



*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 black pepper echinacea	7
Shikanji camu camu shilajit honey himalayan salt lemon sparkling	7.5
Cola house herbal blend	6.5
Root Beer house herbal blend	6.5
Iced Matcha Latté oat milk	8
Iced Wellness Toddy ginger turmeric lemon honey echinacea sparkling	8

Valley Cider

Bon-Dri bone dry	8.5
Love Potion rose petal lavender damiana	8.5
Love Child re-fermented grape skins juicy cider lees	8.5
Cidrus grapefruit lemon orange	8.5

Beer

Draught

Rotating

Gluten Removed

Category 12 Breakthru Pilsner	9
Category 12 Breakthru IPA	9

Red

Joue Red Field Blend	13/50
pinot noir gamay marachel foch	
Lock and Worth Merlot	13/50
Bordertown Cabernet Franc	14/55

White

Unsworth Island Melody
island blend
Pentâge Pinot Gris
Emandare Chardonnay

Bubbles

Averill Creek Charme De L'Île	12/50
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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	6
Mama's Magic ginger lemon honey cayenne	7
Wellness Toddy lemon turmeric ginger camu camu honey black pepper echinacea	8
Matcha Tea	6.5
Matcha Latté matcha oat milk	8.5
Turmeric Latté fresh turmeric juice honey black pepper oat milk	8.5
Silk Road Organic Tea	5
West Coast Peppermint- Herbal Rooibos - Herbal Jasmine - Green Earl Grey - Black Jewel of India - Black Love Blend - Herbal/Green	

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 warming spices lime bitters	18
Something to Celebrate - 1.5 oz empress gin elderflower liqueur lemon sparkling wine	15
What's Your Faery Name? - 2 oz gin amaro chiaro blackberry maple clove lemon	17
Magic Margarita - 1.5 oz tequila blue majik powder chartreuse lime agave nectar	16