

# Dessert



**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

**One with Everything Cookie** 4.50

banana | walnuts | dates | coconut  
goji berries | flax seeds | raisins | cacao nibs  
hemp hearts | pumpkin seeds

**Salted Caramel Bar** 6

walnuts | dates | peanut butter  
maple syrup | coconut sugar  
cacao powder | flaky salt

## *By the Slice*

**Daily Cheesecake** 12

walnut crust | cashew base | coconut whip

**Strawberry Cheesecake** 13

walnut crust | cashew base | strawberry  
lemon | beet powder | almond milk  
agave | coconut whip

*Spring  
Drink*

## *Elixirs*

**Kombucha Cure** 8  
kombucha | turmeric | ginger  
lemon | honey | sparkling

**Bon-Boocha** 8  
kombucha | lemon | ginger | blackberry  
maple | sparkling

**Wellness Shot**- 8 oz 7  
lemon | ginger | turmeric  
honey | cayenne | echinacea

**Shikanji** 7.5  
camu camu | shilajit | honey | salt  
lemon | sparkling

**Cola** 6.5  
house herbal blend

**Root Beer** 6.5  
house herbal blend

**Iced Matcha Latté** 8  
oat-hemp milk

**Iced Wellness Toddy** 8  
ginger | turmeric | lemon | honey  
black pepper | echinacea | sparkling

**Hibiscus Lemonade** 8  
hibiscus | red rooibos | lemon  
ginger | turbinado | sparkling

## *Cider*

**Creek & Gully | Flora** 9.5  
apple

**Creek & Gully | Apricot** 9.5  
apple | apricot

**Creek & Gully | Bittered** 9.5  
apple | citrus

## *Beer*

### *Containing Gluten*

**Rotating** 9  
473ml

**Phillips iOTA** 6  
Non-Alcoholic | 355ml

### *Gluten Removed*

**Category 12 Breakthru Pilsner** 9

**Category 12 Breakthru IPA** 9

# Bubbles

**Averill Creek | Charme De L'ile** 14/55

## White

**Summerhill | Ehrenfelser** 13/50

**Sea Star | Salish Sea** 14/55

## Red

**Joue | Red Field Blend** 13/50  
pinot noir | gamay | marachel foch

**Nichol | Syrah** 14/55

**Summerhill | Cabernet Sauvignon** 60

# 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

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

# Coffee

roasted by 2% Jazz

<b>Espresso</b>	<b>4.5</b>
<b>Americano</b>	<b>4.5</b>
<b>Dirty Chai</b>	<b>8</b>
<b>Latté</b>	<b>7.5</b>

# Cocktails

<b>Lavender Love - 2 oz</b>	<b>17</b>
vodka   earl grey & lavender syrup lime   grapefruit bitters	
<b>Magic Margarita - 1.5 oz</b>	<b>16</b>
tequila   blue majik powder chartreuse   lime   agave nectar	
<b>Something to Celebrate - 1.5 oz</b>	<b>15</b>
empress gin   elderflower liqueur lemon   sparkling wine	
<b>Kombucha Whisky Sour - 2 oz</b>	<b>16</b>
whisky   kombucha   lemon ginger hibiscus syrup	
<b>Hibiscus Punch - 2 oz</b>	<b>17</b>
white rum   ginger   lime hibiscus & red rooibos lemonade angostura bitters	
<b>Smoke Show - 2 oz</b>	<b>18</b>
spiced tequila   mezcal   bitters warming spices   lime	
<b>Last Stop- 1.75 oz</b>	<b>17</b>
gin   orange honey sypup   lemon chartreuse   orange bitters	