

# *Spirits*

Ampersand Per Se Organic Vodka	8
Ampersand Organic Gin	8
Hendrick's Gin	8
Wild Turkey Bourbon	7
Buffalo Trace Bourbon	8
Rittenhouse 100 Rye	8
Jameson Irish Whiskey	6
Glenmorangie	10
Laphroaig	11
Havana Club Rum 3 year	6
Wayward Spirits Honey Rum	7
The Kraken Spiced Rum	7
Marquis Brandy	6
Hornitos Plata Tequila	7
Hornitos Reposado Tequila	7
Espolon Blanco Tequila	10
Sombra Mezcal	10
B&B Benedictine Cognac	7



# *Digestif + Liqueur*

Campari	5
Aperol	5
Pimms	5
Cynar	7
Fernet Branca	7
Amaro Averna	7
Long Table Akvavit	8
Gonzalez Byass Nutty Solera Sherry	7
Disaronno	7
Luxardo Maraschino	7
Chartreuse	8
Lillet Blanc	6
Strega	7
Green Chartreuse	8
Yellow Chartreuse	8
Amaro Montenegro	6

*Spring  
Drink*

# Elixirs

**Wheatgrass Juice** - 1 OZ 5  
2 OZ 9

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

**Spring Kombucha** 7  
kombucha, strawberry & lime juice,  
pineapple-lemongrass syrup, sparkling water

**Flu Fighter** - 4 oz 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

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

# White organic

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

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

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

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

# Sparkling organic

**Summerhill Viva V Sparkling** 8/35  
**Kelowna** - off dry rosé, fun, fruity

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

# Red

*organic*

<b>Rathjen Cellars Bunker Red Blend</b>	10/45
<b>Vancouver Island</b> - medium ruby, smooth, aromas of red & black fruits, a savoury blend that reflects the locale of Vancouver Island	
<b>Summerhill Marechal Foch</b>	10/45
<b>Okanagan</b> - ripe, fruity nose with a smoky undercurrent - black cherry, chocolate and spice. Aged in Oak for 7 months	
<b>Synchromesh Cab Franc</b>	10/45
<b>Naramata</b> - wild fermented, unfinned & unfiltered - raspberry, rhubarb, and tomato leaf with slight pine on the nose	
<b>Anthony Buchanan Pinot Noir</b>	13/50
<b>Okanagan</b> - combination tank and barrel fermentation produces a multilayered wine with fruit, texture and freshness	

# Beer & Cider

## *Draught*

**Rotating Favourites**  
ever changing-16 oz

## *Bombers*

<b>Hoyne Pilsner</b> 650ml	11
<b>Fat Tug IPA</b> 650ml	11
<b>Hoyne Dark Matter</b> 650ml	12

## *Gluten Free*

<b>Estrella Daura Lager</b> 330ml	7
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## *Mead*

<b>Tugwell Creek Metheglin</b> 5 oz	10
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# Fresh Juice

<b>Dragonfly</b>	10
orange, grapefruit, strawberry, ginger, lime	
<b>Tummy Love</b>	10
apple, fennel, celery, spinach, ginger, mint, lime	
<b>Inner Glow</b>	10
apple, carrot, orange, ginger, turmeric, lemon	
<b>Liver Cleanse</b>	10
orange, grapefruit, beet, ginger, lemon, cayenne	
<b>Green Gingerale</b>	10
apple, celery, kale, ginger, lemon	
<b>Earth Blood Tonic</b>	10
carrot, beet, celery, kale, ginger	
<b>Rejuvenator</b>	12
apple, carrot, beet, celery, ginger, lemon, 1oz wheatgrass	
<b>Northern Lights</b>	12
apple, grapefruit, celery, ginger, lime, 1 oz wheatgrass	

# Smoothies

<b>Shine Like Gold</b>	9
pineapple, banana, coconut, turmeric, ginger, almond mylk	
<b>Purple Chi</b>	10
blueberry, banana, spinach, matcha, vanilla, almond mylk	
<b>Wave Catcher</b>	9
blueberry, strawberry, banana, almond milk	
<b>Vivaccino</b>	10
coffee, cacao, banana, shilajit, maca, date, almond milk	
<b>Jedi</b>	11
cacao, sprouted brown rice protein, banana, date, maca, hemp hearts, almond milk	
<b>Creamy Green</b>	11
apple, orange, banana, hemp hearts, lucuma, sprouted brown rice protein, maca, vitamineral green, vanilla, almond milk	
<b>Vital Green</b>	10
avocado, spinach, apple & celery juice, vitamineral green, lemon, cayenne, salt	
<b>Warrior</b>	11
banana, date, almond butter, sprouted brown rice protein, maca, hemp hearts, almond milk	
<b>KIDS DRINK SPECIAL</b> (12 and under only)	5
any drink in 250 ml. size	

# Hot Tonics

<b>Medicinal Chai Tea</b>	5
house blend of warming spices, goji, pau d'arco, astragalus, reishi & chaga mushroom with choice of almond milk & honey	
<b>Mama's Magic</b>	6
ginger, lemon, cayenne, honey	
<b>Love Hot Chocolate</b>	7.5
steamed almond milk 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 milk & honey	
<b>Matcha Latté</b>	8
owl grade matcha from jaga silk with steamed almond milk	
<b>Turmeric Latté</b>	7.5
fresh turmeric juice, honey, black pepper, steamed almond milk	
<b>Silk Road Organic Tea</b>	3-5
West Coast Peppermint- Herbal Sencha- Green Earl Grey- Black Chocolate Panda - Red Love Blend- Herbal/Green	

# Coffee

*locally roasted by Discovery Coffee*

Espresso	3
Americano	3.5
Cappuccino	5.5
Latté	6.5
Cardamom Latté	7
Arriba Mocha	8

# Superfood Cocktails

<b>V.I. Sour</b>	12
rittenhouse 100 proof rye, kombucha, lemon, turbinado syrup, angostura, marechal foch red wine	
<b>Sombrio</b>	13
ampersand gin, honey mead, strega, elderflower liqueur, herbal tea, lemon, blue algae	
<b>Chaga Bourbon Sour</b>	12
wild turkey bourbon, chaga mushroom decoction, maple, lemon, chocolate bitters, herbal tincture	
<b>Sage Advice</b>	11
espolon blanco tequila, sage infused dry vermouth, agave, lime, cucumber	
<b>Bandito</b>	12
wayward spirits rum, kraken, tequila, orgeat, honey ginger syrup, lime, xocolatl mole bitters, pineapple	
<b>Holy Smokes!</b>	14
laphroaig scotch, punt e mes, amaro montenegro, fernet branca, orange bitters, mint	
<b>Orange Espresso Martini</b>	12
cointreau, vodka, amaro averna, maple, almond coconut cream, espresso, vanilla	
<b>Nude and Lewd</b>	12
sombra mezcal, aperol, yellow chartreuse, lime, turmeric	
<b>Cherry Blossom</b>	12
strawberry infused pisco, amaretto, luxardo maraschino liqueur, sour cherry tea, honey ginger syrup, lemon	
<b>Something to Celebrate</b>	11
victoria distillers empress 1908 gin, elderflower liqueur, prosecco, lemon twist	

Alcohol content ranges from 1.5oz - 3oz