

# Elixirs

**Wheatgrass Juice** - 1oz 5  
2oz 8

**Kombucha Cure** 7  
kombucha, turmeric, ginger & lemon juice,  
maple syrup, sparkling water

**Raspberry Kombucha** 7  
kombucha, raspberry & lemon juice,  
maple syrup, sparkling water

**Flu Fighter** - 7oz 5  
lemon, ginger, honey, garlic, camu camu, cayenne

**Shikanji** 6  
lemon, camu camu, shilajit, honey, himalayan salt,  
sparkling water

**Quetzal Cola** 5  
cola nut, american ginseng, damiana, cinnamon,  
nutmeg, lavender, lemon, lime, orange,  
turbinado sugar

**Chai Soda** 5  
cinnamon, star anise, ginger, cardamom, cloves,  
anise seed, fennel seed, astragalus,  
black pepper, turbinado sugar

**Ginger Beer** 5  
house fermented with ginger, lemon  
& turbinado sugar

# Iced Drinks

**Iced Cafe Latté** 7  
house made almond mylk, double espresso,  
turbinado sugar

**Iced Matcha Latté** 8  
owl grade matcha from jaga silk, house made  
almond mylk, honey

**Iced Wellness Toddy** 8  
lemon, honey, ginger, turmeric, echinacea,  
sparkling water

**Lavender Lemonade** 6  
iced lavender tea, lemon, honey, sparkling  
water

# White Grape organic

**Lock & Worth Sauvignon Blanc Oliver** 10/45  
*citrus pith, melon, hay, lemon verbena.  
big but not heavy, fresh and long*

**Kanazawa Nomu Naramata** 10/45  
*viognier, semillon, and little bit of orange  
muscat - orange blossom, citrus rind, peach,  
apricot and grassy notes*

**Emandare Seigerrebe Blend Cowichan** 10/45  
*seigerrebe and gewurztraminer.  
enjoy bursting aromas of fresh wild flowers,  
with clean citrus flavours and green apple*

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

# Sparkle & Rosé organic

**Summerhill Viva V Sparkling Kelowna** 8/35  
*fun and fruity. off dry with strong apricot  
flavours*

**Anna Spinato Prosecco Brut Italy** 9/40  
*rose petals, acacia, sweet aromas of  
creamed honey, fresh pears, apricot  
and yellow apples*

**Venturi Schulze Maranello Cowichan** 10/45  
*a beautiful racy pinot noir rosé.  
juicy wild strawberries and ripe apples  
followed by vibrant acidity on the finish*

# Red Grape

organic

**Nichol Old Vines Syrah Naramata** 10/45  
*medium ruby, aromas of red & black fruits, black pepper & roasted herbs*

**Summerhill Marechal Foch Okanagan** 10/45  
*Ripe, fruity nose with a smoky undercurrent black cherry, chocolate and spice.. Aged in French and American Oak for 7 months*

**Nagging Doubt Pinot Noir Okanagan** 10/45  
*notes of strawberry, red cherry, mushroom, spices and orange rind, velvety tannins and refreshing acidity*

**Synchromesh Cab Franc Naramata** 10/45  
*wild fermented, unrefined & unfiltered. raspberry, rhubarb, and tomato leaf with slight pine on the nose*

## Brews On Tap

Ask your server for today's selection

Glass 380 ml

## Bombers

**Hoyne Pilsner** 650ml **Victoria** 11  
**Fat Tug IPA** 650ml **Victoria** 11  
**Hoyne Dark Matter** 650ml **Victoria** 12

*Crafted to Remove Gluten*

**Estrella Daura Lager** 330ml **Spain** 7

## Cider & Mead

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

# Fresh Juices

**Shanti** 10  
apple, cucumber, raspberry, mint, lime

**Alkaline Shift** 10  
cucumber, celery, kale, spinach, lemon, Himalayan salt

**Radiance** 10  
orange, ginger, turmeric, lemon

**Liver Cleanse** 10  
orange, grapefruit, beet, ginger, lemon, cayenne

**Green Gingerale** 10  
apple, celery, kale, ginger, lemon

**Earth Blood Tonic** 10  
carrot, beet, celery, kale, ginger

**Rejuvenator** 12  
apple, carrot, beet, celery, ginger, lemon, 1oz wheatgrass

**Grass Hopper** 12  
apple, grapefruit, mint, lime, 1oz wheatgrass

## Smoothies

**June** 9  
strawberry, mango, banana, mint, iced lavender tea

**Golden Lassi** 9  
mango, banana, coconut, turmeric, ginger, cardamom, almond milk

**Wave Catcher** 9  
Blueberry, strawberry, banana, almond milk

**Vivaccino** 10  
coffee, cacao, banana, shilajit, maca, date, almond mylk

**Jedi** 11  
cacao, sprouted brown rice protein, banana, date, maca, hemp hearts, almond mylk

**Creamy Green** 11  
apple, orange, banana, hemp hearts, lucuma, sprouted brown rice protein, maca, vitamineral green, vanilla, almond mylk

**Vital Green** 10  
avocado, spinach, apple-celery juice, vitamineral green, lemon, cayenne, salt

**Warrior** 11  
banana, date, almond butter, sprouted brown rice protein, maca, hemp hearts, almond mylk

**KIDS DRINK SPECIAL** (12 and under only) 5  
any drink in 250 ml. size

## Add-Ons

lemon, ginger, kale, garlic, cayenne, camu camu 1.5

spirulina, vitamineral green, cacao powder, sprouted brown rice protein, maca, hemp hearts, chia seeds, bee pollen, acai, avocado 2

# Hot Tonics

<b>Medicinal Chai Tea</b>	4.5
herbal blend of warming spices, goji, pau d'arco, astragalus, reishi & chaga mushroom. with choice of almond mylk & honey	
<b>Mama's Magic</b>	6
ginger, lemon, cayenne, honey	
<b>Love Hot Chocolate</b>	7.5
steamed almond mylk with raw chocolate syrup	
<b>Wellness Toddy</b>	8
lemon, honey, ginger, turmeric, camu camu, echinacea, bee pollen, black pepper	
<b>Matcha Tea</b>	5
owl grade matcha from jaga silk with choice of almond mylk & honey	
<b>Matcha Latté</b>	8
owl grade matcha from jaga silk with steamed almond mylk	
<b>Turmeric Latté</b>	7.5
fresh turmeric juice, honey, black pepper, steamed almond mylk	
<b>Organic loose leaf tea from silk road</b>	3.5
<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	
<b>Coffee</b>	
<i>seasonally selected, organically grown beans locally roasted by bows &amp; arrows.</i>	
<b>Espresso</b>	3
<b>Americano</b>	3.5
<b>Cappuccino</b> - house made almond mylk	5.5
<b>Cafe Latté</b> - house made almond mylk	6.5
<b>Cardamom Latté</b>	7
house made almond mylk	
<b>Arriba Mocha</b>	8
house made almond mylk and raw chocolate syrup	

# Superfood Cocktails

	(Alcohol Content)	
<b>Kombucha Whiskey Sour</b>	(1.5 oz)	13
<i>alberta premium rye, kombucha, fresh lemon, turbinado sugar, angostura bitters</i>		
<b>Tequila Manjal</b>	(1.5 oz)	13
<i>hornitos plata tequila, fresh turmeric juice, fresh lime, turbinado sugar</i>		
<b>Chaga Bourbon Sour</b>	(1.5 oz)	13
<i>bulleit bourbon, chaga decoction, fresh lemon, vanilla, maple, herbal bitters, chocolate bitters</i>		
<b>Cypress Aperol Spritz</b>	(1.5 oz)	11
<i>aperol, prosecco, cypress bitters, orange zest</i>		
<b>Pimms Smash</b>	(2 oz)	13
<i>ampersand gin, pimms Nº1, fresh strawberry, ginger root, cucumber, ginger beer</i>		
<b>Sombrio</b>	(2.5 oz)	14
<i>ampersand gin, tugwell mead, st. germain, beautiful tea, maple, blue majik algae, wingtail kelp</i>		
<b>Coconut Almond Margarita</b>	(1.5 oz)	13
<i>espolon tequila, mezcal, cointreau, turbinado sugar, house-made coconut almond cream, lime</i>		
<b>Cabin in the Woods</b>	(2.25 oz)	13
<i>buffalo trace bourbon, cynar, krupnik, fernet branca rinse, lemon zest, peach bitters</i>		
<b>Apiation</b>	(2 oz)	13
<i>empres 1908 gin, creme de violette, tugwell mead, honey, lemon, peychauds bitters</i>		
<b>Garden Shrub</b>	(2 oz)	13
<i>el gobernador pisco, strawberry ginger shrub, kombucha, earl grey tea, green strawberry bitters</i>		
<b>Love Shaft</b>	(1.5 oz)	13
<i>havana 7 yr rum, ampersand vodka, jamesons whiskey, espresso, coconut-almond cream, turbinado sugar</i>		
<b>Smoke in the Brambles</b>	(2.5 oz)	13
<i>mcllellands scotch, st. germaine, creme de cassis, fresh raspberry juice, lemon, shizandra berry tincture</i>		
<b>Desert Rose</b>	(3 oz)	14
<i>ampersand vodka, lychee liqueur, rose water, alchemists brew tea, lemon, clingstone peach bitters, coconut water ice cube</i>		