



Hello winter



Nourishing Sips | 12oz | \$6.50

add sweetness with honey/agave/maple syrup

Peppermint Hemp Hot Chocolate

peppermint essential oil,
dark chocolate, hemp honey,
choice of milk & whipped topping

Winter Solstice

lavender earl grey tea with rose water,
vanilla, cinnamon, cardamom
& choice of milk

Vanilla Spiced Chai

vanilla, chai spices & choice of milk

Mexican Hot Cocoa

raw cacao, cinnamon, nutmeg, cayenne,
vanilla, choice of milk & whipped topping

Wake Up Karma

lemon, ginger, apple, turmeric,
apple cider vinegar, cayenne,
served hot or iced

Coffee, Tea & Hot Cocoa

\$6.50

add sweetness with honey/agave/maple syrup

In Tune Lotus Tea

flower of intuition, rejuvenation
& hemp honey

Lavender Latte

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

Wild Orange Mocha

espresso, dark chocolate, wild orange
essential oil & your choice of steamed milk

Sipping Chocolate (12oz)

60% dark cocoa & coconut blossom
nectar with choice of milk
(add a flavor for .75)

Matcha Love

raw cacao, matcha, cinnamon
& choice of milk

Smoothies & Blends | \$8

Mint Chip Smoothie

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

Immunity Booster Smoothie

coconut water, spinach, orange, mango,
pineapple, lime, 'get essentials' & echinacea

Banana Spice Smoothie

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

Spiced Cookie Smoothie

choice of milk, chai, oatmeal, vanilla,
cinnamon & vanilla protein

Milk Options: Whole/Skim, Almond | Oat or Coconut (.75) | **CBD Honey** (\$1.50)
Sub Plant Protein Van/Choc (.75) | **Add a supplement or Sun Potion!**