

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

Summer

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 Latte 8

oat-hemp milk

Iced Wellness Toddy 8

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

Cider

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

Mt. Boucherie | Pinot Gris 13/50

Sea Star | Salish Sea 14/55

Red

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

Lone Wolf | Syrah 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 | lemon | blackberry
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

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

Cocktails

Lavender Love - 2 oz 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 - 2 oz 16
whisky | kombucha | lemon
ginger hibiscus syrup

Smoke Show - 2 oz 18
spiced tequila | mezcal | bitters
warming spices | lime

Last Stop- 1.75 oz 17
gin | orange honey sypup | lemon
chartreuse | orange bitters

Coffee

sustainably & ethically roasted by 2% Jazz

Espresso 4.5
Americano 4.5
Dirty Chai 8
Latté 7.5