

Spirits

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| 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

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| 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 |

Summer

Drink

Elixirs

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

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

Wellness Shot - 4 oz 5
lemon, ginger & turmeric juice | honey |
camu camu | cayenne | black pepper

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

Iced Drinks

Iced Cafe Latté 7.5
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, ginger & turmeric juice |
honey | echinacea | sparkling water

White organic

Lock & Worth Sauvignon Blanc 11/
Oliver - citrus pith, melon, hay, lemon
45
verbena-big but not heavy, fresh and long

Synchromesh Reisling 11/
Naramata - lush apricot and rich pineapple
45
with a mineral limey backbone, granny smith
apple, pear skin, textured and fresh finish

Emandare Seigerrebe Blend 11/
Cowichan - seigerrebe and gewurztraminer
45
enjoy bursting aromas of fresh wild flowers,
with clean citrus flavours and green apple

Venturi Schulze Millefiori 11/
Cowichan - siegerrebe and ortega
45
floral notes with a bright acidity, pairs
brilliantly with cool dishes and salads

Sparkling organic

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

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

Red

organic

- Lock & Worth Merlot** 11/
Oliver - sun-warmed plum, wild blackberry, 45
bittersweet cacao, dusky smoked stone,
cracked peppercorn finish
- Summerhill Marechal Foch**
Okanagan - ripe, fruity nose with a smoky 11/
undercurrent - black cherry, chocolate and 45
spice. aged in Oak for 7 months
- Synchromesh Cab Franc** 11/
Naramata - wild fermented, 45
unfined & unfiltered - raspberry, rhubarb, and
tomato leaf with slight pine on the nose
- Anthony Buchanan Pinot Noir** 13/
Okanagan - combination tank and barrel 50
fermentation produces a multilayered wine
with fruit, texture and freshness

Draught Beer

Rotating Favourites
ever changing - 16 oz

Seasonal Tallboys

- Keller Pilsner** *Persephone, BC* 8
- Hiatus Cucumber Ale** *Category 12, BC* 8
- Ransack West Coast IPA** *Collective Arts, ON* 8
- Glutenburg Blonde** - *Glutenburg, QC* 10

Cider

- Mala-Hop Craft Cider** *Tod Creek, BC (473 ml)* 8

Mead

- Methglin** *Tugwell Meadery, BC - 5 oz* 10

Fresh Juice

- Pica Flora** 11
cucumber | apple | grapefruit |
raspberry | lime
- Alkaline Shift** 11
cucumber | celery | kale | lemon
- Inner Glow** 11
apple | carrot | orange | ginger |
turmeric | lemon
- Liver Cleanse** 11
orange | grapefruit | beet | ginger |
lemon | cayenne
- Green Gingerale** 11
apple | celery | kale | ginger | lemon
- Rejuvenate** 11
apple | carrot | beet | celery | kale |
ginger | lemon

Smoothies

- Golden Lassi** 11
Mango | banana | coconut | ginger |
turmeric | almond mylk
- P.B. & J** 10
peanut butter | strawberry | raspberry |
banana | sprouted rice protein | vanilla
maple syrup | almond mylk
- Wave Catcher** 9
blueberry | strawberry | banana |
almond mylk
- Vivaccino** 10
coffee | cacao | banana | shilajit | maca |
maple syrup | almond mylk
- Jedi** 11
cacao | banana | maca | hemp hearts |
sprouted brown rice protein | almond mylk
- Creamy Green** 11
apple | orange | banana | hemp hearts |
lucuma | sprouted brown rice protein |
maca | vitamineral green | almond mylk
- Warrior** 11
banana | almond butter | maca |
hemp hearts | sprouted brown rice protein |
almond mylk
- Vital Green** 10
avocado | spinach | apple | celery |
vitamineral green | lemon | cayenne | salt
- KIDS SPECIAL** (12 and under) 250mL 5

Hot Tonics

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| Medicinal Chai Tea house blend of warming spices goji pau d'arco astragalus reishi & chaga mushroom with choice of almond milk & honey | 5 |
| Mama's Magic ginger lemon honey cayenne | 5 |
| Love Hot Chocolate steamed almond mylk raw chocolate syrup | 7.5 |
| Wellness Toddy lemon honey ginger turmeric camu camu, echinacea bee pollen black pepper | 8 |
| Matcha Tea owl grade matcha from jaga silk choice of almond mylk & honey | 5 |
| Matcha Latté owl grade matcha from jaga silk steamed almond milk | 8 |
| Turmeric Latté fresh turmeric juice honey black pepper steamed almond milk | 7.5 |
| Silk Road Organic Tea West Coast Peppermint- Herbal Sencha- Green Earl Grey- Black Chocolate Panda - Red Love Blend- Herbal/Green | 3.5 |

Coffee

locally roasted by Discovery Coffee

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|----------------|-----|
| Espresso | 3.5 |
| Americano | 3.5 |
| Cappuccino | 6 |
| Latté | 7 |
| Cardamom Latté | 7.5 |
| Arriba Mocha | 8.5 |

Superfood Cocktails

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|--|------------------------------|
| Kombucha Sour rittenhouse rye cointreau kombucha charred mango ginger syrup lemon cardamom | <i>tropical, tart</i> 12 |
| Chaga Bourbon Sour wild turkey bourbon chaga mushroom decoction maple lemon chocolate bitters herbal tincture | <i>earthy, handsome</i> 12 |
| Symposium marrow vermouth rhubarb infused campari mezcal agave lemon | <i>tangy, smokey</i> 13 |
| Paint the Town Rose riesling tequila blanco lychee liqueur house orgeat lemon coconut rose | <i>floral, smooth</i> 12 |
| Bon Portage hendricks gin aquavit strega dry vermouth aloe vera agave lemon basil | <i>herbal, refreshing</i> 13 |
| Not a Clarified Milk Punch absinthe strawberry infused pisco laphroaig yellow chartreuse agave orange bitters fennel | <i>strong, silky</i> 14 |
| Cool, Cool, Cool. espolon reposado tequila dry vermouth green chartreuse agave lime cucumber | <i>cool, cool</i> 12 |
| Rum 'n' Amari wayward spirits rum amaro montenegro amaro averna maple lime mint | <i>exotic, robust</i> 13 |
| Sake Toomi sake nigori lillet blanc mezcal elderflower liqueur house grenadine lemon | <i>floral, smokey</i> 13 |
| Nude and Lewd sombra mezcal aperol yellow chartreuse lime turmeric | <i>bright, zesty</i> 12 |
| Something to Celebrate empress 1908 gin elderflower liqueur prosecco lemon | <i>botanical, floral</i> 12 |

Alcohol content ranges from 1.5oz - 3oz