

Herbarium

All herbs and teas are available:

BY THE MUG: a cup of hot tea
 BY THE POT: a 24 oz tea press
 IN A LATTE: steeped tea with steamed milk
 BY THE OUNCE: take herbs home and DIY



Tier A

Cup \$4

Anise Hyssop
 Ashwagandha Root
 Blessed Thistle
 Comfrey
 Echinacea

Pot \$5

English Breakfast
 Earl Grey
 Lemongrass
 Lemon Verbena
 Motherwort

Latte \$6

Mountain Mint
 Mugwort
 Mullein
 Nettle
 Oatstraw

Ounce \$7

Raspberry
 Leaf
 Rosemary
 Spearmint
 St Johns Wort

Tier B

Cup \$5

Cacao Nibs
 Calendula
 Chamomile
 Cornflower
 Cramp Bark
 Damiana
 Elderflower

Pot \$6

Elderberries
 Gotu Kola
 Hibiscus
 Hawthorn Flower
 Lavender
 Licorice Root
 Lovage

Latte \$7

Maca
 Rose
 Rose Hips
 Reishi
 Usnea
 Wild Bergamot
 Witch Hazel

Ounce \$8

Lancaster Farmacy Teas
 Cleanse
 Lifting Lemon
 Nourishmint
 Tranquiltea

*See all available teas and herbs benefits on our herbarium menu by the drink cooler
 15% Off +4 ounces*

Medicinal Upgrades

Like it Dirty? ADD ESPRESSO +\$1
 Off Balance? ADD ADAPTOGENS +\$1
 Need to chill? ADD CBD +\$1
 Feelin' Low? ADD ANIMA MUNDI HAPPINESS TONIC +\$1
 Love Chocolate? ADD LUNAR CACAO GHEE +\$2
 Wanna Glow? ADD PLANT-BASED COLLAGEN +\$1

*All syrups are refined cane sugar free.
 All mylks are house-made and/or hormone-free.*

Syrup Options

REISHI VANILLA
 CORDYCEP CARAMEL
 CHAGA CHAI

Mylk Options

HOUSE-MADE ORGANIC HELP
 HOUSE-MADE ORGANIC OAT
 GRASS-FED COW-MADE WHOLE
 GRASS-FED COW-MADE HALF & HALF



 **BLADEANDSPADE**

 **CULTIVATING CONSCIOUS COMMUNITY** 