

TRADITIONAL TEA

Single Cup 5.00

Tea Pot & Tea Tray 9.00

Green Tea

2024 Su Mao Feng

White Tea

2024 Yunnan Big Tree King Peony

2018 Fuding Olde Shou Mei

Oolong Tea

2024 Li Shan High Mountain (Taiwanese)

2024 Da Hong Pao (Wuyi Rock Oolong)

Red Tea

2013 Aged Shan Lin Xi (Taiwanese)

2013 Nannuo Mountain Infrared Gu Shu

2023 Appalachian Red

Pu'er Tea

2021 Manzhuan (Sheng)

2013 Ancient Tree #118 (Shou)

2022 Sticky Rice (Shou)

2024 Ancient Tree Black Rain (Shou)

HERBAL TEA

Cup / Teapot

Let's Root 5.00 / 9.00

Nettles / Licorice Root / Dandelion Root
/ Astragalus Root / Burdock Root / Reishi

Inhale 5.00 / 9.00

Peppermint / Spearmint / Mullein /
Reishi / Sage / Rosemary

Heart Space 5.00 / 9.00

Cinnamon / Rose / Tulsi /
Hawthorn Leaves & Berries

Rest Gently 5.00 / 9.00

Chamomile / Lavender / Mugwort /
Damiana / Lemon Balm

Feel Free 7.00 / 11.00

CBD Flower / CBG Flower / Lemon Balm /
Calendula / Meadowsweet / Tulsi / Lavender

Nourish Me 7.00 / 11.00

CBD Flower / Rosemary / Thyme / Peppermint
/ Schisandra Berries / Turkey Tail



plantbar.

Asheville

Chattanooga

@heyplantbar | visitplantbar.com

SPECIALTY COFFEE

Single-Origin, Ask for Decaf Options

Espresso	2.50
Batch Coffee	3.00 / 4.00
Batch Coffee - Ureña	4.00 / 5.00
Americano	3.50 / 4.25
Cortado	4.00
Cappuccino	4.25
Flat White	4.25
Latte	4.50 / 5.75
Mocha	7.00 / 8.75
Heart on Flora Mocha	7.50 / 9.00
Cold Brew	5.00 / 6.25
Cold Brew - Ureña	6.50 / 7.75

PLANT-BASED LATTES

Non-Coffee 12oz Lattes

Matcha (Premium-Grade)	6.50
Matcha (Ceremonial-Grade)	8.00
Stimulation MerKola Chai	8.00
Chamomile Tulsi Chai	7.00
Dreamy Blue Lotus Cacao	9.50
Goji Coconut Golden Mylk	7.50
Rose RoyalTea Honey	8.00
House Seasonal Honey	7.00

CACAO

4oz Sipping Cacao	6.50
6oz Cacao Cortado	7.50
12oz Cacao Latte	8.00

Rich Cacao	Mint Cacao
Golden Cacao	Extra Dark Cacao

THE MERTAILS

Locally Made Zero-Proof Cocktails

Hydration MerTini	9.00 / 11.00
Aloe / Lime / Juniper / Rosemary / May Chang / Chlorophyll / Sea Salt	
Stimulation MerKola	9.00 / 11.00
Yerba Maté / Kola Nut / Sarsaparilla / Ginger / Star Anise / Cardamom / Vanilla	
Relaxation MerGarita	9.00 / 11.00
Apple Cider Vinegar / Honey / Oat Straw / Nettles / Lemon Balm / Lemongrass / Lime / Butterfly Pea Flower	
Exhalation MerJito	9.00 / 11.00
Honey / Lime / Tulsi / Mint / Sagebrush / Skullcap / Mullein / Blue Spirulina	
Circulation MerMosa	9.00 / 11.00
Apple Cider Vinegar / Honey / Orange Peel / Turmeric / Ginger / Mimosa / Cinnamon	

BOBA TEA

Choose Your Own Flavor	7.50
Green Tea	Matcha
White Tea	Strawberry
Oolong Tea	Peach
Black Tea	Mango
<i>Additional Flavors</i>	1.00
Brown Sugar Espresso Latte	9.00
Thai Milk Tea	9.00
Strawberry Matcha	9.00
Rose Matcha	9.00
Southern Peach Tea	9.00

plant add-ons

PLANT TINCTURES \$2

Rose	Tulsi	Ashwagandha	Chaga
Lemon Balm	Chamomile	Reishi	Cordyceps
Milky Oats	Peppermint	Lion's Mane	Kava Root

CANNABIS \$3

Uplift: CBD/CBG
Mellow: CBD/CBG/CBN
Elevation: HHC
Cosmic: D9 THC/CBD

ORMUS ALCHEMY \$4.50

Sacred Valley Bulgarian Rose
 Pink, White & Blue Lotus
 Frankincense, Myrrhh, Gold
Flight of Three - \$15

plant add-ons