

Dessert

Chocolate



Bliss Kiss

2.50

maple & coconut 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

Butternut Pumpkin Pie

13

walnut & hazelnut crust | roasted squash
pumpkin spice | 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

Autumn 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

Cider

Valley Cider Co. | Wildy - Dri 8.5

fermented blend

Creek & Gully | Apricot 8.5

apple | apricot

Creek & Gully | Rhubarb 8.5

apple | rhubarb

Beer

Containing Gluten

Rotating 9

473ml

Phillips iOTA 6

Non-Alcoholic | 355ml

Gluten Removed

Category 12 Breakthru Pilsner 9

Category 12 Breakthru IPA 9

Red

Joue Red Field Blend	13/50
pinot noir gamay marachel foch	
Nichol Syrah	14/55
Summerhill Cabernet Sauvignon	16/65

White

Summerhill Ehrenfeiser	13/50
Sea Star Ortega	14/50
Averill Creek Pinot Gris	15/60

Other

Averill Creek 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 6

warming spices | reishi | chaga

Mama's Magic 7

ginger | lemon | honey | cayenne

Wellness Toddy 8

lemon | turmeric | ginger | honey
camu camu | black pepper | echinacea

Matcha Tea 6.5

Silk Road Tea

Matcha Latté 8.5

matcha | oat-hemp milk

Turmeric Latté 8.5

turmeric | honey | black pepper
oat-hemp milk

Hot Cacao 8

brown rice protein | cacao powder
himalayan salt | coconut sugar
lucuma | oat-hemp milk

Silk Road Organic Tea 5

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

Espresso 4.5

Americano 4.5

Dirty Chai 8

Latté 7.5

Mocha 8.5

Cocktails

Lavender Love - 2oz 17

vodka | earl grey & lavender syrup
lime | grapefruit bitters

Magic Margarita - 1.5 oz 16

tequila | blue majik powder
chartreuse | lime | agave nectar

Something to Celebrate - 1.5 oz 15

empress gin | elderflower liqueur
lemon | sparkling wine

Kombucha Whisky Sour - 2oz 16

alberta premium whisky | kombucha
lemon | ginger hibiscus syrup

Night Owl 17

triple oak whisky | amaro montenegro
orange bitters | espresso | chair syrup

Smoke Show - 2 oz 18

spiced tequila | mezcal | bitters
warming spices | lime

Sunlit Spritz - 2.5 oz 17

aperol | akvavit | lime
orange honey syrup | bitters