



**Pukka Tea Menu**



# Organic Pukka Herbal Tea



**Winners  
Asian Dining  
Experience**

**All teas £1.95**



## **Black Spiced Chai**

Organic black tea with cinnamon & cardamom. A warming spicy chai with black tea. Delicious with honey and milk.



## **Herbal Spiced Chai**

Organic herbal blend with cinnamon & sweet vanilla. The original herbal chai; sweet, warm and caffeine-free.



## **Lemongrass & Ginger**

Organic lemongrass, ginger & amla fruit tea. A herbal blend to increase clarity, attention and lucidity.



## **Harmonise**

Organic rose, vanilla & chamomile tea. Flowery blend traditionally used to nourish women's health.



## **Cleanse**

Organic nettle, fennel & aloe vera tea. A healing blend of delicious Chlorophyll-rich herbs that purify the blood, sooth the liver and cleanse the skin.



## **Night Time**

Organic oatstraw, chamomile & lavender tea. A blissfully restful tea that is sweet and soothing to help you sleep.



## **Relax**

Organic chamomile, fennel & marshmallow root tea. As stress aggravates the nervous system and digestion this is a tea designed to calm you down, relax the digestive system and strengthen you.



## **Three Mint**

Organic peppermint, spearmint & fieldmint tea. A lively blend of refreshing mints that assists digestion and awakens your mind. The most minty of all mint teas.



## **Green spiced chai**

Organic green tea with cinnamon licorice & star anise. A delicious green tea blended with some of nature's greatest protective herbs.



## **Three Ginger**

Organic ginger, galangal & golden tumeric tea. A potent ginger tea that is full of warmth and life. Traditionally used to enhance men's health.