

Smoothies 12oz \$9 | 24oz \$16

CHERRISH *cherry. apple. beet. ginger. lemon Juice. lucuma*

HEMPOWERED *banana. cacao. dates. peanut butter. Maca. hemp. cinnamon. oat milk*

TROPICAL FIRE *pineapple. banana. orange juice. ginger. coconut milk. turmeric. camu camu. cinnamon. cayenne. black pepper*

PATCHA MATCHA *spinach. apple. avocado. mango. ginger. lemon juice. matcha. spirulina*

ABRA COLADA *pineapple. coconut shreds. blue magic. maple syrup. coconut milk*

LUCID BLOOM *blueberry. banana. avocado. lemon juice. lemon zest. spirulina*

Tea Lattes +\$0.50 for iced

★**SPICY GOLDEN CHAI \$6.50** *black tea. ginger. cinnamon. lemon juice. molasse. cane sugar, cardamom. turmeric, black pepper. coco/cacao butter. milk*

CARDAMOM ROSE \$6.50 *cardamom. rose petals. orange peel. dates. star anise. cinnamon. maca. lucuma. cacao/coco butter. milk*

★**LAVENDER LONDON FOG \$5.50** *earl grey. lavender. vanilla. maple syrup. milk*

★**MATCHA LATTE \$6** *matcha. vanilla, maple syrup, milk*

★**MOCHA MUSHROOM \$7** *chaga tea. espresso or dandy blend. cacao. maca. cinnamon. maple syrup. 5 mushrooms . milk*

★**CHAI LATTE \$5.50** *shanti chai. vanilla. maple syrup. milk*

Cold Drinks 12oz \$5.50/ 24oz \$9.75

SOUR FLOWER LEMONADE *lavendin. peppermint. maple syrup. lemon juice. blue magic*

KOMBUCHA ON TAP *‘naked blend’ by Live Organic*

SUNGRIA *Açaí berry powder, Cinnamon stick, Hibiscus, Maple syrup, Orange juice & peel, Rose petals*

Cacao \$8 + \$0.50 for iced

AZTEC SPICY *cacao. cinnamon. cayenne pepper. milk*

5 MUSHROOMS *cacao. himalayan salt. coconut sugar. mushroom blend. milk*

AMAZING SUPERFOODS *cacao. maca. lucama. cinnamon. himalayan salt. milk*

Coffee Dandy DECAF available +\$0.50 for iced

ESPRESSO \$3.50 *(single shot available)* **AMERICANO \$4**

CAPPUCCINO \$5.50

LATTE \$5.75

Tea Blends \$4.50 Add \$1.25 for Latte

DIGESTEA *peppermint, lemon balm, dandelion leaf, fennel*

ELDERBERRY BOOST *hibiscus, rooibos, elderberry, lemon peel*

FEMININITY *rose petals, rooibos, red raspberry leaf, fennel*

MENTALITEA *holy basil, ginkgo biloba, blue lotus, rosemary*

IMMUNITEA *licorice root, ginger root, echinacea root, astragalus root*

SERENITEA *lavender, rose, chamomile*

★**VITALITEA** *yerba mate, holy basil, peppermint, nettle*

★**SHANTI CHAI** *black tea, cardamom, cinnamon, ginger, fennel, cloves, black pepper*

Loose Leaf Teas \$4.00 Add \$1.25 for Latte

★**Black Assam**

Nettle

★**Jasmine Green**

Peppermint

★**Sencha Green**

Rooibos

★**Yerba Mate**

★ *drinks are caffeinated*

Bagels everything, gluten free

CARROT LOX & DILL BAGEL \$13 cashew dill spread. carrot lox. capers. arugula. balsamic glaze. cucumber

FALAFEL 'BURGER' \$13 falafel patty. babaganoush. arugula. tomato. tahini dressing. pickled turnip. cucumber

CHICKPEA SALAD BAGEL \$11 chickpea, sundried tomato, capers, celery, tahini dressing, salt/pepper, arugula, tomato, cucumber

SMOKEY VEGGIE BAGEL \$9.5 babaganoush [with zatar] OR cashew dill spread; cucumber; arugula; tomato, smokey coco crisps

Wraps

FIESTA WRAP \$14 spinach wraps . tofu patty . creamy cashew dip . jalapeno sauce . pickled jalapeno. taco mix. salad mix [black beans, carrots, kale, arugula, red pepper, corn, red cabbage]

FALAFEL WRAP \$14 spinach wrap. babaganoush. falafel patty. tahini sauce. zatar. pickled turnip. salad mix [quinoa, chickpeas, seasoned burdock root, spinach, edamame, sweet potato, cabbage]

Salads & Bowls gluten free

FIESTA RAINBOW SALAD \$14 black beans. carrots. kale. arugula. red pepper. corn. red cabbage. taco mix. pickled jalapeno. hemp seeds. jalapeno dressing

PROTEIN BOWL \$14 quinoa. chickpeas. kale. arugula. beets. cabbage. carrots. mixed seeds. raisins. goji berries. olive oil/dijon dressing

TRAINER'S BOWL \$14 quinoa. chickpeas. seasoned burdock root. spinach. edamame sweet potato. cabbage. mixed seeds. tahini dressing

Snacks & Dips

MEDITERRANEAN PLATE \$17 Babaganoush. pita bread. grissini. olives. pickled turnip. celery. zatar. arugula. falafel patty

CREAMY CASHEW DIP + CHIPS \$10 [raw cashews, tapioca starch, nutritional yeast, smoked paprika, smoked sea salt, cumin, garlic powder, chipotle powder] + blue corn volcanic stone ground tortilla chips

BABAGANOUSH + PITA \$10 [eggplants. tahini (sesame paste). sunflower oil. filtered water. sea salt. garlic . citric acid] + unbleached wheat flour pita

SEASONAL DIP + CHIPS \$10

Sweets gluten free, locally made

CAKES \$10.5

THUMBPRINT COOKIES \$4

QUINOA PUFF SQUARES \$7

CHOCOLATE MOUSSES \$7

Ask us to see the Ingredients list

Sides

SMOKEY COCO CRISPS \$4 coconut flakes, maple syrup, tamari, smoked paprika, smoked sea salt

CREAMY CASHEW DIP \$4 raw cashews, tapioca starch, nutritional yeast, smoked paprika, smoked sea salt, cumin, garlic powder, chipotle powder

BABAGANOUSH \$4 eggplants. tahini (sesame). sunflower oil. filtered water. sea salt. garlic. citric acid

GREEN OLIVES \$4

TAHINI DRESSING \$3 water, tahini (sesame), lemon concentrate, parsley, sea salt, garlic, black pepper

Soups gluten free, locally made

Our rotating soups are packed full of wholesome vegetables, beans and whole grains