

Spirits

Schramm Organic Potato Vodka	7
Ampersand Per Se Organic Vodka	8
Ampersand Organic Gin	8
Hendrick's Gin	8
Bulleit Bourbon	7
Four Roses Single Barrel Bourbon	9
Alberta Premium Rye	5
Jameson Irish Whiskey	6
Glenmorangie	10
Laphroaig	11
Havana Club Rum 3 year	6
Havana Club Rum Anejo	7
The Kraken Spiced Rum	7
Marquis Brandy	6
Hornitos Plata Tequila	7
Hornitos Reposado Tequila	7
Cazadores Anejo Tequila	8
Wansas Silver Tequila	10
Nuestra Soledad Mezcal	9
Madrecuixe Mezcal	11



Digestif + Liqueur

Campari	5
Aperol	5
Pimms	5
Cynar	7
Fernet Branca	7
Averna	7
Strega	8
Long Table Akvavit	8
Middle Mountain Mead - 2oz	6
Fonseca Organic Port - 2oz	8
Saltspring Blackberry Port - 2oz	12

Winter

Libations

Fresh Juices

Blessings orange, pear, cranberry, ginger	7.5
Inner Glow apple, orange, carrot, ginger, turmeric	8
Liver Cleanse orange, grapefruit, beet, ginger, lemon, cayenne	8.5
Green Tips apple, celery, kale, ginger, lime	8.5
Earth Blood Tonic carrot, beet, celery, kale, ginger	8.5
Tonic apple, grapefruit, celery, kale, lemon, apple cider vinegar, himalayan salt	9
Rejuvenator apple, carrot, beet, celery, ginger, lemon, 1oz wheatgrass	10
Super Alkaline Cleanse cucumber, celery, kale, lemon, 2oz wheatgrass,	12

Smoothies

Vital C cranberry, strawberry, banana, camu camu, orange juice, lemon	7.5
Golden apple, banana, ginger, turmeric, maca, cinnamon almond mylk	7.5
Revival blueberry, banana, orange, spinach, spirulina	8
Awaken figs, banana, coffee, cacao, cardamom, shilajit, himalayan salt, almond mylk	8.5
Cacao Jedi banana, cacao, maca, hemp hearts, almond mylk	8.5
Creamy Green apple, orange, banana, hemp hearts, lucuma, sprouted brown rice protein, maca, bee pollen, vitamineral green, vanilla, almond mylk	9
Vital Green avocado, spinach, apple-celery juice, vitamineral green, lemon, cayenne, himalayan salt	9
Warrior banana, date, almond butter, sprouted brown rice protein, maca, hemp hearts, almond mylk	9
KIDS DRINK SPECIAL (12 and under only) any drink in an 8oz size	

Add-Ons

lemon, ginger, kale, garlic, cayenne, camu camu	1
spirulina, vitamineral green, cacao powder, sprouted brown rice protein, maca, hemp hearts, chia seeds, bee pollen, acai, avocado	1.5

Red Grape organic

Cademusa Nero D'Avola Syrah Sicily <i>an intense deep ruby red - beautiful notes of mature red fruits</i>	7/30
Intersection Merlot Oliver <i>A bright and lively Merlot. Elements of raspberry pervade through the mild oak and subtle tannins.</i>	9/40
Tantalus Pinot Noir Kelowna <i>elegant fruit, soft tannin and just a hint of french oak combine to make a universally attractive red wine</i>	10/45
Synchromesh Cab Franc Naramata <i>wild fermented, unfined & unfiltered. raspberry, rhubarb, and tomato leaf with slight pine on the nose</i>	40
Claus Preisinger Blaufrankisch Austria <i>hand picked & naturally fermented Intensive fresh red berry fruit, currant and black tea</i>	60
Maupertuis 'La Plage' Gamay France <i>100% d'Auvergne Gamay - compelling texture with a distinctive taste and funk</i>	65
Chateau le Puy Cotes de France France <i>old school bordeaux from an exceptional vintage</i>	90

Brews gluten free

Omission Lager - Oregon	7
Omission Pale Ale - Oregon	7
Estrella Daura Lager - Spain	7
<i>organic</i>	
Smith's Chocolate Stout 550ml England	12
Smith's Apricot Ale 550ml England	12

Cider

Smith's Organic Apple 550 ml England	12
Merridale House Dry 500 ml Cobble Hill	10

Mead

Middle Mountain Magick Mead 2oz	6
Middle Mountain Black Magik Mead 2oz	6
Tugwell Creek Solstice Metheglin 5oz	10

White Grape

organic

Unsworth Sauvignette Mill Bay 9/40
dry with racy acidity, white pear and pineapple are interlaced with honeycomb

Kanazawa Nomu Naramata 9/40
viognier, semillon, and little bit of orange muscat - orange blossom, citrus rind, peach, apricot and grassy notes

Venturi Schulze Millefiori Cowichan 10/45
siegerrebe and ortega. floral notes with a delicious bright acidity. pairs brilliantly with cool dishes and salads

Lock & Worth Sauvignon Blanc Oliver 40
citrus pith, melon, hay, lemon verbena big but not heavy, fresh and long

Synchromesh Riesling Naramata 40
easy to love, citrusy and barely off dry, from one of our favourite wine makers

Domaine Majas Blanc France 50
gobs of white peaches, flowers, and citrus. one bottle will not be enough, its going to be a long hot afternoon

Rosé + Sparkle

organic

Summerhill Viva V Sparkling Kelowna 6/30
fun and fruity - off dry with strong apricot flavours

Venturi Schulze Maranello Cowichan 45
a beautiful racy pinot noir rosé juicy wild strawberries and ripe apples followed by vibrant acidity on the finish

Anna Spinato Prosecco Brut Italy 35
rose petals, acacia, sweet aromas of creamed honey, fresh pears, apricot and yellow apples

Summerhill Cipes Sparkling Kelowna 45
winner of gold medals yearly since 1992. apple, lime, pear, almonds and grapefruit

Elixirs

Wheatgrass Juice - 1oz 3
2oz 5

Flu Fighter - 7oz 4.5
lemon, ginger, honey, garlic, camu camu, cayenne

Shikanji 5
lemon, camu camu, shilajit, honey, himalayan salt, sparkling water

Quetzal Cola 4
cola nut, american ginseng, damiana, cinnamon, nutmeg, lavender, lemon, lime, orange, turbinado sugar

Chai Soda 4
cinnamon, star anise, ginger, cardamom, cloves, anise seed, fennel seed, astragalus, black pepper, turbinado sugar

Ginger Beer 4
house fermented with ginger, lemon, & turbinado sugar

Kombucha Gingerale 7
kombucha, ginger, lemon, honey, soda water

Cranberry Kombucha 7
kombucha, cranberry-lemon juice, honey, soda water

Hot Tonics

Superfood Cocktails

Medicinal Chai Tea 3.5
herbal blend of warming spices, goji, pau d'arco, astragalus, reishi & chaga mushroom. with choice of almond mylk & honey

Mama's Magic 5
ginger, lemon, cayenne, honey

Love Hot Chocolate 6.5
steamed almond mylk with raw chocolate syrup

Wellness Toddy 8
lemon, honey, ginger, turmeric, camu camu, echinacea, bee pollen

Matcha Tea 4
owl grade matcha from jaga silk

Matcha Latté 7
owl grade matcha from jaga silk with steamed almond mylk

Turmeric Latté 7
fresh turmeric juice & honey with almond mylk

Organic loose leaf tea from silk road 3

Rooibos

West Coast Peppermint

Yerba Mate

Alchemist's Brew - hibiscus, spearmint, lemongrass, rosehip, cinnamon

Chocolate Panda - peppermint, rooibos, chamomile, cacao, vanilla essence

Beautiful - white & green tea, rooibos, calendula, lemon balm, peppermint, citrus peel, lemongrass, lavender

Sencha- Green Tea

Moonlight on the Grove- jasmine green tea

Ginseng Ginger - aged semi green tea

Earl Grey- black tea, bergamot fruit essence

Jewel of India - assam black tea

Black Currant & Elderflower- black tea

Coffee

seasonally selected, organically grown beans

locally roasted by bows & arrows.

Espresso 2.5

Americano 3

Cappuccino 5

house made almond mylk

Cafe Latté 6

house made almond mylk

Cardamom Latté 6.5

house made almond mylk

Arriba Mocha 7.5

house made almond mylk and raw chocolate syrup

Kombucha Whiskey Sour 10
alberta premium rye, lemon juice, kombucha, turbinado sugar, angostura bitters

Tequila Manjal 10
hornitos plata tequila, fresh turmeric juice, fresh lime juice, turbinado sugar

Chaga Bourbon Sour 10
bulleit bourbon, chaga decoction, fresh lemon juice, vanilla, harmonic arts herbal bitters, fee brothers chocolate bitters

Red Cedar Swizzle 10
ampersand organic gin, western red cedar hydrosol, fresh lemon juice, simple syrup, angostura bitters

Dark 'n Stormy 10
the kraken spiced rum + home made ginger beer

Iced Irish Cream 10
jameson irish whiskey, coconut mylk, almond mylk, espresso, turbinado sugar, himalayan pink salt

Espresso Martini 10
ampersand organic vodka, house kahlua, espresso, turbinado sugar

Pica Margarita 10
thyme + jalapeno infused hornitos reposada tequila, fresh grapefruit juice, simple syrup

Blackstar Liner (hot) 10
kraken black spiced rum, quetzal cola syrup, steamed almond mylk, nutmeg

Hot Honey Mead (hot) 10
de vine honeyshine bee keepers reserve, tugwell creek solstice metheglin mead, honey, fresh lemon juice