



All Organic

Most Popular Hot Teas

Served with local organic milk

black

BLACK ROSE

Features black tea from Yunnan, vanilla bean & rose petals.

BLACK & GOLD

Leaf-and-bud black tea from Yunnan. Smooth, with chocolatey notes.

SUTTLE TEA (HOUSE)

Chinese black tea, Central Oregon lavender, Kenyan lemongrass, peach. Bright & fruity.

EARL GREY

Features bergamot oil from a 100-year-old Italian farm.

green

SWEET BEE

Chinese green tea, Central Oregon lavender, jasmine, vanilla bean.

mate

MATE COCO SPICE

South American mate, coconut, cacao shells, cayenne, ginger, cinnamon, licorice, cloves.

CARDAMOM ROSE

South American mate, cardamom, cassia rose petals, rosehips, cinnamon, & white peppercorns.

chai

SISTERS CHAI

Our house chai features Chai spices, Chinese black tea, coconut & licorice.

SPICY CHAI

Chinese black tea, chai spices, cayenne.

METOLIUS ARTISAN CHAI

For ginger lovers, this locally brewed concoction is sweet & rich.

ROOIBOS CHAI

A naturally non-caffeinated chai option with red rooibos, chai spices & cinnamon

herbal

LEMON CREAM

Lemongrass, lemon balm & organic French vanilla over South African rooibos.

TURMERIC GINGER

Ginger, Kenyan lemongrass, cardamom, honey crystals & turmeric.

METOLIUS MINT

Peppermint, cacao shells, cinnamon, whole-leaf stevia.

NORTH

Sweet & spicy. Licorice, cardamom, ginger, cinnamon, coconut, pink peppercorns.

SWEET PEACE

Chamomile flowers, spearmint, and orange peel.

- Hot Tea ... 3.25

- Tea Latte (steamed milk, organic simple syrup, Fairy Dust) ... 5.25

Almond, Hemp, Coconut

Unsweetened Coconut or Almond Milk

porcelain

(gong-fu style)

Choose from our highest grade teas!

GOLDEN NEEDLE(BLACK)

OOLONG GOLD

DRAGONWELL (GREEN)

JASMINE DRAGON PEARL (GREEN)

JASMINE SILVER NEEDLE (WHITE)

3 Infusions 7

Single steep 4

matcha

Pure high-grade, stoneground

Japanese green tea

from Uji, Japan,

the birthplace of Matcha!

Hand-whisked.

Ceremonial ... 4

Matcha Latte ... 5.50

Serving
local organic
milk!

CHOCOLATE CHAI LATTE

Black tea with chai spices, dark cacao, organic simple syrup, steamed *local organic* milk & Fairy Dust ... 5.25

GINGER CHOCOLATE CHAI LATTE

Black tea with chai spices, dark cacao, organic ginger, organic cinnamon & steamed *local organic* milk ... 5.25

SPICY CHOCOLATE GOLDEN-MILK CHAI LATTE

Spicy Chai tea latte w/ added organic chocolate, turmeric, local raw honey, steamed *local organic* milk, & Cayenne Fairy Dust ... 5.50

CINNAMON GOLDEN-MILK CHAI LATTE

Cinnamon Rooibos Chai tea latte with added turmeric, local raw honey, steamed *local organic* milk, & cinnamon ... 5.50

GINGER COCONUT MATCHA LATTE

Our high-grade Matcha green tea latte with organic ginger, local raw honey, steamed *local organic* milk, & Spice Fairy Dust ... 5.95

LAVENDER-MINT DARK CHOCOLATE TEA LATTE

Our Metolius Mint-Cacao tea latte w/ organic lavender and mint simple syrups, topped w/ Lavender Fairy Dust ... 5.25

HOT BUBBLE TEA

Add bubbles to your favorite tea latte! + .50



LEMON RASPBERRY FRUIT-INFUSED TEA ... 4.

Lemongrass, lemon balm, organic French vanilla over South African rooibos tea, infused with raspberries & sweetened



Light Fare

Proudly featuring locally baked goods
from *Angeline's & Sisters Bakery*

BAGELS *Toasted, with butter, or add a spread ... 2*

TOASTS *Served with butter, or add a spread ... 3.75*

- **Gluten-Free White** *(side local made jam)*
- **Rosemary** *(side local made jam)*
- **Cinnamon Cardamom Swirl** *(side maple syrup)*

CREAM CHEESE SPREADS

Plain 1.75

Herbed 2.25

Sundried Tomato 2.25

OTHER ADD-ONS

Justin's Peanut Butter 1.50

Justin's Maple Almond Butter 2.

JEM Organic Nut Butters (drizzle) 1.50

Jam 1.50

Local raw honey .50

Side of fruit 2.50

▪ **GRANOLA** *With vanilla Greek yogurt or milk ... 3.75*

▪ *Add fresh fruit* 2.50

▪ *Add matcha* 1.50

PESTO STROMBOLI

... 5

A pinwheel pastry with mozzarella and veggies.