tea*

This enchanting tea offers a visually stunning brew with a captivating blue hue that transforms into a soft purple when a splash of lemon is added. Each sip delivers a floral bouquet with subtle sweetness and a smooth, refreshing finish. Perfect for those seeking a unique and soothing tea experience.

Taste Profile: Light, smooth flavor, with subtle earthiness a gentle floral aroma with a hint of natural sweetness and a stunning visual appeal.

Jasmine Silver Needle *

Grown in the famed Fujian Province of China, silver needle is the pre-eminent white tea. Only the newly-sprouted buds of the first harvest are used. White tea derives its name from the soft, silvery-white down that appears on the buds and adds a creamy texture to the infusion. These white tea buds are naturally infused with jasmine flowers to bring a great floral taste to this premium tea.

Taste Profile: Delicate, wild honey and honeysuckle sweetness with jasmine flower notes.

Note: Silver Needle has a higher caffeine level than most teas.

Pomegranate Hibiscus White Tea*

Pomegranate Hibiscus White is a vibrant blend of premium White Peony tea, real pomegranate, and hibiscus blossoms. Crafted with whole-leaf ingredients, this elegant blend pairs the delicate character of white tea with two naturally beautiful botanicals, creating a tea that's as visually stunning as it is enjoyable.

Taste Profile: Light and delicate with a bright, fruity, tartness.

Strawberry White Tea*

Our Strawberry White Tea combines the elegance of delicate white peony tea leaves with the natural sweetness of real strawberries. Crafted without added flavorings, this blend highlights the beauty of simplicity—just pure tea and fruit, naturally dried and artfully balanced.

Taste Profile: Subtly sweet with soft berry notes and a smooth, delicate finish.

White Peony "Bai Mudan"*

Grown also in the famed Fujian Province of China, White Peony (aka Bai Mudan) is one of the most beloved white teas in the world. It uses one bud and two young leaves, and unlike silver needle, which only uses the leaves, White Peony boasts the leaves but also the branches & twigs. This addition makes this tea less caffeinated and changes its flavor profile.

Taste Profile: Delicate, herbaceous aroma with a smooth, sweet, & nutty flavor.

Yellow Tea "Huang Cha" (0% Oxidized)

Yellow tea is the rarest class of tea to find in the West, mostly due to consumer ignorance of its wonderful taste. It is identical in processing to green tea, but with an added step of the *yellowing* or *sweltering* of the tea leaves. In this step the leaves are wrapped in cloth and undergo a period of slow oxidation and moisture absorption. This creates a yellowish hue to the tea and removes the occasional description of green tea as being too grassy or oceanic.

Yangtze Yellow*

Our Yellow tea originates from the Fujian province in China. As described above, this tea offers a smoother, more mellow, sweet taste akin to green tea but without the bitterness. Yellow tea is perfect for those who enjoy green tea but want to try something a little different in taste and appearance.

Taste Profile: Sweet, mellow taste.

Yellow Dragon*

The rarest & most prestigious of the 6 categories of teas, Yellow Tea is produced by gently steaming the leaves and covering with a damp cloth, called sweltering. This slightly oxidizes the leaves and gives the tea its characteristic yellow color. Yellow is a great alternative for those who want the antioxidant health benefits of green tea, but don't like the slightly grassy textures of it. Yellow dragon is a lighter version of our popular "Yangtze Yellow".

Taste Profile: Velvety, buttery texture with notes of toasted nuts, honey, and flowers.

Oolong Tea (15-60% Oxidized)

The oldest, most-complex in taste and craftsmanship, Oolong teas are offer the greatest range in taste. The tea leaves for oolong are plucked and bruised by rolling them in bamboo baskets and later wrapping them in cloth and binding them tightly into ball shape. Depending how long they are bruised determines the oxidation, and thus the taste of the oolong. Chinese & Taiwanese tea masters must know exactly how long to do this for their custom cultivar. Since oolongs use older, more mature leaves, they are able to be rolled into beautiful balls and corkscrews. When steeping at home, be sure to look at the wet tea leaves naturally unfurl.

Black Dragon

Black Dragon is a moderately-oxidized cultivar of Oolong (40% oxidized). Also known as "Se Zhong" style of oolong, comes from the famous Anxi region of Fujian, China. Black Dragon is a mid-oxidized tea with great undertones of roasted caramel and chocolate. Perfect for coffee lovers who are seeking a tea with roasted qualities.

Taste Profile: Roasted, sweet taste with hints of caramel and milk chocolate.

GABA Oolong

Experience calm focus with GABA Oolong. This innovative tea undergoes a specialized processing method where it is temporarily starved of oxygen, naturally boosting its Gamma-Aminobutyric Acid (GABA) content to nearly ten times that of standard teas. When paired with the naturally occurring L-theanine found in tea, GABA Oolong makes an inviting choice for moments of calm and relaxation, offering a soothing tea experience.

Beyond its remarkable wellness benefits, this tea is an absolute pleasure for the palate. It brews a beautiful, amber-hued liquor that is exceptionally smooth and free of bitterness. Each steep unfolds with comforting tasting notes of rich baked fruit, warm honey, and subtle roasted nuts, offering a deeply satisfying, full-bodied cup that allows you to completely unwind after a long day or find mindful focus during a busy afternoon.

Taste Profile: Incredibly relaxing, cup with comforting notes of rich baked fruit & warm honey.

Iron Goddess of Mercy

Iron Goddess of Mercy (Tieguanyin) tea is one of the 10 classic of tea of China. This tea originates in Anxi County in Fujian Province in China and tea is named after the goddess attributed to giving it to humans centuries ago.

According to legend, a poor farmer discovered a neglected temple to the Goddess of Mercy (Guanyin) with an iron statue inside. The farmer cleaned and tended to the temple, and as a reward, the Goddess appeared to him in a dream, revealing a treasure hidden behind the temple. The treasure turned out to be a tea plant, from which the Tieguanyin tea was produced.

Taste Profile: Smooth, medium-bodied with light floral aroma & taste.

Magnolia Oolong "Iron Goddess of Mercy" 15% Oxidized

More commonly known as Iron Goddess of Mercy (*Tieguanyin*) tea, this tea originates in Anxi County in Fujian Province in China and tea is named after the goddess attributed to giving it to humans centuries ago.

Magnolia Oolong is one of the lightest and most floral teas we offer. Akin to Jasmine Green, the teas leaves are laid next to blooming magnolia flowers to infuse this sweet, wonderful scent into them.

Taste Profile: Light-bodied, sweet floral scent.

Oriental Beauty

Perhaps the most unique tea in the world, Oriental Beauty (aka *Bai Hao*) is grown in the highlands of Taiwan. In the summer, the tea *jassid* insect feeds on the leaves. The insect's bites stimulate the tea plant to produce compounds that contribute to the world-renown flavor of this oolong. As a defense mechanism to the *jassid*, the tea leaves begin to oxidize while still connected to the tea plant resulting in a white appearance on its tips.

Taste Profile: Notes of muscatel (grape), ripe fruit and honey.

If you like muscatel notes in your tea, check out our 2nd Flush Darjeeling in the black tea section.

Osmanthus

Osmanthus Oolong (Gui Hua) is a delicate, semi-oxidized tea featuring vibrant, golden leaves intertwined with fragrant osmanthus flowers. Known for its captivating aroma, this tea offers a harmonious balance of floral elegance and traditional oolong characteristics.

Taste Profile: Smooth, floral taste with a hint of sweetness and a light, fruity finish.

Sun-Kissed Citrus "Iron Goddess of Mercy"

Sun-Kissed Citrus Oolong is a bright and refreshing twist on the classic Iron Goddess of Mercy (Tieguanyin), one of the 10 classic teas of China. This tea originates from Anxi County in Fujian Province, where the base oolong is carefully crafted and known for its smooth, floral character.

Building on this traditional foundation, we've added real lemon and orange pieces to enhance the tea's natural floral sweetness with a vibrant citrus lift. The result is a balanced and uplifting cup that highlights both the elegance of Tieguanyin and the zesty brightness of sun-ripened fruit.

Taste Profile: Bright citrus notes of lemon and orange balanced by a smooth, floral oolong finish.

Black Tea (100% Oxidized)

Approximately 80% of tea exported to the world is Black tea for two reasons: 1) iced tea comes from Black tea and 2) British cultivation of the *Assamica* variety which grew naturally in India pushed the demand for this class of tea. Black tea is 100% oxidized meaning that it has been completely processed, resulting in a full-bodied, robust taste. As a result, milk and/or sweetener such as Manuka honey or cane sugar complement this class of tea well. (Incidentally, Black tea is called *Red Tea* in China due to the color of its liquor.)

1st Flush Darjeeling*

Darjeeling teas are called "the champagne of tea" for a reason. This cultivar is unique to Indian black teas in that it comes from the *Sinensis* bush & not the *Assamica*. Darjeelings are grown in the Himalayan slopes of the region of Darjeeling from which it derives its name. Due to its particular terroir, Darjeeling is a light black tea, commonly drank plain or with sugar (no milk). 1st & 2nd Flushes are the most prized as they are the 1st harvests of the year & use only the buds.

Taste Profile: Light brew, slightly dry and crip with a distinct floral flavor.

2nd Flush Darjeeling*

2nd Flush Darjeeling is one of the most popular teas in the world due to its strong muscatel (grape) and honey flavors.

Taste Profile: Light brew, slightly dry and crip with a distinct grape & honey flavor.

If you like 2nd Flush, try out our Oriental Beauty Oolong which has similar taste notes.

Blue Flower Earl Grey*

One of the most popular teas at Gruene Tea Haus, our Earl Grey uses a rich Malty Assam as its Black tea base and infuses it with steam-distilled organic bergamot citrus oil from India make this classic English tea. We add Cornflower, a small flowering plant native to Europe & North America, to bring an added color dimension. Commonly consumed with milk & sweetener.

Taste Profile: Rich black tea with bright citrus notes.

If you like citrus bergamot, try out Earl Grey Green.

Ceylon Silver Striped Black Tea*

Ceylon black tea is renowned for its bright, brisk flavor and rich amber color. Grown in the highlands of Sri Lanka, formerly known as Ceylon, this tea is celebrated for its medium to full-bodied taste with a refreshing citrusy note. It's a versatile tea that can be enjoyed on its own or with milk and sugar, making it a favorite choice for breakfast or afternoon tea.

Taste Profile: Medium to full-bodied richness with notes of citrus. Carries a subtle sweetness that balances with the refreshing astringency.

Cinnamon Spice Black Tea

Our Cinnamon Spice Black Tea combines the bold richness of black tea with warming cinnamon and a touch of orange for a perfectly balanced, spiced citrus blend that's both invigorating and comforting.

Taste Profile: Soothing, autumnal flavor with a hint of warm citrus.

Dark Chocolate Mint Black*

Our custom blend, this tea is a "dessert tea" ideal to consume with one of our homemade tea-infused baked goods. We use a Malty Assam black tea as the backbone and add in generous portions of 100% cacao nibs & peppermint. Best consumed with milk and sweetener.

Taste Profile: Rich, full-bodied taste with subtle notes of dark chocolate & mint.

Duchess Grey Black Tea*

Experience the regal elegance of Organic "Duchess Grey" Black Tea. A variant of famous "Earl Grey" black tea, this custom tea uses the historic components of acclaimed English Breakfast Blend with the bright, citrusy essence of orange.

Taste Profile: Robust with subtle nuances of orange promising an exquisite citrus, aromatic infusion.

English Breakfast Blend Black Tea*

English Breakfast tea is a full-bodied black tea blend known for its robust & malty flavor with subtle notes of sweet caramel & a hint of brightness. Made with a blend of Assam, Ceylon, & Qimen teas, it brews into a rich, deep amber cup with a smooth yet bold character. English Breakfast is a classic morning tea, often enjoyed with milk & sugar, yet its balanced strength & slight astringency make it delightful on its own. Perfect for starting the day, this energizing tea is a comforting, versatile choice for tea lovers.

Taste Profile: Bold, malty flavor with notes of warm caramel, subtle brightness, & a smooth, lingering finish.

Lavender English Breakfast Blend Black Tea*

Lavender English Breakfast Blend is a full-bodied black tea blend that pairs the robust, malty depth of a traditional English Breakfast with the gentle floral elegance of lavender. Crafted from a harmonious blend of Assam, Ceylon, & Qimen teas, this infusion brews into a rich, deep amber cup with notes of sweet caramel, and a soft, calming floral finish. The lavender adds a delicate aromatic lift without overpowering the tea's bold character.

Taste Profile: Bold and malty with notes of warm caramel, gentle brightness, and a soft floral lavender finish that is smooth and calming.

Monk's Blend Black

Created by Franciscan monks centuries ago, this classic blend, crafted with meticulously rolled spiral black tea leaves from Guangxi Province in China, offers a unique and enchanting experience. Spiral black leaves, tinged with golden tips, provide a flavorful & robust base with honey & sweet potato notes. We complement that with other ingredients that has made Monk's Blend a favorite for centuries. Pomegranate & vanilla add respective bursts of fruity freshness & smoothness, while the calendula petals lend a vibrant floral touch. Our spin on this classic blend creates a rich, smooth, and well-balanced cup that is as visually captivating as it is delicious.

Taste Profile: Rich and smooth fusion of robust malty flavors with a hint of honey & fruity sweetness.

Mumbai Masala Chai*

Another popular tea, our *Mumbai Masala Chai* boasts the standard spices that go into a Masala (or spiced) Chai: cinnamon, cardamon cloves, and ginger. An absolute delight, for it is spicy, bold and sweet all in the same cup. Commonly consumed with milk & sweetener.

Taste Profile: Rich, malty, and spicy.

If you like the classic "chai" ingredients, check out our Thai Chai as well as our non-caffeinated Red Bush Chai (made with rooibos).

Persian Black Tea*

Fragrant and warming, our custom Persian Tea blends bold black tea leaves with delicate rose petals, cardamom, and cinnamon. Inspired by traditional Middle Eastern flavors, it offers a soothing balance of floral and spice.

Taste Profile: Aromatic and full-bodied balanced with floral sweetness, gentle spice, and a lingering warmth.

Pine Smoked Black (Lapsang Souchong)

A favorite of Winston Churchill, this tea is carefully smoked over pinewood, creating a bold and aromatic flavor. Perfect alongside spicy foods, Lapsang is an acquired taste—but once discovered, it's truly beloved.

Taste Profile: Bold, smoky, & slightly piney, with a mellow natural sweetness underneath the smoke.

Pumpkin Pie Spiced Chai

Our Pumpkin Pie Spiced Chai is a seasonal variation on a classic, combining the warmth of traditional chai with the comforting essence of autumn. Perfect for cooler days, this aromatic blend captures the essence of the season in every sip.

Taste Profile: A balanced mix of sweet and spicy flavors with a warm, aromatic sweetness.

* Denotes Organic

Rose Petal Black

Another custom blend, we use the famous pine-smoked Chinese black tea, *Lapsong Souchong,* with full-bloom rose petals to bring a great floral note to this tea. We add lavender to bring more color and a subtle relaxing aroma. Best consumed with milk and sweetener.

Taste Profile: Pine Smoked, robust tea with notes of rose.

Turmeric Thai Chai*

For lovers of classic "chai," this is a must-taste tea! Our Thai Chai features the classic Indian Masala Chai ingredients (like cinnamon, ginger, cardamom, and cloves) but also adds spices seen in Thailand (star anise, lemongrass, and of course turmeric). This tea is the base for the very popular "Thai Iced Tea." Commonly consumed with milk & sweetener.

Taste Profile: Rich, malty, and spicy.

Dark Tea (100% Oxidized)

Dark teas are the most robust, strongest of the six classes of tea. The most famous subcategory of Dark Teas is Pu-er, named for the city in southern China. Dark teas are unique in that they are the only truly fermented tea, caused by the heaping of wet rags onto the processed tea leaves to promote growth of healthy fungus. This causes a Raw Pu-er, which has a strong green tea taste, and later through natural time or acceleration turns into Ripe Pu-er. The latter is the more popular form of this dark tea. Pu-er is great for digestive health as it is probiotic in nature. Pu-er is also famous for the centuries-old tradition of molding the leaves into tea cakes, bricks and bird's nests (*tuo cha*). All of our Pu-ers are Ripe.

Dark Chocolate Vanilla Pu-er*

A unique blend of aged ripe (Shou) pu-er tea leaves combined with cacao nibs & a hint of vanilla to make a subtly sweet, earthy brew. Pu-er is a probiotic, fermented tea great for gut health.

Taste Profile: Rich, earthy flavor with deep cocoa notes, a smooth hint of vanilla sweetness, and a touch of roasted complexity.

Fire Spiced Chai Pu-er*

A unique blend of aged ripe (Shou) pu-er tea leaves combined with the classic South Asian masala chai spices of cardamom, cinnamon, black pepper, and cloves. It has the probiotic benefits of pu-er with the warm, aromatic globally-loved spice profile of black chai.

Taste Profile: Rich, early flavor with aromatic, warm undertones of spices.

Golden Pu-er*

This traditional ripe Pu-er is an amazing robust, earthy brew.

Taste Profile: Earthy taste with hints of caramel & chocolate.

If you like a dark coffee taste, also check out our Black Dragon Oolong or Hojicha Green Tea.

Ginger Green Pu-er*

The best of both worlds! Our custom Ginger Green Pu-er merges Chinese Gunpowder green tea with our Golden Pu-er leaves. You get the probiotic goodness of the pu-er coupled with the high antioxidant benefits of classic green tea. We throw in one of the most famous superfoods on the planet, ginger, to make this blend a daily go-to brew.

Taste Profile: The refreshing lightness of green tea augmented by the rich, earthy, dark flavor and aroma of pu-er blended with warming, spicy, ginger.

Ginger Pu-er*

This is traditional ripe Pu-er with a heaping amount of ginger pieces.

Taste Profile: The deep, earthy, dark flavor and aroma of Pu-Er tea blended with warming, spicy, dried ginger root.

Ginger Peppermint Pu-er*

Our *Digestive Diva* custom blend, this tea is perfect for those suffering from indigestion, bloating, heartburn, & other digestive maladies. It is a great intro to Pu-er for the curious as it contains two beloved complementary ingredients, both famous for their digestive curative properties. Also, the refreshing peppermint balances out the tanginess of the ginger.

Taste Profile: Earthy, dark flavor with notes of refreshing menthol & tanginess.

Ginger Turmeric Pu-er*

Ginger Turmeric Pu-er belongs to the family of teas known as Dark Teas. These teas undergo fermentation, giving them their signature earthy, musky aroma and a smooth, slightly smoky flavor. This fermentation process makes Pu-er a natural probiotic, known for its digestive health benefits. We've enhanced this blend with dried ginger root, a time-honored digestive aid, and turmeric, famous for its anti-inflammatory properties.

Taste Profile: The rich, earthy, dark flavor and aroma enhanced by a warm, spiciness and a hint of golden richness.

Pu-er Tuo-cha*

A throwback to the way Pu-er was consumed for centuries, the Pu-er leaves are compressed into the shape of a bird's nest, or *tuo*. Transporting loose-leaf tea by camel was arduous due to spillage so tea since ancient times were compressed into various shapes, most famously cakes and bricks. If you like true "earth" taste, the tuo-cha offer a stronger version of that compared to Golden Pu-er. Plus you get to see the "bird's nest" leaves open up & separate in your glass teapot.

Taste Profile: A dark, earthy, moss taste with hints of caramel & dark chocolate.

Blooming Tea

Blooming teas, otherwise known as presentation teas, are a sublime way to enjoy your tea. These "balls" are hand-woven and intricately-laced so the linen stitch breaks open when dropped into hot water. The base of these "balls" are a Camellia Sinensis class of tea with a top featuring a blooming flower. These teas may be re-steeped several times in a drinking session and may be featured throughout the house in a glass vase for days. A feast for all the senses!

Jasmine Green Blooming Tea

The classic combo of green tea with jasmine flower, this tea ball unfurls and displays fine green tea with a "tower" of delicate white jasmine and lily flowers. Its flavor is fresh green tea, and fragrant perfumy jasmine. This is truly a unique way to invite a moment of calm to your day, a one-of-a-kind experience, and makes the absolute perfect gift.

Taste Profile: Fresh green tea blended with the floral beauty of jasmine and lily.

Marigold Blooming Black Tea

This beautiful blossom unfurls & displays a fine black tea adorned with a mini tower of bright marigold, jasmine & amaranth blooms. Its flavor is sweet & peachy, with delicate honey.

Taste Profile: Bold black tea balanced with notes of honey & peach.

Tisanes

A tisane (more commonly called an herbal) is anything that is infused in hot water that does not originate from the *Camellia Sinensis* plant. Aside from *yerba mate*, tisanes are non-caffeinated.

Berry Rose Bouquet (Rooibos)*

This rooibos-based tisane is an absolute summer delight. We add rosehips, rose petals, lavender, and blueberry to it to make a wonderful, fresh, floral infusion. Great both hot and cold-brewed.

Taste Profile: Fruity and floral tinge to a strong vanilla note.

* Denotes Organic

Butterfly Pea*

Butterfly Pea Tea is a stunning tisane with a vibrant blue hue, made from the petals of the butterfly pea flower. One of its most magical features is its ability to change color when lemon or any acidic ingredient is added—transforming from deep blue to a brilliant purple.

Taste Profile: Light & smooth with delicate floral notes, subtle earthiness, & a hint of natural sweetness.

Chamomile Lavender*

The perfect blend for relaxation and nighttime bliss, we blend Egyptian chamomile with organic lavender pieces.

Taste Profile: A mixture of aromas – camphoric, sweet, and rich, with an herbaceous, floral heart and a soft balsamic, woody undertone.

Crimson Satin Rooibos*

A rich and velvety rooibos blend layered with decadent dark chocolate cacao and smooth vanilla. This comforting infusion offers a silky cup with deep cocoa notes balanced by the gentle sweetness and warmth of vanilla. Perfect for slow evenings, cozy mornings, or whenever you want a little indulgence in your teacup.

Taste Profile: Smooth & creamy with deep cocoa flavor, mellow vanilla sweetness, & a warm earthy finish.

Echinacea*

Echinacea is an herbal infusion crafted from the leaves, flowers, & roots of the echinacea plant, known for its earthy, slightly floral taste with a hint of bitterness. Often sipped for its wellness benefits, echinacea is commonly enjoyed during cold seasons to support the immune system. With its warm, calming qualities, this tisane offers a grounding flavor profile that's both robust & soothing, making it a popular choice for those looking to unwind & promote overall wellness.

Taste Profile: Earthy, herbaceous flavor with hints of floral sweetness & subtle grassy undertones.

Golden Milk*

Golden Milk is a nourishing blend crafted to support overall wellness. Packed with antioxidants and anti-inflammatory properties, this caffeine-free infusion promotes relaxation, digestion, and immune support.

Taste Profile: Strong, warm somewhat pungent aroma & taste

Green Rooibos*

Green Rooibos comes from the same *Aspalathus Linearis* shrub as traditional red rooibos but is processed differently to preserve its natural green color and higher antioxidant content.

Taste Profile: Light aroma with hints of honey; smooth, grassy flavor with subtle sweetness.

Hibiscus*

Pure South Pacific hibiscus flower petals, carefully dried to preserve their vibrant ruby hue & natural tartness. This single-ingredient infusion brews into a bold, refreshing cup with a lively cranberry-like brightness, a crisp citrusy tang, & a clean, smooth finish.

Taste Profile: Deep crimson, bright, and refreshingly tart with natural cranberry-like sweetness and a crisp, clean finish.

Hibiscus Ginger*

A mainstay of Latin America, hibiscus (or Jamaica) blooms offer a robust, tart taste & a beautiful luscious liquor. We add ginger to complement the tartness with a warm, uplifting note. Amazing both hot and cold. Check out our cold-brewed Hibiscus Ginger.

Taste Profile: Sweet and tart with a warm, spicy aftertaste.

Indonesian Cinnamon*

A renown natural sweetener used in a myriad of applications, this cinnamon comes in 1/4'' pieces in lieu of a stick or messy powder. A classic ingredient in Indian chai, may be brewed as is or blend it with other herbal blends, e.g. Cardamon & Clove.

Taste Profile: Earthy, warm, sweet aroma and taste.

Lavender Vanilla Yaupon*

Indulge in is soothing blend, a unique loose leaf tisane masterfully crafted for energy & taste. This custom blend combines the earthy richness of yaupon with the calming notes of lavender and a touch of sweet vanilla. Grown native to the American Southeast, yaupon was long-consumed by Native Americans for its energetic properties.

Taste Profile: Light caramel, nutty flavor with a floral and sweet undertone.

Lemon Ginger*

One of the most refreshing beverages on the planet, our custom lemon ginger blend is the perfect way to start the morning or end the evening as this blend is ideal for detoxifying the liver. Ginger provides a warming sensation and has been traditionally used to alleviate nausea, aid digestion, and reduce inflammation, among other health benefits. Lemon adds a bright, citrusy flavor to the blend. Great drink when you have congestion.

Taste Profile: Warm, soothing, slightly strong body with citrusy notes.

* Denotes Organic

Licorice Root*

One of the most misunderstood tisanes, Licorice root has been chewed by humans for millennia to bring a subtle sweetness to their palate. Apothecarists used this infusion to help those suffering from sore throats as it has a warm, somewhat viscous consistency to it. Later drug store pharmacists and confectioners added it to their wares. Today's licorice candy largely does not use licorice root anymore, but the tisane of it is wonderful!

Taste Profile: Intense, earthy sweetness with an aroma of fennel and anise.

Mint*

One of the most popular tisanes on the planet, we chose peppermint over spearmint to its stronger, fresh menthol taste.

Taste Profile: Cool, crisp, and refreshing infusion with a spicy menthol aroma.

Mint Rose*

A refreshing blend crafted to balance relaxation and invigoration. This tea combines the calming benefits of rose with the cooling properties of mint, supporting digestion, reducing stress, and promoting overall well-being.

Taste Profile: Refreshing, soothing taste, and aromatic finish.

Moringa*

Often referred to as the "miracle tree," moringa has been enjoyed for centuries for its naturally nourishing properties. Our moringa leaf tea is crafted from carefully dried, whole moringa leaves, producing a clean, vibrant infusion with a smooth, grassy character and subtle earthy notes. This naturally caffeine-free tisane is rich in plant-based nutrients and antioxidants, making it an excellent choice for those seeking a gentle, wellness-focused cup.

Taste Profile: Fresh, green, lightly vegetal with a smooth finish.

Queen of Sheba*

This classic Ethiopian tisane layers bold, warming spices with a touch of natural citrus brightness. Cardamom, clove, cinnamon, & ginger create a rich, comforting base, while fennel & orange add a gentle sweetness & lift. Peppercorn & nutmeg round it out with a subtle heat & depth, making this a vibrant, full-bodied cup that's both soothing & invigorating.

Taste Profile: Warm spice-forward a subtle sweet, aromatic finish.

Red Bush Chai (Rooibos)*

This has the classic Indian "Masala" chai flavor without any caffeine. Its base is rooibos & we add cinnamon chips, ginger root & cardamom.

Taste Profile: Vanilla-tinged "masala" chai taste.

* Denotes Organic

Red Raspberry Leaf*

A soothing herbal infusion known for its earthy, slightly sweet flavor. Rich in vitamins and minerals, it is traditionally valued for supporting women's health, in particular with reproductive health, labor, milk supply, and menstrual cycles.

Taste Profile: Earthy, slightly astringent flavor w/ soft, vegetal notes & mild natural sweetness.

Rose*

Delicately floral and naturally soothing, rose tea is known for its calming properties. This caffeine-free tisane may help reduce stress, support skin health, and promote digestion. Its light, fragrant flavor makes it perfect for moments of relaxation and self-care.

Taste Profile: Delicate, floral, naturally sweet taste with a soothing floral aroma.

Shanti Tulsi Ayurvedic*

In India, Holy Basil (aka Tulsi) is a mainstay in ayurvedic traditional Indian medicine. Shanti is an amazing tisane with Tulsi as its base mixed with peppermint, fennel seeds, dried orange peels and spearmint. Shanti is ideal when you have nasal congestion and respiratory problems.

Taste Profile: Strong menthol taste mixed with smooth refreshing notes of orange & mint.

Sickness Solace *

A comforting herbal blend crafted for those days when you're feeling under the weather. This blend helps support respiratory health. Fresh, warming, and soothing, Sickness Solace is the perfect cup to curl up with when you need a little extra comfort.

Taste Profile: Bright, minty, soothing taste, with a subtly sweet finish.

South African Rooibos*

Rooibos (pronounced "roy-bosh") is commonly called Red Tea or Red Bush Tea. Due to its colored name, many believe this drink comes from the *Camellia Sinensis* plant but it actually comes from a shrub which grows in southern Africa. Rooibos is commonly used in dessert teas as it offers a smooth vanilla taste.

Taste Profile: Full-bodied and fruity, with an earthy flavor and aroma of vanilla.

Spice Islands Splendor*

This unique combination offers a comforting aroma & a balanced flavor profile—spicy, warm, & yet cool. Cloves add a gentle spice, tulsi brings calming herbal notes, and peppermint delivers a crisp, invigorating finish. Supports respiratory & digestive health as well as relaxation.

Taste Profile: Bright citrusy notes with the cooling sensation of mint, and a subtle sweetness.

* Denotes Organic

Winter Spice Delight*

Winter Spice Delight is a cozy, caffeine-free blend featuring the warm flavors of rooibos, cinnamon, orange, coconut and cloves, balanced by smooth dark chocolate and a refreshing hint of peppermint. A perfect choice for chilly days, this comforting tea brings a festive warmth to every sip.

Taste Profile: Rich, spiced flavor with a hint of smooth chocolate and cooling peppermint.

Yerba Maté Chai*

Yerba Maté is a South American plant known for its robust, earthy flavor and natural energizing properties. Yerba Maté Chai combines the bold, invigorating essence of yerba mate with aromatic chai spices. This unique blend delivers a robust, energizing tea experience with warming notes of cinnamon, cardamom, and cloves, perfect for those who enjoy a spirited twist on a classic chai.

Taste Profile: Earthy, robust notes paired with warming, aromatic chai spices.

* Denotes Organic

Tea-Infused Baked Goods

Chai Latte Muffin

Savor the comforting warmth of a chai latte in every bite with our Chai Latte Muffin. Infused with aromatic spices like cinnamon, cardamom, and ginger, these muffins capture the cozy essence of a traditional chai latte. Each moist and tender bite reveals a harmonious blend of chai flavors.

Matcha Chocolate Chip Brownie

Elevate your dessert experience with our Matcha Chocolate Chip Brownies, where the rich, earthy notes of matcha green tea meet the indulgent sweetness of chocolate chips. Each fudgy, decadent brownie is infused with the vibrant flavor of premium matcha, creating a harmonious balance of bitter and sweet. The velvety texture melts in your mouth, while the bursts of chocolate chips add a delightful contrast of creamy richness.

Earl Grey White Chocolate Chip Cookie

Indulge in the delightful harmony of classic Earl Grey tea and creamy white chocolate with our Earl Grey White Chocolate Chip Cookies. These delectable treats blend the floral and citrusy notes of Earl Grey tea into a buttery cookie dough, studded generously with smooth white chocolate chips. Each bite is a perfect balance of sophisticated tea flavors and rich sweetness, making these cookies a unique and irresistible indulgence for any tea and dessert lover.

Roobi-Doodle

Indulge in our delightful Roobi-Doodle Cookies, a unique twist on the classic snickerdoodle! Infused with the rich, earthy flavors of rooibos tea, these cookies offer a perfect balance of sweetness and spice. Each bite brings a comforting warmth, enhanced by the subtle, aromatic notes of rooibos.

Green Tea Sugar Cookie

Experience the exceptional flavor of our Green Tea Sugar Cookies made with Gunpowder Green Tea. These cookies combine the classic sweetness of a sugar cookie with the bold, slightly smoky notes of Gunpowder Green Tea, creating a unique and delightful treat. Each bite offers a perfect balance of crisp texture and rich flavor, with the distinct taste of Gunpowder Green Tea adding an exotic twist.

Chai-Doodle Cookie (Gluten Friendly)

Delight in the perfect blend of spicy chai and classic snickerdoodle flavor, crafted to be gluten friendly without compromising on taste. This soft and chewy cookie is infused with aromatic spices like cinnamon, cardamom, and ginger, offering a warm and comforting treat that's perfect with a cup of your favorite tea.

* Denotes Organic

IN HOUSE TEA

Any Tea in a Large Teapot (40oz)	$10
Any Tea in a Small Teapot (20oz)	$7
Gongfu Style with Tea Pet	$11
Tea Flight (6oz of any 4 teas)	$11
Ceremonial Matcha	$4
Bottled Cold Brew	$6
To-Go Tea	$4.50

BAKED GOODS

Matcha Chocolate Chip Brownie	$5
Chai Latte Muffin	$4.50
Chai-Doodle Cookie (Gluten Friendly)	$3.50
Tea Infused Cookies	$3
Green Tea Sugar Cookie	
Earl Grey White Chocolate Chip	
Roobi-Doodle	

ACCESSORIES

Snap Infuser	$5
Tea Strainer	$7
Tea Basket and Lid Infuser	$12
Glass Teapot	
40.3oz	$54
20.3oz	$42
Teapot Warmer	$16
Tea Timer	$29
Temperature Controlled Tea Kettle	$60
Tea Pets	$26
Matcha Accessories	
Matcha Chasen	$10
Matcha Chasen and Holder	$26
Matcha Starter Set	$57
Gruene Tea Haus Mug	$18
Gruene Tea Haus Sticker	$3

Other Accessories: See price tag on item

Retail Bags of Tea (Listed Alphabetically)

1st Flush Darjeeling Black*
1oz $8 3oz $21

2nd Flush Darjeeling Black*
1oz $8 3oz $21

Berry Rose Bouquet Rooibos*
1oz $6 3oz $15

Black Dragon Oolong
1oz $7.50 3oz $19.50

Blue Flower Earl Grey Black*
1oz $6.50 3oz $16.50

Butterfly Pea Tisane*
1oz $9

Butterfly Rose White*
1oz $10.50 3oz $27.50

Ceylon Silver Striped Black*
1oz $6.50

Chamomile Lavender Tisane*
1oz $7.50 3oz $19.50

Cinnamon Spice Black Tea
1oz $7.50 3oz $18.50

Crimson Satin Rooibos*
1oz $7.50 3oz $18.50

Dark Chocolate Mint Black*
1oz $7.50 3oz $18.50

Dark Chocolate Vanilla Pu-er*
1oz $8 3oz $20

Dragonwell "Longjing" Green*
1oz $9 3oz $24

Duchess Grey Black*
1oz $8.50 3oz $21.50

Earl Grey Green*
1oz $6.50 3oz $16.50

Echinacea Tisane*
1oz $7.50

English Breakfast Blend*
1oz $8.50

Fire Spiced Chai Pu-er*
1oz $8.50 3oz $21.50

GABA Oolong
1oz $9.50 3oz $25.50

Genmaicha Green*
1oz $7.50 3oz $19.50

Ginger Green Pu-er*
1oz $7.50 3oz $18.50

Ginger Pu-er*
1oz $8 3oz $20

Ginger Green*
1oz $7 3oz $17

Ginger Peppermint Pu-er*
1oz $8 3oz $20

Ginger Turmeric Green*
1oz $7 3oz $17

Ginger Turmeric Pu-er*
1oz $8 3oz $20

Golden Milk Tisane*
1oz $7.50 3oz $18.50

Golden Pu-er*
1oz $8 3oz $20

Green Rooibos Tisane*
1oz $6

Gyokuro Green*
1oz $40

Heavenly Hibiscus Ginger Tisane*
1oz $6.50 3oz $16.50

Hibiscus Tisane*
1oz $6 3oz $15

Hojicha Green*
1oz $6 3oz $15

Indonesian Cinnamon Tisane*
1oz $6 3oz $15

Iron Goddess of Mercy Oolong
1oz $6.50 3oz $16.50

Jasmine Green*
1oz $6.50 3oz $16.50

Jasmine Blooming Green
5ct $11

Jasmine Dragon Green
1oz $9 3oz $23

Jasmine Pearls Green*
1oz $12 3oz $33

Jasmine Silver Needle White *
1oz $9.50 3oz $25.50

Lavender English Breakfast Blend Black*
1oz $9 3oz $23

Lavendar Vanilla Yaupon Tisane*
1oz $8.50

Lemon Ginger Tisane*
1oz $8 3oz $20

* Denotes Organic

Licorice Root Tisane*
1oz $6 3oz $15
Magnolia "Iron Goddess of Mercy" Oolong
1oz $6.50 3oz $16.50
Marigold Blooming Black*
5ct $11
Masala Chai Black*
1oz $8.50 3oz $22.50
Matcha Green*
1oz $23
Matcha Popcorn Green*
1oz $8.50 3oz $21.50
Mint Tisane*
1oz $6.50 3oz $16.50
Mint Rose Tisane*
1oz $9 3oz $23
Monk's Blend Black
1oz $8.50 3oz $21.50
Moroccan Mint Green*
1oz $6.50 3oz $16.50
Oriental Beauty Oolong
1oz $11 3oz $30
Osmanthus Oolong
1oz $7.50 3oz $19.50
Pearl "Gunpowder" Green*
1oz $6 3oz $15
Persian Black*
1oz $9.50 3oz $24.50
Pine Smoked Black (Lapsang Souchong)
1oz $6.50 3oz $16.50
Pomegranate Hibiscus White*
1oz $8.50 3oz 21.50
Pumpkin Pie Spiced Chai
1oz $9 3oz $23
Queen of Sheba*
1oz $10 3oz $26
Red Bush Chai Rooibos*
1oz $8.50 3oz $22.50
Red Raspberry Leaf Tisane*
1oz $6.50
Rose Tisane*
1oz $8.50 3oz $22.50
Rose Petal Black
1oz $8.50 3oz $20
Shanti Tisane*
1oz $7.50 2oz $13
Sickness Solace*
1oz $7.50 3oz $18.50
Simoa Shou Pu-er
Cake $50
South African Rooibos*
1oz $6 3oz $15
Spice Islands Splendor*
1oz $7.50 3oz $18.50
Strawberry White*
1oz $10 3oz $26
Sun-Kissed Citrus "Iron Goddess of Mercy" Oolong
1oz $8.50 3oz $21.50
Tuo-Cha "Bird's Nest" Pu-er*
7ct $10
Turmeric Thai Chai Black*
1oz $8.50 3oz $22.50
Uji Sencha Green*
1oz $9 3oz $24
White Peony White*
1oz $8 2oz $14
Winter Spice Delight*
1oz $7 3oz $17
Yangtze "Huang Cha" Yellow*
1oz $8.50 3oz $22.50
Yellow Dragon Yellow*
1oz $8 3oz $21
Yerba Maté Chai Tisane*
1oz $6.50 3oz $16.50
Sampler Pack (Gunpowder Green, White Peony, Yangtze Yellow, Magnolia Oolong, 1st Flush Darjeeling, Golden Pu-er)
1oz of each $40
With Kyusu $75

* Denotes Organic