

# Dessert

## Chocolate



### **Bliss Kiss**

lucuma | maple syrup

2.50

### **Medicinal Fudge**

maca | spirulina | 5 mushroom blend  
vita-mineral green powder | coconut syrup

4.50

### **Peanut Butter Bomb**

buckwheat | smooth peanut butter | agave  
arrowroot powder | chocolate coating

4.50

## By the Slice

### **Daily Cheesecake**

walnut crust | cashew base | coconut whip

12

### **Roasted Pumpkin & Squash Pie**

13

## Dehydrated Cookie

### **One with Everything Cookie**

banana | walnuts | dates | coconut  
goji berries | flax seeds | raisins | cacao nibs  
hemp hearts | pumpkin seeds

4.50

Fall  
Drink

## *Elixirs*

<b>Kombucha Cure</b> kombucha   turmeric   ginger lemon   honey   sparkling	8
<b>Bon-Boocha</b> kombucha   lemon   ginger   blackberry maple   sparkling	8
<b>Wellness Shot - 8 oz</b> lemon   ginger   turmeric honey   cayenne   echinacea	7
<b>Shikanji</b> camu camu   shilajit   honey   salt lemon   sparkling	7.5
<b>Cola</b> house herbal blend	6.5
<b>Root Beer</b> house herbal blend	6.5
<b>Iced Matcha Latté</b> oat-hemp milk	8
<b>Iced Wellness Toddy</b> ginger   turmeric   lemon   honey black pepper   echinacea   sparkling	8

## *Valley Cider*

<b>Bon-Dri</b> bone dry	8.5
<b>Love Potion</b> rose petal   lavender   damiana	8.5
<b>Love Child</b> re-fermented grape skins   juicy cider lees	8.5
<b>Cidrus</b> grapefruit   lemon   orange	8.5

## *Beer*

**Rotating - Contains Gluten**

## *Gluten Removed*

<b>Category 12 Breakthru Pilsner</b>	9
<b>Category 12 Breakthru IPA</b>	9

## Red

<b>Joue   Red Field Blend</b> pinot noir   gamay   marachel foch	13/50
<b>Bordertown   Cabernet Franc</b>	14/55
<b>Lake Breeze   Syrah</b>	15/60

## White

<b>Unsworth   Island Melody</b> island blend	13/50
<b>Liber Estates   Chardonnay</b>	14/55
<b>Sage Hills   Pinot Gris</b>	15/60

## Other

<b>Unsworth   Charme De L'ile</b> sparkling	14/55
<b>Joue   Rosé</b>	14/55

## Fresh Juice

<b>Green Gingerale</b> apple   celery   kale   ginger   lemon	12
<b>En Root</b> apple   carrot   orange   turmeric ginger   lemon	12
<b>Earthblood Tonic</b> carrot   beet   celery   kale   ginger	12
<b>Sun Burst</b> orange   grapefruit   blackberry lemon   vitamin d	12

## Smoothies

<b>Protein Boost</b> peanut butter   banana   date   maca rice protein   almond milk	12
<b>Elite Green Protein</b> elite green protein   spirulina   hemp hearts strawberry   banana   orange juice	13
<b>Complete Green</b> apple   orange   banana   hemp hearts lucuma   rice protein   maca vitamineral green   almond milk	12
<b>Cacao Cacao</b> cacao   banana   maca   hemp hearts date   almond milk	11
<b>Third Eye</b> espresso   cacao   shilajit   maca   fig banana   almond milk	12
<b>Trailblazer</b> strawberry   banana   fig   almond milk	10
<b>Kids Smoothie</b> (12 and under) any smoothie - 250mL	6

# Hot Tonics

<b>Medicinal Chai Tea</b> warming spices	<b>6</b>
<b>Mama's Magic</b> ginger   lemon   honey   cayenne	<b>7</b>
<b>Wellness Toddy</b> lemon   turmeric   ginger   honey camu camu   black pepper   echinacea	<b>8</b>
<b>Matcha Tea</b> Silk Road Tea	<b>6.5</b>
<b>Matcha Latté</b> matcha   oat-hemp milk	<b>8.5</b>
<b>Turmeric Latté</b> turmeric   honey   black pepper oat-hemp milk	<b>8.5</b>
<b>Silk Road Organic Tea</b> West Coast Peppermint - Herbal Rooibos - Herbal Jasmine - Green Earl Grey - Black Jewel of India - Black Love Blend - Herbal/Green	<b>5</b>

# Coffee

roasted by 2% Jazz

<b>Espresso</b>	<b>4.5</b>
<b>Americano</b>	<b>4.5</b>
<b>Dirty Chai</b>	<b>8</b>
<b>Latté</b>	<b>7.5</b>

# Cocktails

<b>Kombucha Whisky Sour - 2oz</b> kombucha   lemon   bitters	<b>16</b>
<b>Chaga Bourbon Sour - 2 oz</b> decocted chaga   lemon   herbal bitters chocolate bitters   maple	<b>16</b>
<b>Smoke Show - 2 oz</b> spiced tequila   mezcal   warming spices lime   bitters	<b>18</b>
<b>Something to Celebrate - 1.5 oz</b> empress gin   elderflower liqueur lemon   sparkling wine	<b>15</b>
<b>What's Your Faery Name? - 2 oz</b> gin   amaro chiaro   blackberry maple clove   lemon	<b>17</b>
<b>Magic Margarita - 1.5 oz</b> tequila   blue majik powder chartreuse   lime   agave nectar	<b>16</b>