

# *Spirits*

Schramm Organic Potato Vodka	7
Ampersand Per Se Organic Vodka	8
Ampersand Organic Gin	8
Hendrick's Gin	8
Bulleit Bourbon	7
Buffalo Trace Bourbon	8
Alberta Premium Rye	5
Jameson Irish Whiskey	6
Glenmorangie	10
Laphroaig	11
Havana Club Rum 3 year	6
Havana Club Rum 7 year	7
The Kraken Spiced Rum	7
Marquis Brandy	6
Hornitos Plata Tequila	7
Hornitos Reposado Tequila	7
Jose Cuervo Gold Tequila	8
Espolon Blanco Tequila	10
Wansas Silver Tequila	10
Sombra Mezcal	10



# *Digestif + Liqueur*

Campari	5
Aperol	5
Pimms	5
Cynar	7
Fernet Branca	7
Averna	7
Strega	8
Long Table Akvavit	8
Gonzalez Byass Nutty Solera Sherry	7
Disaronno	7
Luxardo	7
Chartreuse	8

*Spring  
Libations*

# Elixirs

<b>Wheatgrass Juice</b> - 1oz 2oz	4 7
<b>Kombucha Cure</b> kombucha, turmeric, ginger & lemon juice, maple syrup, sparkling water	7
<b>Strawberry Kombucha</b> kombucha, strawberry & lemon juice, maple syrup, sparkling water	7
<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>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

# 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>	10/45
<b>Kanazawa Nomu Naramata</b> <i>viognier, semillon, and little bit of orange muscat - orange blossom, citrus rind, peach, apricot and grassy notes</i>	10/45
<b>Tantalus Chardonnay Kelowna</b> <i>french oaked with aromas of apricot and lemon and a vanilla top note. hints of grapefruit, lemon zest and creme brûlée</i>	10/45
<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>	10/45
<b>Unsworth Sauvignette Mill Bay</b> <i>dry with racy acidity. white pear and pineapple are interlaced with honeycomb</i>	45
<b>Synchromesh Riesling Naramata</b> <i>easy to love, citrusy and barely off dry. from one of our favourite wine makers</i>	45
<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>	45

# Sparkle organic

<b>Summerhill Viva V Sparkling Kelowna</b> <i>fun and fruity. off dry with strong apricot flavours</i>	7/35
<b>Anna Spinato Prosecco Brut Italy</b> <i>rose petals, acacia, sweet aromas of creamed honey, fresh pears, apricot and yellow apples</i>	9/40
<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>Nichol Old Vines Syrah Naramata</b>	<b>10/45</b>
<i>medium ruby, aromas of red &amp; black fruits, black pepper &amp; roasted herbs</i>	
<b>Emandare Marechal-Cab Foch Cowichan</b>	<b>10/45</b>
<i>robust flavours of blackberry, black current, black cherry and dark plum with velvety cocoa and earthy peppered undertones</i>	
<b>Nagging Doubt Pinot Noir Okanagan</b>	<b>10/45</b>
<i>notes of strawberry, red cherry, mushroom, spices and orange rind, velvety tannins and refreshing acidity</i>	
<b>Synchromesh Cab Franc Naramata</b>	<b>45</b>
<i>wild fermented, unrefined &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>	

## Brews

<b>Four Winds Saison - Delta</b>	<b>7</b>
<b>Four Winds Pale Ale - Delta</b>	<b>7</b>
<i>Bombers</i>	
<b>Hoyne Pilsner - Victoria</b>	<b>11</b>
<b>Fat Tug IPA - Victoria</b>	<b>11</b>
<b>Hoyne Dark Matter - Victoria</b>	<b>12</b>
<i>Crafted to Remove Gluten</i>	
<b>Estrella Daura Lager - Spain</b>	<b>7</b>
<b>Omission Pale Ale - Portland</b>	<b>7</b>
<b>Omission Lager - Portland</b>	<b>7</b>

## Cider & Mead

<b>Merridale House Dry 500 ml Cobble Hill</b>	<b>11</b>
<b>Smith's Organic Apple 550 ml England</b>	<b>12</b>
<b>Tugwell Creek Metheglin 5oz Sooke</b>	<b>10</b>

## Fresh Juices

<b>Starspire</b>	<b>9</b>
apple, strawberry, mint, lime	
<b>Radiance</b>	<b>9</b>
orange, ginger, turmeric, lemon	
<b>Liver Cleanse</b>	<b>9</b>
orange, grapefruit, beet, ginger, lemon, cayenne	
<b>Green Gingerale</b>	<b>9</b>
apple, celery, kale, ginger, lemon	
<b>Earth Blood Tonic</b>	<b>9</b>
carrot, beet, celery, kale, ginger	
<b>Spring Tonic</b>	<b>9</b>
apple, grapefruit, celery, fennel, dandelion, lime	
<b>Rejuvenator</b>	<b>11.5</b>
apple, carrot, beet, celery, ginger, lemon, 1oz wheatgrass	
<b>Earthling</b>	<b>11.5</b>
apple, carrot, lime, 1oz wheatgrass	

## Smoothies

<b>Wave Catcher</b>	<b>8</b>
blueberry, strawberry, banana, almond mylk	
<b>Green Colada</b>	<b>9</b>
banana, avocado, spinach, lime, coconut milk	
<b>Soleil</b>	<b>10</b>
strawberry, banana, coconut, turmeric, ginger, vanilla, almond mylk	
<b>Vivaccino</b>	<b>10</b>
coffee, cacao, banana, shilajit, maca, date, almond mylk	
<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, vitamineral green, vanilla, almond mylk	
<b>Vital Green</b>	<b>10</b>
avocado, spinach, apple-celery juice, vitamineral green, lemon, cayenne, 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, camu camu	<b>1</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

<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, black pepper	
<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, black pepper, steamed 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>Winter Warrior</b> - ginger, green tea, lemongrass, citrus peel, rooibos & lemon essence	
<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> - house made almond mylk	<b>5</b>
<b>Cafe Latté</b> - house made almond mylk	<b>6</b>
<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	

# Superfood Cocktails

	(Alcohol Content)	
<b>Kombucha Whiskey Sour</b>	(1.5 oz)	<b>12</b>
alberta premium rye, kombucha, fresh lemon, turbinado sugar, angostura bitters		
<b>Tequila Manjal</b>	(1.5 oz)	<b>12</b>
hornitos plata tequila, fresh turmeric juice, fresh lime, turbinado sugar		
<b>Chaga Bourbon Sour</b>	(1.5 oz)	<b>12</b>
bulleit bourbon, chaga decoction, fresh lemon, vanilla, maple, herbal bitters, chocolate bitters		
<b>Cypress Aperol Spritz</b>	(1.5 oz)	<b>10</b>
aperol, prosecco, cypress bitters, orange zest		
<b>Beekeepers' Mojito</b>	(2 oz)	<b>12</b>
beekeepers reserve honeyshine, spiced krupnik, cointreau, mint, ginger beer, bee pollen		
<b>Sombrio</b>	(2.5 oz)	<b>13</b>
ampersand gin, tugwell mead, strega, beautiful tea, maple, blue majik, rocks square kelp		
<b>Strawberry Maté</b>	(2 oz)	<b>13</b>
espolon tequila, mezcal, fresh strawberry, yerba maté, honey, basil, green strawberry bitters		
<b>Cola Cardoon</b>	(2.75 oz)	<b>13</b>
jameson irish whiskey, cynar, house made cola, orange zest and bitters		
<b>Dr. Pepper's Orders.</b>	(2 oz)	<b>12</b>
amaretto, havana 7 yr rum, ampersand gin, chaga, ginger beer, lemon, lime leaf and rootbeer bitters, house made cola		
<b>Sex in the Cosmos</b>	(2 oz)	<b>12</b>
ampersand vodka, st. germain elderflower liqueur, fresh grapefruit, elderflower extract syrup, grapefruit bitters		
<b>Love Shaft</b>	(1.5 oz)	<b>12</b>
havana 7 yr rum, ampersand vodka, jamesons whiskey, espresso, coconut-almond cream, turbinado sugar		