

HERBAN®

NUTRITION FACTS FOR BEAUTEA AND ONE LOVE INCLUDE ALL INGREDIENTS EXCEPT FLAVORED SYRUPS, WHICH ADD 100-200 CALORIES AND 30-50 GRAMS OF SUGAR. PLEASE LET YOUR TEARISTA KNOW IF YOU DO NOT WISH TO ADD FLAVORED SYRUP ON BEAUTEA OR ONE LOVE. ALL OTHERS INCLUDE ALL INFORMATION.

☞ BeauTEA

8oz - \$8 • 12oz - \$8.5 • 16oz ICED \$9

Rooibos, Jasmine, Strawberry, Orange & Spinach with our signature Collagen whipped cream

FAT 2g • SODIUM 100mg • CARBOHYDRATES 39g • SUGARS 13g • PROTEIN 13g • CALCIUM 42mg • IRON 8.4mg • POTASSIUM 497.1mg • VITAMIN C 232mg

CALORIES 230 Vegan option - no whipped cream

SKIN HEALTH • ANTI-AGING • GUT BALANCE



7 Kings Hot Chocolate

8oz - \$6 • 12oz - \$7

Turkey Tail, Lion's Mane, Cordyceps, Chaga, Shiitake, Maitake & Red Reishi with premium African chocolate, Palmyra jaggery (a low glycemic sweetener), Oat milk

FAT 2g • SODIUM 45mg • CARBOHYDRATES 30g • SUGARS 7g • PROTEIN 7g • FIBER 6g • IRON 2.1mg • POTASSIUM 258.1mg • CALCIUM 30.7mg • POLYSACCHARIDES 2800mg

CALORIES 174 A natural source of beta-glucan, X-fraction, & L-ergothioneine

IMMUNE BOOST • MENTAL FITNESS • GUT BALANCE • BLOOD SUGAR



☞ One Love

8oz - \$6 • 12oz - \$6.75 • 16oz ICED \$7.5

Rooibos, Rose, Mint, Strawberry, Oat milk

FAT 2g • SODIUM 40mg • CARBOHYDRATES 27g • SUGARS 7g • FIBER 5g • PROTEIN 5g • CALCIUM 34mg • IRON 1.4mg • POTASSIUM 184.1mg

CALORIES 145

DIGESTION • INFLAMMATION • HEART • COOLING PITTA



☞ Muspresso® Latté GET A 4oz shot - \$3

8oz - \$4 • 12oz - \$4.5 • 16oz ICED \$5

Reishi, Chicory, Dandelion, Cacao, vegan Italian Sweet cream

FAT 6g • SATURATED FAT 1g • SODIUM 26mg • CARBOHYDRATES 19g • SUGARS 3g • PROTEIN 4g • CALCIUM 19mg • IRON 1.68mg • POTASSIUM 176.4mg • POLYSACCHARIDES 2800mg

CALORIES 151 A natural source of iron and zinc

DIGESTION • FOCUS • IMMUNE SYSTEM • HEART

Muspresso® Mocha

8oz - \$5 • 12oz - \$5.5 • 16oz ICED \$6

Reishi, Chicory, Dandelion, Cacao, vegan Italian Sweet cream, house made chocolate sauce

FAT 6.4g • SATURATED FAT 1g • SODIUM 53mg • CARBOHYDRATES 19g • SUGARS 3g • PROTEIN 4g • CALCIUM 19mg • IRON 1.68mg • POTASSIUM 176.4mg • POLYSACCHARIDES 2800mg

CALORIES 260 A natural source of iron and zinc



Mombasa Mist

8oz - \$5 • 12oz - \$5.5

Kenyan black tea, African honey from Mombasa Kenya, Oat milk

FAT 2g • SODIUM 40mg • CARBOHYDRATES 38g • SUGARS 21g • PROTEIN 5g • FIBER 3g • IRON 1.1mg • POTASSIUM 104.4mg • CALCIUM 20.7mg

CALORIES 184 A natural source of antioxidants

BLOOD PRESSURE • HEART • GUT BALANCE • BLOOD SUGAR



Matcha Sweet Cream

8oz - \$7 • 12oz - \$7.5 • 16oz ICED \$8

Ceremonial grade matcha, vegan Italian Sweet cream

FAT 6g • SATURATED FAT 1g • SODIUM 26mg • CARBOHYDRATES 16g • SUGARS 3g • PROTEIN 2g • CALCIUM 16mg • IRON 0.68mg • POTASSIUM 87.7mg

CALORIES 119 A natural source of antioxidants

ENERGY • CONCENTRATION • FOCUS • METABOLIC BOOST





GO GREEN MEANS GO

16oz ICED \$10

Green papaya, Barley, Broccoli, Kale, Alfalfa, Spirulina, Oolong, Ginkgo, Spice blend + Cucumber syrup

FAT 1g • SODIUM 20mg • CARBOHYDRATES 41g • SUGARS 39g • PROTEIN 2g • CALCIUM 38mg • IRON 1.7mg • POTASSIUM 129.4mg

CALORIES 184 A natural source of protein, iron and zinc

DAILY GREENS • WEIGHT • LUNGS • BRAIN • SLEEP

☞ Açai of Red A SEA OF RED

16oz ICED \$11

Açai berry, Strawberry, Goji berry, Beet, Cherry, Pomegranate, Cranberry, Raspberry, Apple, Tomato, Rose hip, Rooibos, Rama, Lemon verbena, Rose, Spice blend + Hibiscus syrup

FAT 2g • SODIUM 65mg • CARBOHYDRATES 67g • SUGARS 57g • PROTEIN 3g • CALCIUM 44.2mg • IRON 0.9mg • POTASSIUM 387.9mg

CALORIES 299 A natural source of iron and zinc

JOINT PAIN • SLEEP • GUT BALANCE • REPRODUCTIVE HEALTH

RoyalTEA

16oz ICED - \$10

Blueberry, Blue spirulina, Black tea, butterfly pea flowers, mint, lemon, mango, elder + Elderflower syrup

FAT 0.5g • SODIUM 55mg • CARBOHYDRATES 55g • SUGARS 50g • PROTEIN 5g • VITAMIN C 68% • IRON 3.38mg • POTASSIUM 114.5mg • CALCIUM 10.8mg

CALORIES 255 A natural source of protein, antioxidants and B vitamins

ENERGY • BLOOD SUGAR • GUT BALANCE • UTERINE HEALTH

Afro Tropicale

16oz ICED \$10

Baobab, Pineapple, Lemon, Green tea, Guava, Soursop + Peach syrup

FAT 0g • SODIUM 17g • CARBOHYDRATES 75g • SUGARS 64g • FIBER 6g • PROTEIN 2g • CALCIUM 4mg • IRON 0.2mg • POTASSIUM 184.6mg • VITAMIN A 1% • VITAMIN C 68%

CALORIES 306 A natural source of antioxidants and vitamin C

ENERGY • FREE RADICALS • CELLULAR HEALTH • HEART • SKIN