

# *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

*Spring  
Libations*

# Elixirs

<b>Wheatgrass Juice</b> - 1oz 2oz	4 7
<b>Kombucha Cure</b> kombucha, turmeric, ginger & lemon juice, honey, sparkling	7
<b>Strawberry Kombucha</b> kombucha, strawberry-lemon juice, honey, sparkling water	7
<b>Doctor Grass</b> 1 oz wheatgrass, lime & lemon juice, maple syrup, sparkling water	8
<b>Flu Fighter</b> - 7oz lemon, ginger, honey, garlic, camu camu, cayenne	5
<b>Shikanji</b> lemon, camu camu, shilajit, honey, himalayan salt, sparkling water	5
<b>Spring Shrub</b> strawberry & lemon juice, cider vinegar, echinacea, maple syrup, sparkling	6
<b>Quetzal Cola</b> cola nut, american ginseng, damiana, cinnamon, nutmeg, lavender, lemon, lime, orange, turbinado sugar	4
<b>Chai Soda</b> cinnamon, star anise, ginger, cardamom, cloves, anise seed, fennel seed, astragalus, black pepper, turbinado sugar	4
<b>Ginger Beer</b> house fermented with ginger, lemon, & turbinado sugar	4

# Iced Drinks

<b>Iced Beau-Tea-ful</b> white, green & herbal tea blend with lemon & honey	5
<b>Iced Cafe Latté</b> house made almond mylk, double espresso, turbinado sugar	6
<b>Iced Matcha Latté</b> owl grade matcha from jaga silk, house made almond mylk, honey	7
<b>Iced Wellness Toddy</b> lemon, honey, ginger, turmeric, echinacea, sparkling water	7

# White Grape organic

<b>Lock &amp; Worth Sauvignon Blanc Oliver</b> <i>citrus pith, melon, hay, lemon verbena big but not heavy, fresh and long</i>	9/40
<b>Kanazawa Nomu Naramata</b> <i>viognier, semillon, and little bit of orange muscat - orange blossom, citrus rind, peach, apricot and grassy notes</i>	9/40
<b>Venturi Schulze Millefiori Cowichan</b> <i>siegerrebe and ortega. floral notes with a delicious bright acidity. pairs brilliantly with cool dishes and salads</i>	10/45
<b>Unsworth Sauvignette Mill Bay</b> <i>dry with racy acidity, white pear and pineapple are interlaced with honeycomb</i>	40
<b>Synchromesh Riesling Naramata</b> <i>easy to love, citrusy and barely off dry, from one of our favourite wine makers</i>	40
<b>Domaine Majas Blanc France</b> <i>gobs of white peaches, flowers, and citrus. one bottle will not be enough, its going to be a long hot afternoon</i>	50

# Rosé + Sparkle organic

<b>Summerhill Viva V Sparkling Kelowna</b> <i>fun and fruity - off dry with strong apricot flavours</i>	6/30
<b>Venturi Schulze Maranello Cowichan</b> <i>a beautiful racy pinot noir rosé juicy wild strawberries and ripe apples followed by vibrant acidity on the finish</i>	9/45
<b>Anna Spinato Prosecco Brut Italy</b> <i>rose petals, acacia, sweet aromas of creamed honey, fresh pears, apricot and yellow apples</i>	35
<b>Summerhill Cipes Sparkling Kelowna</b> <i>winner of gold medals yearly since 1992. apple, lime, pear, almonds and grapefruit</i>	45

# Red Grape

organic

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

## Brews

<b>Four Winds Saison - Delta</b>	<b>7</b>
<b>Four Winds Pale Ale - Delta</b>	<b>7</b>
<b>Estrella Daura Lager - Spain</b> (gluten free)	<b>7</b>
<b>Omission Pale Ale - Portland</b> (gluten free)	<b>7</b>
<b>Omission Lager - Portland</b> (gluten free)	<b>7</b>

## Bombers

<b>Hoyne Pilsner - Victoria</b>	<b>11</b>
<b>Fat Tug IPA - Victoria</b>	<b>11</b>
<b>Parallel 49 Bodhisattva Sour - Vancouver</b>	<b>11</b>
<b>Tofino Kelp Stout - Tofino</b>	<b>12</b>
<b>Smith's Chocolate Stout - England</b>	<b>12</b>
<b>Smith's Apricot Ale - England</b>	<b>12</b>

## Cider

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

## Mead

<b>Middle Mountain Magick Mead 2oz</b>	<b>6</b>
<b>Middle Mountain Black Magik Mead 2oz</b>	<b>6</b>
<b>Tugwell Creek Harvest Melomel 5oz</b>	<b>10</b>

# Fresh Juices

<b>Arise</b>	<b>9</b>
apple, cucumber, strawberry, fennel, lime	
<b>Hawaiian Tonic</b>	<b>10</b>
pineapple, orange, ginger, turmeric, lime	
<b>Liver Cleanse</b>	<b>9</b>
orange, grapefruit, beet, ginger, lemon, cayenne	
<b>Green Tips</b>	<b>9</b>
apple, celery, kale, ginger, lime	
<b>Earth Blood Tonic</b>	<b>9</b>
carrot, beet, celery, kale, ginger	
<b>Tonic</b>	<b>9</b>
apple, grapefruit, celery, kale, lemon, apple cider vinegar, himalayan salt	
<b>Rejuvenator</b>	<b>11.5</b>
apple, carrot, beet, celery, ginger, lemon, 1oz wheatgrass	
<b>Super Alkaline Cleanse</b>	<b>11.5</b>
cucumber, celery, kale, lemon, 1oz wheatgrass,	

## Smoothies

<b>Beautiful</b>	<b>8</b>
strawberry, banana, aloe, lemon, honey, iced beautiful tea	
<b>Piña Colada</b>	<b>9</b>
pineapple, banana, coconut, lime, date, almond mylk	
<b>PB &amp; J</b>	<b>9</b>
strawberry, peanut butter, banana, hemp hearts, honey, date, almond mylk	
<b>Revival</b>	<b>10</b>
blueberry, banana, spinach, spirulina, orange juice	
<b>Jedi</b>	<b>10</b>
cacao, sprouted brown rice protein, banana, date, maca, hemp hearts, almond mylk	
<b>Creamy Green</b>	<b>10</b>
apple, orange, banana, hemp hearts, lucuma, sprouted brown rice protein, maca, bee pollen, vitamineral green, vanilla, almond mylk	
<b>Vital Green</b>	<b>10</b>
avocado, spinach, apple-celery juice, vitamineral green, lemon, cayenne, himalayan salt	
<b>Warrior</b>	<b>10</b>
banana, date, almond butter, sprouted brown rice protein, maca, hemp hearts, almond mylk	
<b>KIDS DRINK SPECIAL</b> (12 and under only)	<b>4.5</b>
any drink in 250 ml. size	

## Add-Ons

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

# Hot Tonics

# Superfood Cocktails

<b>Medicinal Chai Tea</b>	<b>3.5</b>
herbal blend of warming spices, goji, pau d'arco, astragalus, reishi & chaga mushroom. with choice of almond mylk & honey	
<b>Mama's Magic</b>	<b>5</b>
ginger, lemon, cayenne, honey	
<b>Love Hot Chocolate</b>	<b>6.5</b>
steamed almond mylk with raw chocolate syrup	
<b>Wellness Toddy</b>	<b>8</b>
lemon, honey, ginger, turmeric, camu camu, echinacea, bee pollen	
<b>Matcha Tea</b>	<b>4</b>
owl grade matcha from jaga silk	
<b>Matcha Latté</b>	<b>7</b>
owl grade matcha from jaga silk with steamed almond mylk	
<b>Turmeric Latté</b>	<b>7</b>
fresh turmeric juice & honey with almond mylk	
<b>Organic loose leaf tea from silk road</b>	<b>3</b>
<b>Rooibos</b>	
<b>West Coast Peppermint</b>	
<b>Yerba Mate</b>	
<b>Alchemist's Brew</b> - hibiscus, spearmint, lemongrass, rosehip, cinnamon	
<b>Chocolate Panda</b> - peppermint, rooibos, chamomile, cacao, vanilla essence	
<b>Beautiful</b> - white & green tea, rooibos, calendula, lemon balm, peppermint, citrus peel, lemongrass, lavender	
<b>Sencha</b> - Green Tea	
<b>Moonlight on the Grove</b> - jasmine green tea	
<b>Ginseng Ginger</b> - aged semi green tea	
<b>Earl Grey</b> - black tea, bergamot fruit essence	
<b>Jewel of India</b> - assam black tea	
<b>Black Currant &amp; Elderflower</b> - black tea	

## Coffee

seasonally selected, organically grown beans

locally roasted by bows & arrows.

<b>Espresso</b>	<b>2.5</b>
<b>Americano</b>	<b>3</b>
<b>Cappuccino</b>	<b>5</b>
house made almond mylk	
<b>Cafe Latté</b>	<b>6</b>
house made almond mylk	
<b>Cardamom Latté</b>	<b>6.5</b>
house made almond mylk	
<b>Arriba Mocha</b>	<b>7.5</b>
house made almond mylk and raw chocolate syrup	

<b>Kombucha Whiskey Sour</b>	<b>10</b>
alberta premium rye, lemon juice, kombucha, turbinado sugar, angostura bitters	
<b>Tequila Manjal</b>	<b>10</b>
hornitos plata tequila, fresh turmeric juice, fresh lime juice, turbinado sugar	
<b>Chaga Bourbon Sour</b>	<b>10</b>
bulleit bourbon, chaga decoction, fresh lemon juice, vanilla, harmonic arts herbal bitters, fee brothers chocolate bitters	
<b>Cherry Blossom</b>	<b>10</b>
disaronno amaretto, cherry infused el gobernador pisco, sour cherry green tea, lemon, aqua faba	
<b>Dark 'n Stormy</b>	<b>10</b>
the kraken spiced rum + home made ginger beer	
<b>Earl Grey Lemonade</b>	<b>10</b>
ampersand organic vodka, jaga silk london fog elixir, fresh lemon juice, honey	
<b>Bees Knees</b>	<b>10</b>
ampersand organic gin, tugwell creek harvest melomel mead, aloe vera, lime, ginger beer turbinado sugar	
<b>Nettle-Goji Mojito</b>	<b>10</b>
de vine honeysine, nettle tea, lime, muddled goji berries and mint, turbinado sugar	