

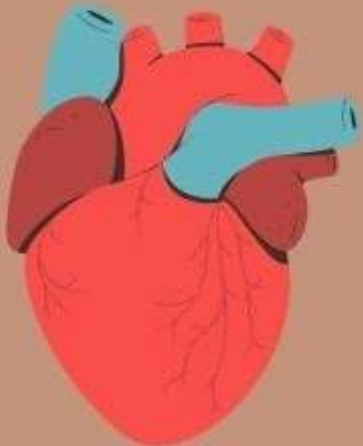
TEA BREAK 10

The Daily Grind Tea and Coffeehouse will feature a comfortable environment to relax, work, and meet friends and business colleagues. Seating for 40 patrons, at both small tables and in several living-room-like settings with chairs and sofas, will encourage guests to stay and socialize.

Benefits of Tea



September 01, 2023




Promotes heart health

tea packs a punch when it comes to heart health. Theaflavins help to lower blood cholesterol. the same antioxidants found in red wine, dark chocolate and nuts reduce the risk of heart disease by 8%.

Improves focus

Unlike some other types of tea, black tea has caffeine — about half the amount in coffee. It also contains an amino acid called L-theanine. The combination helps with alertness and focus.





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