

House Specialty Matcha

Iced Matcha Latte ★ \$4.75 (16oz)
Smooth and creamy matcha sweetened just right with agave, cinnamon, and rice milk over ice.

Hot Matcha Latte \$4.75 (10oz)
A delightfully frothy and creamy matcha served hot with honey and steamed whole milk.

Traditional Hot Matcha \$4.75 (10oz)
Keep it simple with this Japanese classic perfectly whisked with hot water just before boiling point.

Shot of Matcha \$3.75 (3oz)
An invigorating shot mixed with pineapple juice. The perfect way to prepare for floating or meditation.

Fruit Tisane

2 Cups/4 Cups

Mango Moon **D** ★ \$4/\$5.25
A tropical blend of papaya, hibiscus, currants, pineapple, berries, coconut, and yogurt granules.

Paradise in Midtown **D** \$4/\$5.25
An energizing fusion of passionfruit, orange, berries, hibiscus, papaya, and currants.

Warm Toasted Almond **D** ★ \$4/\$5.25
This warm and inviting blend of apple, almonds, cinnamon, and beetroot will remind you of Cinnabon.

Cranberry Orange **D** \$4/\$5.25
A refreshing fusion of cranberries, orange, citrus flavoring, hibiscus and rooibos.

Warm Apple Pie **D** \$4/\$5.25
A delightful twist on an American tradition infused with cinnamon, apple pieces, rooibos, and marigolds.

Cherry Jubilee **D** \$4/\$5.25
A sweet and fruity blend of cherries, hibiscus, apples, rosehips, berries, beetroot, and natural vanilla bean.

Rooibos

2 Cups/4 Cups

Red Bush Rooibos **D** ★ \$4/\$5.25
South African red bush with notes of sweet vanilla bean and fresh citrus.

Coco Rooibos **D** \$4/\$5.25
South African Rooibos fused with yummy shreds of tropical coconut and natural vanilla bean.

Tall Grass Prairie **D** \$4/\$5.25
A refreshing fusion of green rooibos, honeybush, rose hips and sweet pomegranate.

Crush On You **D** \$4/\$5.25
A luscious rooibos fusion with notes of sweet passionfruit, grapefruit, flowers and fruit pieces.

Chai

10oz Cup with Milk & Sweetener

Chai \$4.5
A creamy organic black tea richly spiced with cinnamon, ginger, cardamom, and vanilla.

Coconut Chai ★ \$4.5
Spicy chai with a creamy twist of shredded coconut and natural vanilla bean.

Chocolate Chai \$4.5
Spicy chai with notes of sweet chocolate chips for the perfect balance of sweet and spicy.

Temple Chai \$4.5
Spicy chai with fragrant hints of cardamom and natural vanilla bean.

Turmeric Chai \$4.5
An organic turmeric chai blend spiced with notes of pepper, cardamom, clove and natural vanilla bean.

Black Teas

2 Cups/4 Cups

Assam  \$4/\$5.25
Robust and full bodied. The perfect breakfast cup.

Darjeeling Makaibari Estate \$4/\$5.25
Autumnal flush, mild & floral. The champagne of teas.

Ceylon Black  \$4/\$5.25
Full bodied but not too strong. A great all-day tea.

English Breakfast \$4/\$5.25
The familiar cup of rich, bold, and full-bodied tea.
Great any time of day. (Decaf Available)

Irish Breakfast \$3/\$4.5
Robust and full bodied with a malty flavor. Even stronger than English Breakfast tea.

Fall Equinox \$3/\$4.5
A mild seasonal blend of orange peel, almonds, cinnamon spice, and rose petals.

Cherry Lemon \$3/\$4.5
A refreshingly fruity and tangy tea with flavors of cherry and lemon. Great hot or iced.

Tango Squeeze \$3/\$4.5
Perfectly balanced with mango and a dash of orange. Our house iced tea blend.

Coconut Vanilla \$3/\$4.5
Smooth and creamy with coconut and vanilla.

Tulsa Rose Garden \$3/\$4.5
Ceylon tea with rose petals and safflower.


Lavender Earl Grey \$3/\$4.5
A distinct lush flavor and exquisite fragrance of bergamot orange sprinkled with lavender.

Lapsang Souchong \$3/\$4.5
Crisp and edgy with a unique smoky and flavor.


Green Teas

2 Cups/4 Cups

Genmaicha \$3/\$4.5
A nutty and roasted flavored bancha green tea with popped corn and toasted rice. Great with food.

Green Citrus  \$4/\$5.25
Fruity and zesty with ginger, orange and peach.

Moroccan Mint \$3/\$4.5
A refreshing, versatile, and robust green tea with mint. The most popular green blend in the world.

Green Country  \$3/\$4.5
A soothing blend of orange, rose petals and an underlying note of almonds.

The Farm's Secret Garden \$3/\$4.5
A fragrant blend of sencha, jasmine tea, lavender, mint, flowers, with peach and chocolate flavors.

Strawberry Sencha \$4/\$5.25
A smooth and delicate blend of strawberry pieces, peppermint, rose hips, lemon myrtle, and holy basil with flavors of strawberry and vanilla.

Great Pumpkin \$4/\$5.25
A seasonal favorite with pumpkin and vanilla cream.

Orange Ginger Jasmine \$3/\$4.5
Delightfully sweet, lifted by the freshness of orange flavor and the crispness of the ginger root.

Turkey Mountain \$4/\$5.25
Fresh, fruity, and slightly astringent.

White Tea

2 Cups/4 Cups

Champagne Berry \$4/\$5.25
The crisp and fresh flavors of red raspberries with subtle hints of a fine champagne.

White Melon \$3/\$4.5
Organic Pai Mu Tan white tea with the refreshing and fragrant essence of honeydew melon. Great iced!

Herbs & Herbal Blends

2 Cups/4 Cups

Peppermint **D** \$3/\$4.5
With a cooling, crisp aroma and deeply refreshing flavor, this soothing tea is great for digestion.

Spearmint **D** \$3/\$4.5
Soothing, clean and minty with warming and cooling notes. A slightly smoother taste than the peppermint.

Yerba Maté \$3/\$4.5
As the most popular morning drink of South America, this is the perfect way to begin any day.

Chamomile Lavender **D** \$3/\$4.5
A delightfully blissful and calming blend of chamomile flowers and blue lavender.

Orange Ginger Mint **D** \$3/\$4.5
A cool and refreshing citrus blend of ginger root, orange peel, mint and eucalyptus.

Swanderland Mint **D** \$3/\$4.5
Balance your digestive system with this soothing blend of peppermint leaf, ginger root and lemon peel.

Ginseng Zingo **D** \$3/\$4.5
An herbal boost with ginseng, licorice, peppermint, hibiscus, lemongrass, passion flowers, St. John's wort and lemon flavor.

H₂O Detox **D** ★ \$3/\$4.5
Nourish your body from the inside out with this cleansing blend of holy basil, spearmint, rose hips, lemon myrtle and linden blossoms.

Spring Equinox **D** \$3/\$4.5
Keep your allergies at bay with this herbal blend of licorice, honey bee pollen, peppermint, hibiscus, eucalyptus, and holy basil.

Turmeric Relief **D** 🌿 ★ \$3/\$4.5
Provides comfort and relief with this organic blend of honeybush, rooibos, turmeric, cinnamon, whole black pepper, ginger root and honey bee pollen.

Ayurvedic Blends

2 Cups/4 Cups

Agni (Fire Pitta) **D** \$3/\$4.5
Chrysanthemum, saffron, marigolds, green cardamom, hibiscus, peppermint, sarsaparilla, raspberry leaves, holy basil, lemon and peach flavor.

Vayu (Air Vata) **D** \$3/\$4.5
Chamomile, saffron, licorice, ginger root, fennel, rosebuds, spearmint, rose hips, lemongrass, holy basil and natural orange flavor.

Prithvi (Earth/Water Kapha) **D** \$3/\$4.5
Ginger, saffron, black pepper, licorice, mint, clove, cardamom, fennel, cinnamon, holy basil, safflowers, and sambuca.

Aakash (Space) **D** \$3/\$4.5
Cardamom, saffron, licorice root, fennel, ginger root, cinnamon, rosebuds, lemongrass and rose scent.

Oolong

2 Cups/4 Cups

Lychee Oolong \$4/\$5.25
A lightly oxidized and delicately fruity artisan green oolong with a fresh taste of lychee.

Kwan Yin in Tulsa 🌿 \$4/\$5.25
Iron Goddess of Mercy. Slightly nutty with a fresh, orchid flavor and a clean, mellow finish. Promotes a balanced digestion system.

Buddha's Blend 🌿 \$4/\$5.25
A delicate and fragrant blend of lightly oxidized organic oolong and jasmine.

Prairie Song Tonic Elixirs

Mix w/ Seltzer or Add-On to a Tea

Headache Tonic **D** \$4.25
Feverfew, peppermint, spearmint, white willow bark, lavender, and everclear.

Immune System Tonic **D** \$4.25
Echinacea, goldenseal, oregano, rose hips, hibiscus, reishi mushroom, holy basil, and everclear.

Anti-Inflammatory Tonic **D** \$4.25
Ashwaganda, rhodiola, holy basil, St John's wort, yarrow, lemon balm, and everclear.

Joy Tonic **D** \$4.25
Turmeric root, ginger root, feverfew, white willow bark, yarrow, lemon balm, and everclear.

Kidney Tonic **D** \$4.25
Dandelion root, yarrow, oatstraw, white oak bark, nettle leaf, and everclear.

Lung Tonic **D** \$4.25
Wild crafted mullein, oregano, lemon balm, spearmint, licorice root, and everclear.

Stomach Tonic **D** \$4.25
Peppermint leaf, ginger root, cayenne, spearmint leaf, lemon balm, and everclear.

Libido Tonic **D** \$4.25
Horney goat weed/epimedium, ginger root, rhodiola, hawthorn berry, red raspberry leaf, cinnamon leaf, licorice root, rose hips, lavender, and everclear.

Sleep Tonic **D** \$4.25
Passionflower, lemon balm, lavender, chamomile, valerian root, lavender, and everclear.

Heart Tonic **D** \$4.25
Hawthorn berries, holy basil, rose hips, cayenne pepper, and everclear.

Other Beverages

Kombucha ★ \$5.65

Bottled Water \$1

Chocolate Elixirs

3oz/6oz

American \$4/\$6.5
70% dark chocolate, evaporated cane juice, and madagascar vanilla.

Modern Mexican \$4/\$6.5
72% dark chocolate, canela, roasted almonds, organic evaporated cane juice, and mexican vanilla.

1775 Marie Antoinette ★ \$4/\$6.5
70% dark chocolate, orange blossom water, organic evaporated cane juice, ceylon cinnamon, vanilla and culinary orange blossom essential oil.

Tzul \$4/\$6.5
70% dark chocolate, 36% caramelized milk chocolate, whole milk, cacao beans, mexican vanilla, and an organic spice blend.

Chocolate Chai \$4/\$6.5
70% dark chocolate, house made traditional Masala chai spice blend and a hint of vanilla.

Chili \$4/\$6.5
100% unsweetened chocolate, agave nectar, ancho chili, and vanilla.

Flowering & Blooming

4-5 Cups

Jasmine Globe \$8
Green tea with a pink globe amaranth flower infused with flavors of jasmine.

Peach Fairies \$8
Green tea, chrysanthemum, and a string of seven jasmines with a hint of peach.

Double Happiness \$8
Green tea with a double set of amaranth, chrysanthemums and jasmine flower.

Guava Flower \$8
Green tea opening up to an exquisite twist of lily-like orange flower and sweet guava flavors.

Oxygen Sessions

**Includes 1 Essential Oil*

15 Minute Session \$12

20 Minute Session \$15

30 Minute Session \$20

Optional CBD Add-On \$25

Includes CBD water, cream, and full spectrum sublingual drops (16-32mg).

Benefits of Oxygen & Cannabidiol (CBD)

Oxygen-Enriched Air (OEA):

- Detoxifies & Increases Blood Circulation
- Strengthens Immune System
- Prevents Disease
- Promotes Relaxation
- Treats Sleep Disorders
- Heightens Concentration & Alertness
- Helps Fight Depression
- Relieves Hangovers
- Alleviates Headaches

Cannabidiol (CDB) Treatment:

- Relieves Pain
- Reduces Inflammation
- Treats Mood Disorders
- Treats Stress & Anxiety
- Treats Serious Neurological Disease
- Helps Fight Cancer

Essential Oil Blends

Calming

Serene and sweet like a lake in full moonlight, this blend combines the "peace maker" essential oils, for a soothing and relaxing experience. *Contains: lavender, orange, geranium, cedarwood, marjoram, omanese frankincense, rose.*

Relaxing

A perfectly sweet blend full of lightness and peace. Very inviting with exuding feelings of happiness and bliss bringing instant relaxation and stress relief. *Contains: cedarwood, sweet orange, ylang ylang.*

Stress Release

This delightful blend will help bring some tranquility to your day and perfect for melting the stress away. *Contains: lavender, neroli, rose maroc.*

Breath Well

A fresh and cooling blend that clears the mind and opens your breathing to soothe congestion. *Contains: sage, hyssop, eucalyptus, spruce, thyme, myrtle.*

Prana

This cooling, sweet, and pleasantly herbaceous aroma is mind-clearing and full of fresh energy. *Contains: eucalyptus globulus, cajeput, peppermint, menthol.*

Inspiration

Take a fresh look at life. Uplifting, refreshing and inspirational oils of citrus fruits open the door to the New. *Contains: mandarin orange, lemon, bergamot, tangerine, lime, may chang/litsea cubeba, lemongrass, fir needle.*

Buddha

An enlightening blend that's strong, light and cheerful, like a moment of full-hearted laughter. *Contains: orange, pine needle, ho leaf, omanese frankincense, patchouli, cistus labdanum.*

Love

The perfect blend for a romantic evening blend that encourages feelings of love and affection. *Contains: rosewood, patchouli, geranium, litsea cubeba, orange, muhuhu, petitgrain, ylang ylang.*

Feminine Balance

Nourishing the female essence, this balancing blend gives a soothing influence in times of hormonal turmoil. *Contains: orange, sandalwood, clary sage, moroccan rose, jasmine abs, yarrow, tanacetum, ylang ylang, vetiver.*