

Herbal Infusion Tea 花茶

RM4.00 per pot (2 PAX)
每壶(二人)



金盏花
Calendula



柠檬草
Lemongrass



千日红
Globe Amaranth



薰衣草
Lavendar



洋甘菊
Chamomile



桂花乌龙
Osmanthus Oolong



茉莉绿茶
Jasmine Green Tea

Organic Tea 有机花茶

RM5.50 per pot (2 PAX)
每壶(二人)



Add on 加

Lemon Slice 加柠檬片
RM0.50

Honey 蜂蜜
RM2.00

CALENDULA 金盏花

BENEFITS: mild, slightly bitter beverage that offers a number of health benefits. Contains anti-inflammatory and antioxidant components, which might help to fight cancer, protect against heart disease, and ease muscle fatigue.

好处：温和，微苦的饮料，可带来许多健康益处。包含抗炎和抗氧化剂成分，可能有助于抗击癌症，预防心脏病和缓解肌肉疲劳。

LEMONGRASS 柠檬草

BENEFITS: Contains inflammation-fighting compounds. Additional benefits, known for lowering cholesterol, relieving bloating, boasting oral health. And, best drink after dinner.

好处：包含抗炎化合物。餐后喝些可以降低胆固醇，纾解腹胀，和改善口腔健康。

LAVENDAR 薰衣草

BENEFITS: have a very strong flavor, sometimes even bitter. Natural way to stabilise the mood, relieve anxiety and help with depression. Contain anti-inflammatory property. If you love the scent of lavender, you will likely love lavender tea too.

好处：味道很浓，有时甚至是微苦的。含有抗炎特性，可稳定情绪，缓解焦虑并帮助抑郁的自然方法。如果您喜欢薰衣草的香味，那么您可能也会喜欢薰衣草茶。

GLOBE AMARANTH 千日红

BENEFITS: an herbal (caffeine-free) tisane known for containing many vitamins, minerals, and antioxidants. Several health benefits including reducing fatigue, improving skin, lowering blood pressure, even preventing grey hairs!

好处：一种草药（不含咖啡因）的丹坦素，其中含有多多种维生素，矿物质和抗氧化剂。其中的益处，包括减少疲劳，改善皮肤，降低血压，甚至防止白发！

CHAMOMILE 洋甘菊

BENEFITS: light and subtly sweet, caffeine-free herb is "an ideal sleep support". Benefits range from helping with sleep to aiding digestion, and the drink can even play a role in heart health. Antioxidants in chamomile tea, like flavones, may help lower the risk of heart disease.

好处：清淡，微甜，不含咖啡因的草药是“理想的睡眠支持”，其有益作用包括帮助睡眠，帮助消化，甚至可以改善心脏健康；甘菊茶中的抗氧化剂，例如黄酮，可能帮助降低患心脏病的风险。

OSMANTHUS OOLONG 桂花乌龙

BENEFITS: A tender fragrance and feel-good sensation – that's what we get from this infusion. Mild sweetness of osmanthus flowers and earthy taste oolong tea combine together for a refreshing tea treat. Contains anti-oxidant and anti-aging compounds.

好处：这种混合茶能带来良好的感觉和柔和的香气。桂花的温和甜味和朴实的乌龙茶相结合，带来清爽的茶香。此茶包含抗氧化剂和抗衰老化合物。

JASMINE GREEN TEA 茉莉绿茶

BENEFITS: Popular for its extremely delicate flavour and aroma as well as health advantages. Jasmine green tea benefits include improved heart health, stronger immune system, prevention of diabetes and cancer, improved digestive process and assist in weight loss as well as relieving stress. Improved metabolic rate which burns calories faster is one of the most prominent Jasmine green tea benefits. 好处：此茶因其极细腻的风味和香气以及健康优势而广受欢迎。茉莉绿茶的好处包括改善心脏健康，增强免疫力，预防糖尿病和癌症，改善消化过程，帮助减肥以及缓解压力。茉莉绿茶最突出的好处之一是能改善的新陈代谢率，更快地燃烧卡路里。