



HEALTH &  
WELLNESS  
BLENDS

ORGANIC  
LOOSE LEAF  
TEA

PROUDLY  
MADE IN  
AUSTRALIA

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A special blend  
for you.



## Welcome to Bluebird Trading Co.

We're a small business based on the Mornington Peninsula, Victoria.  
Our delicious loose leaf teas support your mind, your body and soul.

### HEALTH & WELLNESS TEA

Our loose leaf teas contain....

- all natural organic ingredients.
- crafted by a Naturopath.
- no preservatives, no artificial colours or flavours.
- proudly made in Australia.



### ABOUT BLUEBIRD BLENDS

Bluebird Blends was founded through my own personal search for a healthy tea to drink daily. I was looking for something with no artificial flavouring to nourish my body and embrace my wellness. Self care is important to me and vital in achieving my own happiness and good physical and mental health. I wanted a delicious taste but more importantly a boost of goodness in every sip. The end result was "a special blend for you."

*Rebecca B*

Rebecca Burrows, Founder.

# As featured in **VOGUE**



## **BREAKFAST BLEND** **ENGLISH BREAKFAST**

black tea, vanilla,  
rose petals.  
50g (30+ serves)



## **MORNING BLEND** **ENERGISE & RECHARGE**

green tea, peppermint,  
apple pieces, calendula.  
50g (30+ serves)



## **AFTERNOON BLEND** **NOURISH & BALANCE**

honeybush, ginger,  
licorice, rooibos,  
cocoa husk, hibiscus,  
rosehip, peppercorns.  
50g (30+ serves)



## **EVENING BLEND** **RELAX & DIGEST**

peppermint, lemon balm,  
ginger, fennel seed,  
chamomile, calendula.  
50g (30+ serves)



## **GOODNIGHT BLEND** **REST & SLEEP**

skullcap, orange peel,  
chamomile, lemon balm,  
passionflower, rose petals,  
lavender.  
50g (30+ serves)



## **WINTER BLEND** **IMMUNITY & PROTECT**

olive leaf, elderberry,  
peppermint, ginger,  
echinacea, fennel seed,  
lemon myrtle, thyme.  
50g (30+ serves)

# Breakfast Tea Blend

## LUXURIOUS ENGLISH BREAKFAST TEA.



Our Bluebird Breakfast Tea Blend is our luxurious twist on traditional English Breakfast Tea. A strong rich, malty flavour with slight hints of floral and vanilla. It's perfect as your first cup and an amazing way to start your day.



Premium Assam Black Tea\*, White Silver Needle Tea\*, Rose Petals\*, Vanilla\*.

\*Organic Ingredients.



Brew 1-2 teaspoons in 90°C/194°F water for 1-2 minutes. Best consumed with or without milk.



# Morning Green Tea Blend

ENERGISE & RECHARGE.



Our Bluebird Morning Tea Blend is refreshing and high in caffeine. A beautiful green tea with a soft, delicate fruity flavour. It's a great replacement for your first cup of coffee in the morning and gives you an extra boost of energy throughout your day. It's also delicious iced as a summer treat.



Sencha Green Tea\*, Peppermint \*,  
Apple Pieces\*, Calendula\*, Green Tea  
Extract\*, Natural Flavour.

\*Organic Ingredients.



Brew 1-2 teaspoons in 80°C/176°F  
water for 1-2 minutes. Best consumed  
without milk. Can also be enjoyed cold  
as an iced tea.



# Afternoon Nourish Tea Blend

## NOURISH & BALANCE.



Our Bluebird Afternoon Tea Blend is packed full of amazing goodness which far outweighs its flavour. A nourishing blend with a pleasant and balanced earthy flavour with slight hints of berry and cocoa. It's the perfect afternoon pick me up that will support your general health and well-being.



Honeybush\*, Ginger\*, Rooibos\*, Cocoa Husk\*, Hibiscus\*, Licorice Root\*, Rosehip\*, Peppercorns\*.

\*Organic Ingredients.



Brew 1-2 teaspoons in 100°C/212°F water for 3-5 minutes. Best consumed without milk.





# Evening Relax Tea Blend

RELAX & DIGEST.

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Our Bluebird Evening Tea Blend is a perfect way to wind down after a busy day. A lovely, calming flavour of peppermint, chamomile and a slight hint of aniseed. It eases stress and assists in soothing a bloated tummy. Great to drink in the evenings after meals to support your digestion.



Peppermint\*, Lemon Balm\*, Ginger\*,  
Fennel Seed\*, Chamomile\*, Calendula\*.  
\*Organic Ingredients.



Brew 1-2 teaspoons in 100°C/212°F  
water for 2-5 minutes. Best consumed  
without milk. Can also be enjoyed cold  
as an iced tea.



# Goodnight Sleep Tea Blend

## REST & SLEEP.



Our Bluebird Goodnight Tea Blend is a great addition to your night time routine. A delicious floral flavour with slight hints of mint and lavender. It's a dreamy hug in a cup that will soothe, settle and relax you before your head hits the pillow.



Skullcap\*, Orange Peel\*, Chamomile\*,  
Lemon Balm\*, Passionflower\*, Rose  
Petals\*, Lavender\*.

\*Organic Ingredients.



Brew 1-2 teaspoons in 100°C/212°F  
water for 2-5 minutes. Best consumed  
without milk, 30 minutes to 1 hour  
before sleep.



# Winter Soothe Tea Blend

## IMMUNITY & PROTECT.



Our Bluebird Winter Tea Blend is amazing to drink during those cold winter months or when you're feeling run down. A warm, soothing flavour of mint, lemon and heat. It supports your immune system and helps maintain inner balance for general health and wellbeing.



Olive Leaf\*, Elderberry\*, Peppermint\*,  
Ginger\*, Echinacea\*, Fennel Seed\*,  
Lemon Myrtle\*, Thyme\*.

\*Organic Ingredients.



Brew 1-2 teaspoons in 100°C/212°F water for 2-5 minutes. Best consumed without milk. Try adding a hint of honey for extra health benefits.



# TEA BLENDS



**Contact Us**

[team@bluebirdtradingco.com](mailto:team@bluebirdtradingco.com)

[www.bluebirdtradingco.com](http://www.bluebirdtradingco.com)