

Dessert

Chocolate



Bliss Kiss 2.50
lucuma | maple syrup

Medicinal Fudge 4.50
maca | spirulina | 5 mushroom blend
vita-mineral green powder | coconut syrup

Peanut Butter Bomb 4.50
buckwheat | smooth peanut butter | agave
arrowroot powder | chocolate coating

By the Slice

Daily Cheesecake 12
walnut crust | cashew base | coconut whip

Frappuccino Pie 13
walnut & hazelnut crust | instant coffee
cashew base | espresso | coconut whip

Dehydrated Cookie

One with Everything Cookie 4.50
banana | walnuts | dates | coconut
goji berries | flax seeds | raisins | cacao nibs
hemp hearts | pumpkin seeds

Spring
Drink

Elixirs

Kombucha Cure kombucha turmeric ginger lemon honey sparkling	8
Bon-Boocha kombucha lemon ginger blackberry maple sparkling	8
Wellness Shot - 8 oz lemon ginger turmeric honey cayenne echinacea	7
Shikanji camu camu shilajit honey salt lemon sparkling	7.5
Cola house herbal blend	6.5
Root Beer house herbal blend	6.5
Iced Matcha Latté oat-hemp milk	8
Iced Wellness Toddy ginger turmeric lemon honey black pepper echinacea sparkling	8

Valley Cider

Bon-Dri bone dry	8.5
Love Potion rose petal lavender damiana	8.5
Blaq'bry co-fermented blackberry oregon grape salal berries	8.5

Beer

Containing Gluten

Rotating 473ml	9
Phillips iOTA Non-Alcoholic 355ml	6

Gluten Removed

Category 12 Breakthru Pilsner	9
Category 12 Breakthru IPA	9

Red

Joue Red Field Blend	13/50
pinot noir gamay marachel foch	
Bordertown Cabernet Franc	14/55
Terralux Cabernet Sauvignon	15/60

White

Beaufort Borealis	13/50
island blend	
Sea Star Salish Sea	14/55
ortega siegerrebe	
Sage Hills Pinot Gris	15/60

Other

Unsworth Charme De L'ile	14/55
sparkling	
Emandare Rosé	14/55

Fresh Juice

Green Gingerale	12
apple celery kale ginger lemon	
En Root	12
apple carrot orange turmeric ginger lemon	
Earthblood Tonic	12
carrot beet celery kale ginger	
Sun Burst	12
orange grapefruit blackberry lemon vitamin d	

Smoothies

Protein Boost	12
peanut butter banana date maca rice protein almond milk	
Elite Green Protein	13
elite green protein spirulina hemp hearts strawberry banana orange juice	
Complete Green	12
apple orange banana hemp hearts lucuma rice protein maca vitamineral green almond milk	
Cacao Cacao	11
cacao banana maca hemp hearts date almond milk	
Third Eye	12
espresso cacao shilajit maca fig banana almond milk	
Trailblazer	10
strawberry banana fig almond milk	
Kids Smoothie (12 and under)	6
any smoothie - 250mL	

Hot Tonics

Medicinal Chai Tea warming spices reishi chaga	6
Mama's Magic ginger lemon honey cayenne	7
Wellness Toddy lemon turmeric ginger honey camu camu black pepper echinacea	8
Matcha Tea Silk Road Tea	6.5
Matcha Latté matcha oat-hemp milk	8.5
Turmeric Latté turmeric honey black pepper oat-hemp milk	8.5
Silk Road Organic Tea West Coast Peppermint - Herbal Rooibos - Herbal Jasmine - Green Sencha - Green Love Blend - Herbal/Green Earl Grey - Black Jewel of India - Black	5

Coffee

roasted by 2% Jazz

Espresso	4.5
Americano	4.5
Dirty Chai	8
Latté	7.5

Cocktails

Flower & Flame - 2.25 oz mezcal aperol blackberry juice honey lime orange bitters	18
Magic Margarita - 1.5 oz tequila blue majik powder chartreuse lime agave nectar	16
Something to Celebrate - 1.5 oz empress gin elderflower liqueur lemon sparkling wine	15
Kombucha Whisky Sour - 2oz alberta premium whisk kombucha lemon ginger hibiscus syrup	16
Wolf Moon - 2 oz mezcal cynar lemon agave nectar	15
Beetnik Bliss - 2 oz seaside gin cynar beet juice lime ginger hibiscus syrup orange bitters	17
Smoke Show - 2 oz spiced tequila mezcal bitters warming spices lime	18
Sunlit Spritz - 2.5 oz aperol akvavit lime orange honey syrup bitters	17