

## Tea Garden & Herbal Emporium

Founded in 1988, the Tea Garden & Herbal Emporium™ has been providing customers with the finest quality Superior Chinese herbs and teas for nearly two decades while dedicating themselves to the teachings and guidance towards the integration of the Body, Mind and Soul. Experience for yourself the wonders of their Chinese herbs and herbal tonics or spend some time at the fabulous Tea Bar. The Tea Garden has recently been recognized as having the finest tea menu in the country with over 90 exquisite selections and a new delicious summer menu of ice-blended FroSTEAS™.

Enjoy a delicious macrobiotic or raw food lunch or dinner sitting in the peaceful and serene Zen Garden patio. The Tea Garden & Herbal Emporium™ offers an array of entrées and desserts, all prepared daily with an emphasis on healthful, great tasting menu items. The Tea Garden serves contemporary macrobiotic selections from M Café de Chaya. Macrobiotics emphasize the importance of whole, natural foods eaten in season, and as minimally processed as possible. The balanced, nutritious, and creative menu uses only the finest ingredients that are fresh daily, without any refined sugars, eggs, dairy, red meat, or poultry. The Tea Garden's menu also includes raw food options from Taste of the Goddess Café. Raw food, or living food, is never heated above 105 degrees and is always high in energy, low in carbs, gluten free, and vegan.

For those with a thirst (figuratively and literally) for tea and knowledge go to the FREE Dr. Tea's Tuesday Evening Tea Society at 7:00 p.m. for a fun and interesting look at the world and history of tea. Each evening's session features a tea tasting and foods from our macrobiotic and raw menu.

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