



THE POST

PSALM 119:105



(689) 325-3139

1005A New York Avenue, St. Cloud, FL. 34769

GREEN TEA

Contains Caffeine

Small Hot - \$ 4.50 Large Hot - \$ 5.00
Small Cold - \$ 5.00 Large Cold - \$ 6.00

Be Healthy - New Blend

Green Tea, Ginger, Turmeric, Bael Nut and Cornflower Petals.

Cucumber Melon

Sencha Green Tea, Cucumber Slices, Organic Watermelon Flavor.

Lemon Lavender

Organic Sencha Green Tea, Lemongrass and Lavender.

Moroccan Mint

Organic Sri Lanka Green Tea and Peppermint Leaves.

Peach

Fujian Green Tea, Jasmine petals with Organic Peach bits and flavor.

Recover

Green Tea, Peppermint leaves, Ginger, Licorice Root, Fennel, Cardamom, Marigold Flowers, Black Peppercorn, Cloves.

BLACK TEA

Contains Caffeine

Small Hot - \$ 4.50 Large Hot - \$ 5.00
Small Cold - \$ 5.00 Large Cold - \$ 6.00

Black Cherry

Ceylon Black Tea, Cherries, Rose Petals, Rose Hips and Blackberry Leaves.

Chai

Black Tea, Cloves, Ginger, Cinnamon and Cardamom.

Coconut

Ceylon Black Tea, Coconut pieces and Natural Coconut Flavoring.

Earl Grey

Ceylon Black Tea, Cornflower petals and Organic Bergamot.

English Breakfast

Sri Lanka (Ceylon) Black Tea.

Ginger Peach

Ceylon Black Tea, Ginger, Peach Pieces, Papaya, Blackberry Leaves, Calendula, Marigold petals, and Sunflower petals.

Grapefruit

Sri Lankan Black Tea, Orange Pieces, Grapefruit Pieces, Grapefruit Flavor and Marigold Flowers.

Sencha

Sencha Green Tea from the Shizuoka region of Japan.



WHITE TEA

Contains Caffeine

Small Hot - \$ 4.50 Large Hot - \$ 5.00
Small Cold - \$ 5.00 Large Cold - \$ 6.00

Floral Delights

Fujian White Tea, Gunpowder Green Tea, Jasmine Tea, Rose petals, Pineapple pieces, Peaches and Marigold Flowers.

White Chai

Fujian White Tea, Ginger, Lemon Grass, Cloves, Cinnamon, Pineapple Pieces, Coconut pieces, Cardamom, Red Peppercorns, and Apple Pieces.

TEA

Contains Caffeine

Small Cold - \$ 2.50 Large Cold - \$ 3.50

Sweet Tea

Assam Black tea with sugar.

Unsweet Tea

Assam Black tea.

OOLONG TEA

Contains Caffeine

Small Hot - \$ 4.50 Large Hot - \$ 5.00
Small Cold - \$ 5.00 Large Cold - \$ 6.00

Berry Sage

Oolong Tea, Crushed Sage, Blackberries, Raspberry Leaves, Raspberry pieces.

Peach

Formosa Oolong Tea from Taiwan, Peach pieces, Marigold Flowers, Apple pieces and Natural Peach flavor.

Vanilla

Formosa Oolong Tea from Taiwan, Vanilla Beans and Natural Vanilla Flavor.

ROOIBOS TEA

Caffeine Free

Small Hot - \$ 4.50 Large Hot - \$ 5.00
Small Cold - \$ 5.00 Large Cold - \$ 6.00

Blueberry

Rooibos Tea, American Blueberries, European Blueberries, Hibiscus, Apple pieces, Elderberries, Currants and Cornflower petals.

Carrot Cake

South African Rooibos, Carrots, Apple pieces, Cinnamon, Ginger, Pineapple pieces and Licorice Root.

Pecan Pie

Rooibos Tea, Cocoa Nibs, Dark Chocolate Chips, Cinnamon, Apple Pieces, Chicory, Natural Pecan and Caramel Flavor, Marigold Flowers.

Raspberry

Rooibos Tea, Raspberry pieces, Blackberry leaves, Moringa leaves and Natural Raspberry Flavoring.

Vanilla Chai

Rooibos Tea, Ginger, Cinnamon, Cardamom, Orange Peels, Cloves, Madagascar Vanilla Bean.

SPECIALITY TEAS

Contains Caffeine

Small Hot - \$ 6.50 Large Hot - \$ 7.50
Small Cold - \$ 6.50 Large Cold - \$ 7.50

Granby Stemed

Origin: South India

Golden Monkey

Origin: Fujian, China

Hojicha Roasted

Origin: Kagoshima, Japan

Jasmine Pearls

Origin: Fujian, China

Kenya Green

Origin: Nandi Highlands, Kenya

Nepal Junchi

Origin: Dhankuta, Nepal

Pin Lin Gunpowder

Origin: Taipei County, Taiwan

Royal Ceylon

Origin: Dimbula, Sri Lanka

Snowy Jian

Origin: Yunnan, China

Soursop

Origin: Brazil

MATCHA

Contains Caffeine

Small - \$ 5.00 Large - \$ 6.00

Matcha

A Japanese green tea powder made from finely powdered dried tea leaves. It has a slightly bitter, vegetal taste and a vibrant green color.

Matcha Lemonade

MORNING TEAS

Contains High Caffeine

Small Hot - \$ 4.50 Large Hot - \$ 5.00
Small Cold - \$ 5.00 Large Cold - \$ 6.00

Metabolism Boost

Oolong Tea, Yerba Mate Tea, Green Tea, Senna Leaf, Apple Pieces, Ginger, Cinnamon, Orange Peel, Dandelion Root and Safflower.

Yerba Mate

Organic Yerba Mate. Cut & Sifted.
Origin: Brazil.

DARJEELING TEA

Contains Caffeine

Small Hot - \$ 4.50 Large Hot - \$ 5.00
Small Cold - \$ 5.00 Large Cold - \$ 6.00

Darjeeling

Darjeeling Tea.
Origin: Darjeeling, India.

Strawberry Darjeeling

Darjeeling Black Tea, Strawberry pieces, Strawberry leaves and Cornflower petals.



HERBAL TEA

Caffeine Free

Small Hot - \$ 4.50 Large Hot - \$ 5.00
Small Cold - \$ 5.00 Large Cold - \$ 6.00

Apple Cranberry

Apple Pieces, Organic Cranberries, Hibiscus Petals and Rosehips.

Ashwagandha

Organic Ashwagandha Root, Apple, Tulsi, Lemon Balm, St. John's Wort, Butterfly Pea Flowers and Marigold petals.

Berry Fruity

Blackberries, Strawberries, Raspberry pieces, Papaya pieces, Apple Pieces, Hibiscus petals and Rose hips.

Blood Orange

Blood Oranges, Apples, Hibiscus, Rosehips, Marigold Flowers and Safflower petals.

Breathe

Mullein Leaf, Peppermint Leaves, Eucalyptus, Ginger, Orange Peels, Cinnamon, Schisandra Berry, Fennel Seed, Lemongrass and Licorice.

Digestive Health

Senna Leaf, Green Rooibos Tea, Licorice, Aniseed, Chicory, Orange, Ginger, Pu-Erh Tea & Slippery Elm.

Elderberry Cocktail

Elderberries, Raspberries, Apple Pieces, Echinacea, Rose Hips, Lemon Grass, Hibiscus and Blue Cornflowers.

Headache Relief

Rooibos Tea, Nettle, Rose petals, Willow bark, Plum, Spearmint, Lemongrass, Lavender, Passion flower, Lemon Verbena and Mallow petals.

Hibiscus

Organic Cut and Sifted Hibiscus.
Origin: Egypt.

Immunity

Rooibos, Elderberry, Rosehip, Currant, Orange pieces, Lime, Blackberry leaves, Raspberry leaves and Blueberries.

Lapsang Souchong

Lapsang Souchong is also known as "Smoke Tea" as it is processed over wood fires giving it a robust, smoky flavor.

Lemongrass

Organic Lemongrass, Lemon Peels, Ginger Root and Cornflowers.

Moringa Blend

Moringa, Strawberry leaves, Orange pieces, Cinnamon, Dandelion leaves and Safflower petals.

Mullein Leaf

Organic Mullein Leaf.
Origin: Europe.

Polu

Mango Pieces, Pineapple pieces, Apple pieces, Butterfly Pea Flower, Chamomile Flowers, Lemon Grass, Rose Hips, Marigold Flowers, Lychee, Orange pieces, Rose Petals & Natural Orange & Mango Flavor.

Pomegranate Melody

Natural Pomegranates, Apple Pieces, Rose Petals, Rose Hips, Cinnamon, Ginger, Hibiscus, Raspberries & Oranges.

Spearmint

Organic Dried Spearmint Leaves.
Origin: Europe.

Throat Comfort

Licorice Root, Raspberry Leaves, Cinnamon, Aniseed, Orange Peel, Hibiscus & Slippery Elm.

Turmeric Delight

Apple Pieces, Rose Hips, Turmeric, Cinnamon, Ginger, Orange Peels, Mango Pieces, Marigold Flowers, & Black Peppercorn.

Womens Health

Raspberry Leaf, Chaste Berry (Vitex), Nettle Leaf, Linden Flower, Lemon Verbena, Lemon Peel, Cinnamon, Rose Petals and Stevia Leaf.

HOT COFFEE

Americano

An espresso-based coffee drink made by adding hot water to espresso shot.

8 oz \$ 4.00
12 oz \$ 4.95
16 oz \$ 5.75

Latte - Hot

An espresso-based coffee made with an espresso shot, steam milk and a thin layer of milk foam.

8 oz \$ 4.75
12 oz \$ 5.50
16 oz \$ 6.25

Cappuccino

An espresso-based coffee drink made with an espresso shot, steamed milk and a thick layer of milk foam.

6 oz \$ 4.50

Pour Over

Manual, small batch made coffee made to order.

16 oz \$ 5.50

Cortado

An espresso based coffee drink with steamed milk, equal parts.

4 oz \$ 3.95

COLD COFFEE

Cold Brew

Course ground coffee beans brewed for 24 hours in a room temperature water.

Sm. \$ 5.00
Lg. \$ 6.00

Latte - Iced

An espresso-based coffee made with an espresso shot, cold milk and ice.

Sm. \$ 5.50
Lg. \$ 6.00

House Coffee

The Trading Post Cafe's twist on an espresso based coffee drink.

Lg. \$ 6.00

Iced Americano

An espresso-based coffee drink made by adding cold water and ice to an espresso shot.

Sm. \$ 5.00
Lg. \$ 6.00

FLAVORS

All House Made

Caramel - Mocha - Vanilla

MILKS

Whole - Oat - Almond

AFFOGATO

House made Gelato Ice Cream with an espresso shot on top.

Vanilla - 6 oz \$ 6.95

ESPRESSO

Concentrated coffee beverage made by forcing hot, high pressure water through finely ground coffee beans.

Macchiato

An espresso shot with a dollop of micro foam.

2 oz \$ 3.00

HOT CHOCOLATE

12 oz \$ 5.00

Shaken Espresso

A sweetened espresso shot chilled and frothed, served over milk and ice.

\$ 6.25

Espresso Shot

1 oz \$ 2.50

2 oz \$ 2.75

3 oz \$ 3.00





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Sandwich Menu

Meats

Ham, Turkey, Roast Beef, Bacon

Cheese

Sharp Cheddar or Provolone

Toppings

Lettuce, Tomato, Red Onion

Condiments

Mayo, Mustard, Ketchup

Bread Choice

Ciabatta or Focaccia



LEMONADES

Small Cold - \$ 4.75 Large Cold - \$ 5.75



Lemonade

Fresh Squeezed Lemonade



Arnold Palmer

Fresh Squeezed Lemonade blended with our brewed Assam Black tea.



Black Cherry Lemonade

Fresh Squeezed Lemonade blended with our Black Cherry Black tea.



Blueberry Lemonade

Fresh Squeezed Lemonade blended with our Blueberry Rooibos tea.



Hibiscus Lemonade

Fresh Squeezed Lemonade blended with our Hibiscus Herbal tea.



Lavender Lemonade

Fresh Squeezed Lemonade blended with our Lemon Lavender Green tea.



Blood Orange Lemonade

Fresh Squeezed Lemonade blended with our Blood Orange Herbal tea.

SNACKS

Scone

\$ 3.50

Cinnamon Bun

\$ 5.00

House made Granola Bar

\$ 3.00

Cookie

\$ 5.00

SANDWICHES

Sandwiches

Starting at \$ 11.50

- Meat Options: Ham, Turkey, Roast Beef, Bacon
- Cheese Options: Sharp Cheddar, Provolone
- Toppings: Lettuce, Tomato, Red Onion
- Condiments: Mayo, Mustard, Ketchup

CHOCOLATE

Chocolate Dubai Bars

\$ 23.99

Milk, Dark Chocolate

MACARONS

We Offer Custom Orders

Macaron

\$ 2.75

