

Fall Menu

Pumpkin Kisses & Harvest Wishes

TOASTS | \$7.00

on Nord Sourdough Bread from Doylestown

Nord Toast | \$4.50

with ghee and/or jam

Pumpkin Toast

pumpkin, almond butter,
fall spices, apple & honey

Fall Avocado Toast

smashed avocado, roasted sweet potato,
hemp seed & balsamic glaze

Lavender Fig Toast

goat cheese, figs, honey & lavender flowers

Banana & Nut Butter Toast

peanut butter / almond butter with
sliced banana, chia seed & honey/agave

BREAKFAST

served all day!

Waffle Your Way (GF) | \$10

protein waffle with choice of 3 toppings!

Sweet Potato Waffle (GF) | \$10

protein waffle with sweet potato & fall
spices topped with ghee, walnuts &
maple syrup

Oatmeal Your Way (V & GF) | \$7

organic oats and choice of 3 toppings

Apple Cinnamon Oatmeal | \$7

organic oats, apples, cinnamon, flax seeds
and honey / maple syrup

Banana Wrap | \$5

1 whole banana wrapped up with choice
of nut butter + 3 toppings

ACAI & SMOOTHIE BOWLS

pick 3 topping: GF granola, coconut,
cacao nibs, hemp/chia seed, fruit,
honey/agave, nut butter (.50)

Calm (V & GF) | \$10

acai, mixed berries & banana

Autumn Bliss (V & GF) | \$10

pumpkin, fall spices, vanilla, almond milk,
banana & almond butter + toppings
(we like granola, apple & honey)

Fall Harvest (V & GF) | \$10

acai, pumpkin, apple, banana, mixed
berries & cinnamon

Carrot Mango (V & GF) | \$10

carrot juice, coconut milk, mango,
turmeric & banana

ORGANIC LOOSE LEAF TEA

chamomile

lavender earl grey

mountain high chai

peppermint

tamayokucha green

alpine berry



SCAN FOR
DIGITAL MENU!



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NOURISHING SIPS 12oz | \$6.50

add sweetness with honey/agave/maple syrup

Focused Mind

brain function

lions mane, 'get brainy', matcha
& choice of steamed milk

Sweet Dreams

calming

blue lotus tea, CBD honey & hot water

Happy Belly

digestive harmony

brewed coffee, cinnamon, triphala,
mucuna & choice of steamed milk

Cold Buster

colds & flu buster

orange, lemon, ginger, turmeric, honey,
'get essentials' & hot water

Epic Mushroom Mocha

stress relief

brewed coffee, coconut oil, raw cacao,
reishi, vanilla, cinnamon, cardamom
& choice of steamed milk

Immune Elixir

immunity booster & energy

turmeric, cinnamon, ginger, cordyceps,
astragalus & choice of steamed milk

Milk Options:

Organic Whole or Unsweetened Almond
Sub Oat or Coconut (\$.75)

CBD Honey (\$1.50)

Sub Plant Protein Van/Choc (\$.75)

SPECIALITY COFFEE & TEA \$5.50

add sweetness with honey/agave/maple syrup

Pumpkin Cold Brew

housemade cold brew, pumpkin,
fall spices, vanilla & choice of milk

Masala Chai Latte

black tea, ginger, cardamom, cinnamon,
black pepper, nutmeg & cloves with
choice of milk

Pumpkin Spice Latte

espresso, pumpkin, fall spices & vanilla
with choice of milk & topped with
whipped cream

Sipping Chocolate (12oz)

60% dark cocoa & coconut blossom
nectar with choice of milk

SMOOTHIES, JUICES & BLENDS | \$8.50

add a supplement, check out our add in menu

Fall Refresher

apple, banana, cinnamon, kale,
chia seed & vanilla protein

Autumn Glow

almond milk, sweet potato, vanilla,
cinnamon, nutmeg, turmeric
& vanilla protein

Sweet Potato Pie

masala chai tea, almond milk,
sweet potato, banana, oats,
almond butter, fall spices