



Greek Medicinal Tea Collection

At the Hive, we serve a range of vegan, gluten-free, organic wild teas which have been hand-picked from the Ionian, Epirus and Sparta mountain regions, and have been specially selected by Emma to promote the well-being of our guests.

brought to you by 

Originally from Cranbrook, Emma has spent many years living in Corfu and has developed a deep understanding of the medicinal benefits of Greek plants, herbs and flowers used in teas and other local dishes.

During the 1980s, Emma regularly trekked across the northern mountain region, educated by various family members, including a mountain herdsman and an orthodox monk, on the use of these plants in many of the authentic Ionian specialities that can be found on our menu today.



Above: 1984 - with Antonios (prior Father-in-Law) and Evokimos Koskinas (Uncle who was an Orthodox monk).



£2.80 per infusion pot **50p** extra
Complimentary lemon if requested.

For Stevia (candy herb natural sweetener) or choose from our wide range of delicious honey:

- Cranbrook Honey
- Pure Kent Honey
- Greek Thyme Honey
- Greek Wildflower Honey

Mountain Tea £2.80 [*Sideritis purpurea*]

Sometimes known as Ironwort, this genus of flowering plants is widely known for its use in herbal medicine and tea, and is also historically known as "Shepherd's Tea" because Greek shepherds would brew tea out of the plants while herding their flocks on the mountains. With a high flavonoid content, it helps to relieve an upset stomach and aids digestion; and is also used to treat tonsillitis, inflammation of the nasopharynx and the common cold. A herbal infusion with lemon and honey is antiseptic and cleanses the throat. Recent studies show it prevents osteoporosis and also helps fight against Alzheimer's disease.



τσάι του βουνού

Olive Leaf Tea £2.80 [*Olea europaea spp. Microcarpa alba*]

This tea has been enjoyed by ancient Greek civilisations since olives were first cultivated. Tender, young leaves and spring buds are dried naturally to preserve their nutritional value. Apart its great flavour, Olive leaf tea also has detoxifying and healing properties, and is exceptionally rich in vitamins A, B, C and E, providing an anti-viral, anti-bacterial and anti-fungal boost. It's great for colds, flu and infections, but also contains oleuropein, a unique phenolic compound that has been found to have therapeutic effects for many conditions including high blood pressure, diabetes, obesity, Alzheimer's and heart disease.



φύλλα ελιάς

Chamomile Tea £2.80 [*Matricaria chamomilla*]



χαμομήλι

With a distinct mellow flavour, chamomile dried blossoms offer one of the most relaxing infusions before sleeping. Meaning 'earth apple' in Greek, it helps to relieve stomach gases and diarrhoea, rashes, stomach problems and gastritis, menstrual disorders, menopause, insomnia, fever, wounds and toothache. It is also used as a compress for irritated eyes.

Lemon Verbena Tea £2.80 [*Aloysia citrodora*]

With its zesty citrus flavour, Lemon verbena has detoxifying properties, is a natural digestive and helps with stomachache and kidney stones. It stimulates stomach function, relieves flatulence and has soothing properties.



Λουίζα

Feel the benefits and enjoy one of our authentic, vegan, gluten-free and organic Greek teas today!

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Complimentary lemon if requested.

For Stevia (candy herb natural sweetener) or choose from our wide range of delicious honey:

- Cranbrook Honey ● Pure Kent Honey
- Greek Thyme Honey ● Greek Wildflower Honey

Enjoying these teas as part of a Mediterranean diet is something we encourage here at The Hive, where we're committed to promoting a fresh approach to work-life balance.

Spearmint Tea £2.80
[*Mentha spicata*]

As a cousin of common mint, highly refreshing Spearmint is a favourite herb in Greek cooking. It is widely used in tomato-based sauces and meat dishes, such as meatballs (which we serve). Spearmint is anti-spasmodic and anti-inflammatory and, in high doses, an aphrodisiac. It is good for digestion, and stimulates bile production and liver function. It helps with flu, enteritis and easing cramps.



Δυόσμος



Calendula Tea £2.80
[*Calendula arvensis*]

Also known as Pot Marigold, Calendula purifies the blood, stimulates circulation, and speeds up the healing of wounds. Calendula tea is recommended for treating gastrointestinal disorders, stomach spasms, stomach ulcers, and for calming inflammation of the large intestine. It is excellent for combating viruses, urinary tract infections, liver disorders and can also be used as a tonic for swollen glands and lymph nodes.

καλένδουλας

Sage Tea £2.80
[*Salvia fruticosa*]

Wonderful as a herbal infusion or sprinkled over roast meat, fish or vegetables (which we serve), it imparts a savoury peppery flavour. Sage is an astringent, antiseptic, tonic herb with a camphor-like aroma. It is high in antioxidants, purifies the blood and ensures healthy respiratory organs, stomach and bowel function. It is also used to treat ulcers, gingivitis, tonsillitis and throat disorders.



φασκόμηλο

Nettle Tea £2.80
[*Urtica dioica*]

Nettle helps to ease rheumatism and improve blood circulation. It is considered aphrodisiac, haemostatic, antianemic, antidiabetic, diuretic and laxative. It helps to regulate and improve the gland system, maintaining normal body weight. It may also help with hypertension, arthritis as it dissolves uric acid.



τσούκνιδας

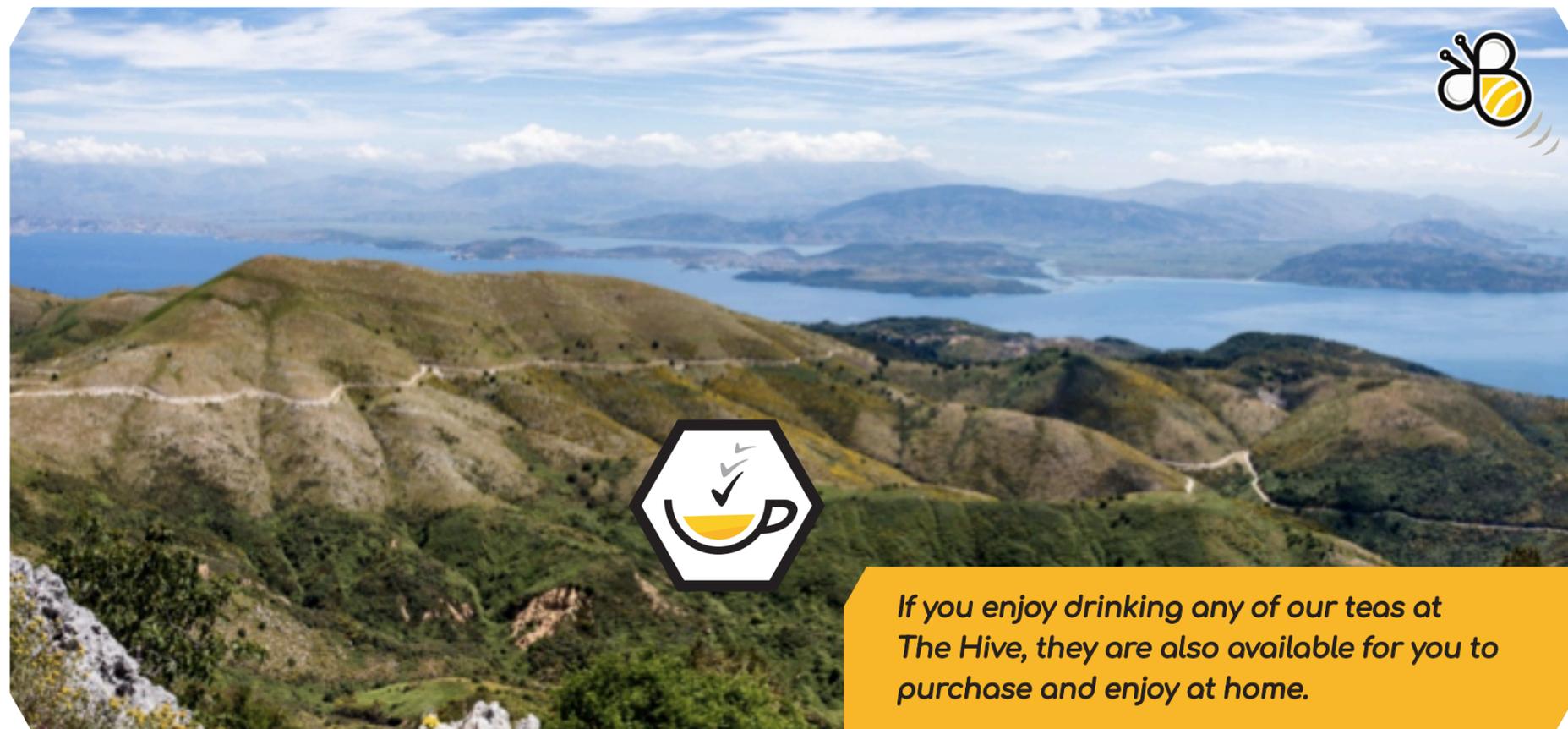
St. John's Wort Tea £2.80
[*Hypericum perforatum*]

St. John's Wort tea is used for injured nerves, neurological conditions, injuries caused by bumps or sprains, neuritis, nerves, insomnia and nervous system weakness. It also helps with speech disorders, irregular sleep, hysteria and sleepwalking, night-time enuresis and depression, as well as strengthening the female organs and promoting a regular menstrual cycle. It is a powerful plant and should not be taken with other medication.



Υπέρικο βάλσαμο

Please note, you should consult your doctor before consuming this tea, and a member of our serving staff will ask whether you are on any medication before agreeing to serve this to you.



If you enjoy drinking any of our teas at The Hive, they are also available for you to purchase and enjoy at home.

brought to you by **thehive**