



Hello winter



Nourishing Sips

Northern Lights | \$6.50

focus/stress relief/calm

reishi, lion's mane, astragalus, pine pollen, tocos, cinnamon, ginger, honey (optional), ghee/coconut oil & steamed housemade coconut milk

Liquid Gold | \$5.50

caffeine free

turmeric, ginger, vanilla, sea salt, black pepper, cayenne & coconut sugar with your choice of steamed milk

Wellness Shot (2oz) | \$4.25

lemon, ginger, echinacea with a side of honey & apple

Coffee, Tea & Hot Cocoa \$5.50

Winter Solstice

Organic Enlightened White Tea (white tea, tangerine, orange, lotus petals) with rose water, vanilla, cinnamon, cardamom & steamed housemade coconut milk

Mexican Hot Cocoa

raw cacao (sugar & dairy free), cinnamon, nutmeg, cayenne, vanilla & your choice of milk with whipped topping

Purple Rain

caffeine free

Organic Right as Rain Tea (raspberry, fenugreek, anise, peppermint & dandelion) with lavender, vanilla & your choice of steamed milk & topped with lavender buds

Lavender Latte

choice of milk, lavender, vanilla, honey, espresso & edible lavender flowers

Smoothies & Blends | \$8

Mint Chip Smoothie

almond milk, spinach, vanilla protein, cacao nibs, vanilla, peppermint essential oil & banana

Ruby Red Blend

Beets, lemon, grapefruit/orange, apple, coconut milk, coconut oil, mango & strawberry

Feel Better

apple, lemon, ginger, pineapple, cayenne, honey & echinacea

Banana Spice Smoothie

choice of milk, spinach, vanilla protein, banana, ginger, cardamom, cinnamon & flaxseed oil

Milk Options: Whole/Skim, Almond or Coconut (.75) | **CBD Honey** (\$1.50)

Sub Plant Protein Van/Choc (.50) | **Add a supplement or Sun Potion!**