

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 7year	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
Espolon Reposado	10
Los Siete Misterios 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

*Winter
Drink*

Elixirs

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

Kiwi Kombucha 7
kombucha | kiwi & lime juice |
maple syrup | sparkling water

Wellness Shot - 8 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 Junger Beer 5
fermented with ginger, lemon
& honey

Iced Drinks

Iced Cafe Latté 7.5
house made almond milk | double espresso |
turbinado sugar

Iced Matcha Latté 8
owl grade matcha from jaga silk |
house made almond milk | honey

Iced Wellness Toddy 8
lemon, ginger & turmeric juice |
honey | echinacea | sparkling water

White organic

Lock & Worth - Sauvignon Blanc 11/
Oliver 45
lemon verbena, rain drops, honey dew

Scout - Riesling 11/
Similkameen 45
sweet tarts, fireweed honey, salted lime

Joue - Field Blend 11/
Vancouver Island 45
granny smith apple, honeysuckle,
emerald carpet seaweed

Venturi Schulze - Madeleine Sylvaner 11/
Cowichan 45
asian pear, lemon oil, slate, drying herbs

Orange organic

Little Farm - Orange 11/
Similkameen 45
peach juice running down your forearm,
dried apricot, oat straw

Sparkling organic

Unsworth Sparkling Rosé 8/
Vancouver Island 35
pink grapefruit, rhubarb galette,
raspberry clay

Anna Spinato Prosecco Brut 9/
Italy 40
rose petals, acacia, creamed honey,
yellow apples

Red

Ursa Major - Borealis Okanagan your grandparents raspberry jam, pink peppercorns, sun kissed overripe strawberries	11/ 45
Summerhill - Marechal Foch Okanagan cherry molasses, stewed blueberry, tobacco leaves	11/ 45
Joue - Red Field Blend Vancouver Island black plum and kiwi skins, fizzy echinacea, sugared cranberry	11/ 45
Synchromesh - Cabernet Franc Oliver leafy tomatoes, picking forest berries, wild mushroom	13/ 50

Draught Beer

Rotating Favourites

ever changing - ask us - 16 oz

Seasonals

33 Acres - Vancouver, BC 7.5

Of Nirvana - IPA	7.0% - 330ml
Of Life - California Common	4.8% - 330ml
Of Darkness - Schwarzbier	5.0% - 330ml

Cider

Valley Cider - Cowichan Valley, BC 9

Humulus Lupulus	6.5% - 330ml
Love Potion	6.5% - 330ml
Winter	6.5% - 330ml

Fresh Juice

Island Kiwi kiwi apple kale ginger lime	11
Inner Glow apple carrot orange ginger turmeric lemon	11
Liver Cleanse orange grapefruit beet ginger lemon cayenne	11
Green Gingerale apple celery kale ginger lemon	11
Rejuvenate apple carrot beet celery kale ginger lemon	11

Smoothies

Rosy Cheeks strawberry banana lucuma cinnamon beet & ginger juice almond milk	10
Green Chi apple banana matcha spinach vanilla hemp hearts almond milk	11
Wave Catcher blueberry strawberry banana almond milk	9
Vivaccino coffee cacao banana shilajit maca maple syrup almond milk	10
Jedi cacao banana maca hemp hearts sprouted brown rice protein almond milk	11
Creamy Green apple orange banana hemp hearts lucuma sprouted brown rice protein maca vitamineral green almond milk	11
Warrior banana almond butter hemp hearts maca brown rice protein almond milk	11

Vital Green avocado spinach apple celery vitamineral green lemon cayenne salt	10
KIDS SPECIAL (12 and under) 250mL	5

Hot Tonics

Medicinal Chai Tea house blend of warming spices goji pau d'arco reishi & chaga mushroom astragalus choice of almond milk & honey	5
Mama's Magic ginger lemon honey cayenne	5
Love Hot Chocolate steamed almond milk raw chocolate syrup	7.5
Wellness Toddy lemon turmeric ginger camu camu honey echinacea bee pollen black pepper	8
Matcha Tea owl grade matcha from jaga silk choice of almond milk & 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
Beet Root Latté beet juice kola nut syrup steamed almond milk cinnamon	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

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

Superfood Cocktails

Xun Sour fernet menta yellow chartreuse honey syrup lime jun matcha	<i>herbal, tart</i> 13
Smokey Peat sombra mezcal laphroig 10 aperol cherry heering spiced rosemary syrup creole bitters	<i>strong, smoky</i> 14
A-Marrow-Cano marrow sweet vermouth cacao bean infused campari unsworth sparkling rosé	<i>bright, tangy</i> 12
King of Carrot Flowers peppercorn infused siete misterios mezcal black strap rum carrot turmeric shrub lime	<i>vegetal, spicy</i> 13
Negroni Faux Pas seaside yuzu gin lillet blanc gentian liqueur imperative dry vermouth smoked anise	<i>aromatic, classic</i> 13
Voodoo, Who Do? sage infused buffalo trace bourbon cynar house orgeat avocado lemon charred nutmeg	<i>bold, tiki</i> 13
Shaft cognac benedictine rittenhouse rye amaro averna maple espresso xocolatl mole bitters	<i>silky, luxurious</i> 13
Danse Macabre brandy cointreau amaro montenegro reishi rooibos cordial lemon maple angostura bitters	<i>cozy, smooth</i> 13
Chaga Bourbon Sour wild turkey bourbon maple chaga mushroom decoction lemon cacao bitters herbal tincture	<i>earthy, handsome</i> 13
Hot Damn! havana club 7 rum amaro lucano cacao chamomile infused brandy house cola steamed almond milk nutmeg	<i>hot, spiced</i> 12
Something to Celebrate empress 1908 gin elderflower liqueur prosecco lemon	<i>botanical, floral</i> 12

Alcohol content ranges from 1.5oz - 3oz