

Dessert



Medicinal Fudge 5

maca | spirulina | 5 mushroom blend
vita-mineral green powder | coconut syrup

Peanut Butter Bomb 5

buckwheat | smooth peanut butter | agave
arrowroot powder | cacao coating

One with Everything Cookie 5

banana | walnuts | dates | coconut
goji berries | flax seeds | raisins | cacao nibs
hemp hearts | pumpkin seeds

Salted Caramel Bar 6.5

walnuts | dates | peanut butter
maple syrup | coconut sugar
cacao powder | salt

By the Slice

Daily Cheesecake 12.5

walnut crust | cashew base | coconut whip

Butternut Pumpkin Pie 13.5

walnut & hazelnut crust | roasted squash
pumpkin spice | coconut whip

*Autumn
Drink*

Elixirs

Cola 7
homemade herbal blend | fresh lime

Root Beer 7
homemade herbal blend | fresh lime

Wellness Shot - 8 oz 7.5
lemon | ginger | turmeric
honey | cayenne | echinacea

Kombucha Cure 8.5
homemade kombucha | turmeric | ginger
lemon | honey | sparkling

Bon-Boocha 8.5
homemade kombucha | lemon | ginger
blackberry | maple | sparkling

Shikanji 8.5
camu camu | shilajit | honey | salt
lemon | sparkling

Iced Matcha Latté 8.5
homemade oat milk

Iced Wellness Toddy 8.5
ginger | turmeric | lemon | honey
black pepper | echinacea | sparkling

Cider

Traditional Dry 10.5
apple | crisp | bone-dry | clean

Blackberry Yuzu 10.5
berry | citrus | tart | vibrant

Salt Spring Wild | 355ml
Salt Spring | farm-to-glass | wild harvested

Beer

Containing Gluten

Rotating 10.5
473ml

Small Gods Brewing
Sidney | ethically & sustainably crafted

Gluten Removed

Category 12 Breakthru Pilsner 10.5

Category 12 Breakthru IPA 10.5

Bubbles

Averill Creek | Charme De L'ile
Cowichan | crisp | effervescent | lively

15/60

White

Mt. Boucherie | Pinot Gris
Okanagan | fresh | dry | bright

12/45

Rust | Gewurztraminer
Oliver | aromatic | floral | expressive

13/50

Red

Joue | Red Field Blend
Cowichan | juicy | natural | light

14/55

Lock & Worth | Merlot
Naramata | earthy | unfiltered | smooth

14/55

Fresh Juice

Green Gingerale 13
apple | celery | kale | ginger | lemon

En Root 13
apple | carrot | orange | turmeric
ginger | lemon

Earthblood Tonic 13
carrot | beet | celery | kale | ginger

Sun Burst 13
orange | blackberry | lemon | vitamin d

Smoothies

Trailblazer 11
strawberry | banana | fig | homemade
almond milk

Cacao Cacao 12
cacao | banana | maca | hemp hearts
date | homemade almond milk

Protein Boost 13
peanut butter | banana | date | maca
rice protein | homemade almond milk

Complete Green 13
apple | orange | banana | hemp hearts
lucuma | rice protein | vitamineral green
maca | homemade almond milk

Third Eye 13
espresso | cacao | shilajit | maca | fig
banana | homemade almond milk

Elite Green Protein 14
elite green protein | spirulina | hemp hearts
strawberry | banana | fresh orange juice

Hot Tonics

Cacao Remedy 9

cacao | shilajit | lucuma | maca | vanilla
maple syrup | homemade oat milk

Turmeric Latté 9

turmeric | honey | black pepper
homemade oat milk

Matcha Latté 9

Silk Road matcha | homemade oat milk

Wellness Toddy 8.5

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

Mama's Magic 7.5

ginger | lemon | honey | cayenne

Matcha Tea 7

Silk Road matcha

Medicinal Chai Tea 6.5

house warming spices | reishi | chaga

Silk Road Organic Tea 5.5

West Coast Peppermint - Herbal
Rooibos - Herbal
Jasmine - Green
Sencha - Green
Love Blend - Herbal/Green
Earl Grey - Black
Jewel of India - Black

Coffee

locally, sustainably & ethically roasted by 2% Jazz

Espresso 4.5

Americano 4.5

Latté 8

Dirty Chai 9

Cocktails

Island Mimosa - 4 oz 16

Charme De L'île sparkling wine | freshly
squeezed orange juice | grapefruit bitters

Love Shaft - 2 oz 17

vodka | homemade oat milk | orange bitters
hand crafted spiced chai syrup | maple syrup

Magic Margarita - 2 oz 17

tequila | organic blue spirulina | chartreuse
lime | agave nectar

Something to Celebrate - 1.5 oz 17

empress gin | elderflower liqueur
lemon | Charme De L'île sparkling wine

Kombucha Whisky Sour - 2 oz 17

whisky | homemade kombucha | lemon
hand crafted ginger hibiscus syrup

Solstice Blush - 2 oz 17

vodka | elderflower liqueur | orange honey
syrup | strawberry compote | lime | bitters

Smoke Show - 2 oz 18

mezcal | house spiced tequila | lime
hand crafted spiced chai syrup | ango bitters

Beetnik Bliss - 2 oz 18

gin | cynar | fresh beet | orange bitters
hand crafted ginger hibiscus syrup | lime