

# 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

**Mint Chocolate Swirl Cheesecake** 13

walnut & cacao crust | cashew base  
mint oil | maple syrup | match  
almond milk | coconut sugar  
cacao powder | coconut whip

*Winter*

*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*

**Creek & Gully | Flora** 8.5  
apple

**Creek & Gully | Apricot** 8.5  
apple | apricot

**Creek & Gully | Bittered** 8.5  
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

## Red

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

## White

<b>Summerhill   Ehrenfeiser</b>	<b>13/50</b>
<b>Sea Star   Salish Sea</b>	<b>14/55</b>
<b>Lunessence   Chardonnay</b>	<b>15/60</b>

## Other

<b>Averill Creek   Charme De L'ile</b> sparkling	<b>14/55</b>
<b>Sage Hills   Macerated</b> pinot gris	<b>15/60</b>

## Fresh Juice

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

## Smoothies

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

# 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>Hot Cacao</b>	<b>8</b>
brown rice protein   cacao powder himalayan salt   coconut sugar lucuma   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	

# 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>Sunlit Spritz - 2.5 oz</b>	<b>17</b>
aperol   akvavit   lime orange honey syrup   bitters	
<b>Night Owl - 2 oz</b>	<b>17</b>
triple oak whisky   amaro montenegro orange bitters   espresso   chai syrup	
<b>Smoke Show - 2 oz</b>	<b>18</b>
spiced tequila   mezcal   bitters warming spices   lime	

# 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>
<b>Mocha</b>	<b>8.5</b>