



# Hello winter



## Healing Bites

### Live by the Sun | \$9

hummus, kale, avocado, sun-dried tomato, cheddar or provolone & EVOO on choice of wrap/panini/flatbread/greens | with chips, apple or side salad

### Funky Monkey Waffle (GF) | \$9

protein waffle with cinnamon, sliced banana, nut butter, walnuts & maple syrup or honey

### Root Veggie Salad (V & GF) | \$9

beet, carrot, apple and greens with orange champagne vinaigrette

### Cookie Butter Toast | \$5.75

2 slices of bread with cookie butter, cacao nibs & cinnamon

### Winter Tracks Oatmeal (V) | \$6.50

oats, wild orange essential oil, cranberries, cinnamon, nutmeg & chia seed - top with steamed almond milk!

## Nourishing Sips

### Winter Solstice | \$5.50

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

### Northern Lights - focus/stress relief/calm | \$6.50

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

### Hurricane 12oz | \$3.50 or 15oz | \$4

drip coffee, coconut oil or ghee blended to create a frothy top

### Purple Rain - caffeine free | \$5

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

### Ruby Red Blend | \$8

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

### Ultimate Healer | \$7

apple, cucumber, lemon, ginger, Get Greens (wheatgrass, spirulina, parsley, broccoli, kelp, chlorella and more!) & echinacea over ice