

food

appetizers

Hummus with Pita Chips

Brie with Crostini

the village garden

House Salad

Mixed baby greens, assorted vegetables, dried cranberries and walnuts with house dressing. Served with pita bread.

Strawberry Greens

Baby spinach, strawberries, crispy bacon, goat cheese, red onion, sunflower seeds and candied pecans with strawberry vinaigrette dressing. Served with pita bread.

tea sandwiches

**Smoked Salmon and
Dill Cream Cheese**

Omega-3-rich smoked salmon layered with tangy dill cream cheese, lemon zest and capers. Served on 7-grain hippie bread.

Turkey and Brie

Smoked turkey breast paired with creamy brie cheese, sweet fig spread and fresh field greens. Served on 7-grain hippie bread.

Ham and Swiss Cheese

Decadent ham with swiss cheese, zesty sun dried tomato spread. Served on artesian white bread.

The Caprese

Fresh mozzarella, ripe red tomato and fresh basil and pesto. Served on artesian white bread.

sweet selections

CREPES

Nutella (add bananas or strawberries)

Strawberry Blitz

Organic vanilla yogurt, fresh cut strawberries, sour cream and sugar.

Indulge with our wide heavenly selection of Pastries, Sweets and Treats...Enjoy your escape!

kid's sandwiches

Double Grilled Cheese

Brie and mild mozzarella cheese, grilled to perfection on artesian white bread.

Banatella

Sweet and creamy Nutella with sliced bananas on fresh challah bread.

PB & J

Classic peanut butter and jelly on fresh challah bread.

village teas

Black Tea

Unlike coffee, black tea has both stimulating and calming benefits and has been shown to help relieve stress and induce a calm state of mind despite its caffeine content. It has also been found to positively impact cardiovascular health.

Royal Organic English Breakfast

Organic premium black tea blend. (full-bodied, yet smooth)

Simply Earl Grey

Black tea and natural bergamot flavor. (well balanced, flavorful and bold taste)

Curiously Cranberry

Black tea, cranberry pieces, hibiscusflower and flavor. (tart-sweet scent of juicy cranberries)

Spice Route Chai

A blend of black tea, cardamom, cinnamon, ginger root, black pepper and clove. (richly aromatic, dessert in a cup)

Oolong Tea

Long enjoyed for its digestive properties in asian cultures, oolong is thought to enhance weight loss efforts as part of a regime of healthy eating and exercise.

Ginseng

A unique rolled Chinese green oolong (renshen) with licorice and ginseng root (eluthero root). (well proportioned, and pleasingly refreshing)

Ginger Orange

Chinese dark oolong, ginger root, dried orange pieces, and orange essence. (sweet, yet tart, fresh-pick orange taste)

Winter Spiced

Chinese oolong tea, cinnamon chips, rose petals, orange peel, and orange flavor essence. (one of a kind limited blend, to be enjoyed fireside)

Green Tea

Green teas are packed with antioxidants, proven to ward off damaging free radicals, which are linked to aging and disease. Studies indicate that potential benefits range from increased bone density to possible cancer prevention.

Gentle Organic Lemon Ginger

Organic chinese green tea (guo lu), organic ginger root, organic lemongrass, and organic lemon myrtle. (tasty and invigorating)

Sassy Green Tea with Acai

Chinese green tea, ginger, flavor, orange peel, peach pieces, chillies, cloves, safflower, and acai. (rich flavors of grapes and blueberries, full of antioxidants)

Smooth Jasmine

Chinese green tea and jasmine flower petals. (light, smooth brew, sweet and aromatic)

Zesty Orange Sencha

Green tea, orange peel, flavor, and orange flowers. (tropical twist on this healthy alternative to soda,tangy and vibrant)

Minty Fresh Organic

Organic Chinese green tea, and organic peppermint leaf. (full bodied and refreshing)

White Tea

A perennial favorite in Asia and China, white tea is an antioxidant powerhouse, with nearly ten times the antioxidants in Vitamin E. Studies indicate that white tea may help fight the effects of aging, increase bone density, help lower cholesterol and inhibit the development of cancer cells, as well as enhancing immune function.

Classic Organic White

Organic Chinese white tea (bai mu dan) (smooth, fresh and medium bodied with mellow notes, pure delicate brew)

Strawberry Passion

Chinese white tea, flavor, and strawberry pieces. (fruity sweetness of fresh-picked strawberries)

Rooibos

A naturally caffeine free herb found only in South Africa, Rooibos has long been used as a digestive aid and is thought to promote restful sleep.

Cherry Me Bloom

South African Rooibos, sour cherry, lemongrass, flavor, acai, and sunflower petals. (lively vivacious combinations that bring out a mouthwatering sweet brew)








Sweet Grace Vanilla

South African Rooibos, and flavor. (elegant, rich brew)

Cucu-Mint Organic Green

Organic green Rooibos, peppermint and cucumber. (extremeley fresh, intriguing and distinctive bright fragrance)

health information legend

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|  caffeine free |  weight management |
|  heart health support |  natural energy |
|  cold and flu fighter |  antioxidants |
|  digestion support |  immune support |

caffeine content from 1 to 5 with 5 being the highest



Herbal Infusions

Decadent Choco-Mint Maté

Yerba maté, rooibos, flavor, chocolate pieces and cacao pieces. (chocolaty and guilt-free subtle notes, antioxidant rich match made in heaven)

Health Benefits: This natural stimulant from South America is a delicious herbal alternative to your morning cup of coffee.

Good for Me

Orange peel, goji berry, lemon myrtle, ginger root, lemon honeybush and fennel seed. (great way to relax and rejuvenate with this appealing and pleasingly unique house blend)

Health Benefits: Spring-cleaning for your body that's great anytime your system needs some healing and detoxification. Our special combination of herbs was created to help purify and cleanse.

Cold Comfort Organic

Organic chamomile flowers, organic peppermint leaf, organic licorice root and organic lemon peel.
(physically and mentally pleasing, comforting taste)

Health Benefits: Our proprietary blend of organic herbs helps ward off and ease the symptoms of colds and flu. Chamomile, peppermint leaf, licorice and lemon peel have been known to relieve mild nasal congestion and restlessness while helping to boost the immune system.

Lady Marmalade

Hibiscus, rose hips, lemon peels, orange peels, chamomile, and fennel seed. (bold, tangy and mouthwatering taste, just like a sorbet or sherbet)

Health Benefits: A sweet-tart floral blend full of Vitamin C with soothing, calming chamomile and fennel, a well known digestive aid. Quite likely the perfect herbal infusion.

Comfy Organic Chamomile

Organic whole chamomile flower and organic lavender flower. (blended beautifully, light and deep taste)

Health Benefits: A calming and aromatic infusion to help melt the day away.

SMOOTH-TEA

Delicious combinations of black tea, milk, and flavor blended until thick, smooth and creamy — add your favorite fruit.

Gingerbread

Green Matcha

kid's teas

Warm Sweet Grace Vanilla with Apple Cider

South African rooibos, flavor and a touch of apple cider.

Warm and Naturally Sweetened Ginger Orange Oolong

Chinese dark oolong, ginger root, dried orange pieces, and orange essence with a touch of natural sweetener.

Iced Cherry Rooibos with Acai and Fresh Lemonade

South African rooibos, sour cherry, lemon grass, flavor, acai, sunflower petals and a touch of sweet fresh lemonade.



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Village
Tea
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retreat
menu