



# Mantra Sukha Menu

## MATCHA

S \$ 5, M \$ 6, L \$ 7

Matcha (hot / Cold)  
Matcha Coconut water  
Matcha Coconut Cloud  
(coconut water with heavy cream)

Matcha Lemonade  
Matcha Lavender Lemonade  
Matcha Butterfly Pea Lemonade  
Matcha Maple Water

## HOT/ COLD

S \$ 5, M \$ 6, L \$ 7

Hibiscus, Lavender, Rose  
Green tea lemonade  
Thai Tea  
Hot Chocolate  
Chocolate Chai  
Chai Masala (Spices)  
Turmeric Masala (Spices)  
Turmeric Ginger  
Apple Cider

## CACAO



<b>Cacao</b>	\$ 7
<b>Cacao Ceremonial Grade</b>	\$ 8
<b>Cacao Masala</b>	\$ 8
(cacao, cinnamon, cardamon, star anise, Peppercorn, ginger, cloves, fennel seeds)	\$ 8
<b>Bliss Petal Cacao</b>	\$ 8
(Cacao, Rose, Lavender, Mint, brown sugar)	
<b>Prana Root Cacao</b> (Cacao, Ashwagandha, Ginger, Cinnamon, Brown Sugar)	\$ 9
<b>Lotus Moon Cacao</b>	\$ 9
(Cacao, Blue Lotus, Cardamon, Honey)	
<b>Prana Mane Cacao</b>	\$ 9
(Cacao, Ashwagandha, Lion's mane, Reishi)	
<b>Cacao Flight (Choice of 2 / 2 shot glasses)</b>	\$ 10
<b>Cacao Flight (Choice of 3 / 3 shot glasses)</b>	\$ 15



TEA CUP \$ 5, POT \$ 15

## Caffeine Tea

English Breakfast  
Earl Gray  
Gun Power Green Tea (smokey)  
Jasmine Green Tea  
Puerh Tea (Fermented tea)  
Oolong Tea (Green & Black Tea)  
Darjeeling (Light, aromatic black Tea)  
Assam Tea (Strong & bold black tea)  
Yerba Mate  
Chai



## Non Caffeine & Herbal Tea

Rooibos Tea  
Hibiscus Mints  
Licorice Mint  
Spearmint Tea  
Chamomint Tea (Chamomint & Mint)  
Wild Berry tea  
White Pomegranate tea  
Mulling Spices Tea  
Elder Flower Tea  
Echinacea Purpurea Tea  
Rose Hips Tea  
Yarrow Tea  
Mug Worth Tea  
Nettle leaf Tea  
Elder Flower Tea  
Roasted Cacao Shell Tea



**More Special Blended Tea in  
Herbal tea menu**

# MANTRA SUKHA HERBAL TEA MENU (SPECIALIST BLEND) CUP \$ 5, POT \$ 15

## RELAX AND DIGEST TEA (CAFFEINE-FREE)

Unwind after a meal with our Relax & Digest Tea, a delicious herbal that stimulates digestion and loosens the mind! Starting with a splash of color, the red rose petals provide a gentle floral note, followed by the unmistakable chamomile to complete the wildflower bouquet. With the sweetness of peppermint, the bite of ginger, and the airiness of fennel, this pale cup keeps your body working while your mind rests!

CHAMOMILE,  
GINGER, FENNEL,  
ROSE,  
PEPPERMINT

## CLEANSE & CLEAR HARMONY (CAFFEINE FREE)

A grounding herbal blend crafted to support balance, clarity, and gentle renewal. Earthy burdock and dandelion roots create a nourishing foundation, complemented by mineral-rich nettle and alfalfa leaves. Marshmallow root brings soft comfort, while red clover and calendula flowers add subtle floral harmony. A touch of peppermint and ginger offers gentle warmth and freshness, with licorice root rounding the cup.

Clear Harmony is a daily ritual tea—perfect for moments of reset, seasonal transitions, or whenever you seek a sense of clarity and balance from within.

BURDOCK ROOT,  
DANDELION ROOT, NETTLE  
LEAF, MARSHMALLOW  
ROOT, RED CLOVER LEAF,  
ALFALFA LEAF,  
PEPPERMINT LEAF,  
LICORICE ROOT, GINGER  
ROOT, CALENDULA  
FLOWER

## SEASONAL EMBRACE /COLD AND FLU BREW (CAFFEINE-FREE)

Seasonal Embrace (Cold & Flu) Brew is the perfect antidote to the discomforts of being under the weather. This blend offers a variety of tastes that energize the body and comfort the senses. Ginger and anise seed excite your immune system, while peppermint and yarrow work soothe. Elder flower flushes out your system, and rosehips top you up with fantastic vitamin C. This light refreshing cup packs a punch!

ELDERFLOWER,  
GINGER, ANISE,  
PEPPERMINT,  
YARROW,  
ROSEHIPS

## BREATH OF EARTH (ALLERGY RELIEF) (CAFFEINE FREE)

A grounding herbal blend crafted to support the body during seasonal changes. Earthy nettle and mullein create a soothing green base, traditionally used to support respiratory comfort and seasonal allergy relief. Cooling peppermint refreshes the senses, while warming ginger root brings balance and gentle spice. This organic infusion offers a clean, comforting cup—ideal during allergy season, daily wellness rituals, and moments of mindful pause. Thoughtfully sourced and blended with intention, Breath of Earth invites you to slow down, breathe deeply, and reconnect with the wisdom of nature

NETTLE, MULLEIN,  
PEPPERMINT,  
GINGERI

## MAMA TO BE (CAFFEINE-FREE)

An herbal tea designed just for the expecting woman, our Mama-To-Be Tea supplies a wealth of health benefits towards the end of pregnancy. Nettle soothes the body's aches, while oatstraw elevates your overall mood. Raspberry leaf is said to ease labor, and chamomile and lemon balm contribute to calmness of mind and body. Spearmint and ginger, the ultimate body tonics, help maintain your health as you await your bundle of joy with this tea for expectant mothers!

CHAMOMILE,  
SPEARMINT, GINGER,  
OATSTRAW, NETTLE,  
RASPBERRY LEAF,  
LEMON BALM

# MANTRA SUKHA HERBAL TEA MENU (CAFFEINE FREE) CUP \$ 5, POT \$ 15

## FEELING GOOD FLOWER TEA (CAFFEINE-FREE)

A celebration of health, our Feeling Good Flower Tea that makes you feel happy delivers sweetness in a blend of fruits and blossoms! With the spirit-lifting presence of oatstraw, this earthy infusion is accompanied by a majestic fragrance. The signature aroma of chamomile is matched by the robust smell of roses, and both are boosted by the bouquet of citrus zest! A colorful herbal, Feeling Good Flower Tea finishes with the lively scent of lavender

LAVENDER, ROSE,  
CHAMOMILE,  
OATSTRAW,  
CITRUS

## PEACEFUL PRANA TEA (CAFFEINE-FREE)

Peaceful Prana Tea is an herbal tisane masterly formulated by a local artisan tea blender that includes nine herbs with potent antimicrobial, anti-inflammatory and antioxidant properties to promote respiratory wellness. While tulsi, licorice, calendula, yerba santa and turmeric help to counter pathogens and ease inflammation, mullein, marshmallow and elecampane root help to loosen congestion and soothe respiratory passages and throat. The addition of peppermint brightens the flavor of this tea and helps to make breathing easier.

TULSI, LICORICE,  
CALENDULA,  
YERBA SANTA,  
TURMERIC,  
MLEIN,  
MARSHMALLOW,  
ELECAMPANE

## PETAL SERENITY TEA (CAFFEINE-FREE)

A nurturing and refreshing floral infusion crafted to soothe the senses and uplift the heart. Delicate rose and jasmine create a fragrant, calming base, while hibiscus adds a bright, refreshing note. Gentle passion flower brings balance and ease, making this blend perfect for moments of relaxation, reflection, and emotional unwinding.

ROSE, HIBISCUS,  
PASSION FLOWER,  
JASMINE

Petal Serenity is a graceful cup to enjoy any time you seek calm, beauty, and gentle nourishment—hot or iced, sipped slowly and intentionally.

## RESTORATION SOUL TEA (CAFFEINE-FREE)

A calming herbal blend created to support rest, balance, and gentle renewal. Cooling spearmint refreshes the senses, while chamomile and lemon balm bring soothing ease to the body and mind. Mullein adds soft grounding, red rose offers floral comfort, and raspberry leaf provides a gentle, nourishing finish. Restoration Soul is a peaceful cup for moments of slowing down—perfect for evenings, recovery days, or anytime you seek comfort and quiet restoration.

SPEARMINT,  
CHAMOMILE,  
LEMON BALM,  
MLEIN, RED  
ROSE,  
RASPBERRY  
LEAF

## RADIANT CITRUS TEA (CAFFEINE-FREE)

A vibrant, fruity herbal blend bursting with brightness and warmth. Tart hibiscus and rose hips create a juicy, refreshing base, lifted by fragrant lemongrass and cooling peppermint. Sweet orange peel adds a golden zest finish, making this blend both invigorating and deeply refreshing. Radiant citrus is a joyful cup to sip hot or iced—perfect for energizing afternoons, creative moments, or anytime you crave something bright, tangy, and uplifting. A celebration of sunshine in every brew.

ROSE HIP,  
LEMONGRASS,  
HIBISCUS,  
PEPPERMINT,  
ORANGE PEEL

# MANTRA SUKHA HERBAL TEA MENU (CAFFEINE) CUP \$ 5, POT \$ 15

## HERBAL COCOA JAVA (NATURALLY CAFFEINED)

A warm, grounding roasted herbal blend with deep, comforting notes. Roasted dandelion and chicory roots create a rich, coffee-like base, layered with smooth cacao nibs for gentle chocolate warmth. Naturally sweet honeybush softens the cup, while a touch of clove adds depth and subtle spice.

ROASTED DANDELION  
ROOT, CHICORY  
ROOT, CACAO NIBS,  
HONEYBUSH, CLOVES

## MORNING GRACE (NATURALLY CAFFEINED)

A gentle, aromatic blend crafted to ease you into the day with calm clarity and soft energy. Smooth yerba mate offers a light, balanced lift, while chamomile and lemon balm bring grounding ease. Lavender and jasmine add a floral softness to soothe the senses, and passion flower supports a centered, relaxed state of mind. Morning Grace is a mild, harmonious cup—perfect for slow mornings, intention setting, journaling, or a peaceful start without overwhelm. A graceful balance of uplift and calm, inviting presence with every sip.

YERBA MATE,  
CHAMOMILE,  
LAVENDER,  
JASMINE, PASSION  
FLOWER, LEMON  
BALM

## CLARITY BLOOM (NATURALLY CAFFEINATED)

A thoughtfully crafted herbal blend designed to support clarity, creativity, and gentle focus. Smooth yerba mate provides clean, steady energy, while blue lotus and red rose invite calm awareness and emotional balance. Cooling peppermint refreshes the senses, catnip softens mental tension, and mullein supports open breathing for a grounded, clear experience. Clarity Bloom offers focused presence without overstimulation—ideal for creative work, mindful mornings, or moments when you want to feel alert, centered, and inspired.

YERBA MATE,  
BLUE LOTUS, RED  
ROSE, PEPPERMINT,  
CATNIP, MULLEIN

## MASALA CHAI TEA (NATURALLY CAFFEINE)

Starting with the snappy bite of ginger and the citrus twist of cardamom, chocolate chai exudes decadence with every sip. Inherently sweet with spicy warmth, chocolate chai brings the dark richness of chocolate chips to the silky smoothness of rooibos tea. With two sources of antioxidants, this dessert tea promises to tantalize your taste buds and deliver warmth in the evening or a boost in the morning!

ROOIBOS TEA,  
GINGER, GREEN  
CARDAMOM POD,  
CHOCOLATE  
CHIPS,  
CHOCOLATE  
FLAVORING

## TWILIGHT BLOOM (NATURALLY CAFFEINED)

A harmonizing herbal blend designed for gentle evening energy and soft unwinding. Bright yerba mate offers a smooth, balanced lift, while calming chamomile and lemon balm bring ease to the body and mind. Cooling spearmint refreshes the palate, mullein supports open breathing, and delicate red rose and raspberry leaf add floral depth and grounding warmth.

YERBA MATE,  
SPEARMINT,  
CHAMOMILE, LEMON  
BALM, MULLEIN, RED  
ROSE, RASPBERRY  
LEAF

# MANTRA SUKHA HERBAL TEA MENU (CAFFEINE FREE) CUP \$ 5, POT \$ 15

## AVENA DREAM TEA (CAFFEINE-FREE)

Relax and enjoy a calming cup of Avena Dream Tea. With its blend of flowers, herbs, and spices, this tea presents a complex medley of flavors to ease your mind and body. Sweet dreams!

CHAMOMILE, PASSION FLOWER, LEMON BALM, OATSTRAW, LINDEN FLOWER, LEMON VERBENA, FENNEL, CALENDULA, AND NUTMEG.

## WICCAN WOMEN'S BREW (CAFFEINE-FREE)

An all-natural blend of herbs, the Wiccan Women's Brew combines flowers, fruits, and leaves to achieve a balanced tonic for health and happiness! Rich in iron, this profusion of ingredients includes raspberry leaf, chaste berry, nettles, linden flower, and cinnamon. With fruity and floral notes of luscious lemon and radiant rose, the final lingering sweet note of Wiccan tea is stevia, one of nature's sweetest plants! Drink deeply from this magical brew!

RASPBERRY LEAF, CHASTE BERRY, NETTLE LEAF, LINDEN FLOWER, LEMON VERBENA, LEMON PEEL, CINNAMON, ROSE PETALS, AND STEVIA

## WILD BERRY TEA (CAFFEINE-FREE)

With an exciting and vibrant red cup, our Wild Berry Tea embodies the spirit of a lush basket of summer fruit, packed with flavor and complete with health benefits! This herbal blend combines the nourishing goodness of rosehips with the antioxidant properties of the elderberry, resulting in a mild but lasting fruit taste. Adding the fragrance of blooming hibiscus petals creates a pleasurable floral bouquet for this nutritious infusion!

ROSE HIPS, ELDERBERRY, HIBISCUS, AND NATURAL AND ARTIFICIAL FRUIT FLAVOR.

## FIRE MINT TEA (CAFFEINE-FREE)

Fire Mint is a soothing yet warming herbal blend where natural licorice root brings gentle sweetness, peppermint refreshes the breath and senses, and cloves add a soft, grounding spice. This tea supports digestion, calms the throat, and offers a cozy, comforting sip—perfect for evening wind-down or moments when you need warmth from within.

LICORICE, PEPPERMINT, CLOVES