

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
- Turtle Pie** 13

Dehydrated Cookie

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

Winter

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
Cherry Bomb co-fermented Gewurtztraminer hibiscus sour cherry	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 pinot noir gamay marachel foch	13/50
Bordertown Cabernet Franc	14/55
Terralux Cabernet Sauvignon	15/60

White

Unsworth Island Melody island blend	13/50
Liber Estates Chardonnay	14/55
Sage Hills Pinot Gris	15/60

Other

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

Fresh Juice

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

Smoothies

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

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

Kombucha Whisky Sour - 2oz kombucha lemon bitters	16
Chaga Bourbon Sour - 2 oz decocted chaga lemon herbal bitters chocolate bitters maple	16
Smoke Show - 2 oz spiced tequila mezcal bitters warming spices lime	18
Something to Celebrate - 1.5 oz empress gin elderflower liqueur lemon sparkling wine	15
Winter Sun - 2.5 oz aperol akvavit lime orange honey syrup bitters	17
Mama Mia Margarita - 2 oz tequila basil candied jalapeños st. germain agave nectar lime	18
Wolf Moon - 2 oz mezcal cynar agave nectar bitters	15