



## SMOOTHIE BOWLS - ALL 14.5

### SMOOTHIES - ALL 11

#### SUPER GREEN

Pineapple, strawberries, chia seeds, coconut water, organic super greens blend (spirulina, chlorella, alfalfa, wheatgrass and barley grass powder).

#### GREEN GODDESS

Banana, spinach, almond butter, raw vanilla protein, dates, coconut milk.

#### BERRY PROTEIN

Acai, strawberries, blueberries, dates, raw vanilla protein, almond butter, coconut water.

#### CHOCOLATE PEANUT BUTTER CUP

Banana, peanut butter, cacao, cacao nibs, dates, sea salt, almond milk..

#### MISO CARAMEL MALT

Banana, dates, miso, almond butter, maca, raw vanilla protein, coconut milk.

#### MATCHA AVOCADO

Banana, avocado, organic ceremonial grade matcha, dates, coconut milk.

#### ACAI

Organic acai, banana, strawberries, blueberries, coconut water topped with house made granola, coconut, fresh strawberries and blueberries.

#### BLUE MAJIK

Bananas, pineapple, organic e3 live blue algae, coconut milk topped with house made granola, coconut, fresh strawberries and blueberries.

### COLD DRINKS

Organic cola ..... 4.5

Organic lemonade ..... 4.5

Organic ginger beer..... 4.5

Sparkling mineral water ..... 4.5

Kombucha Ginger and Lemon ..... 5.5

Kombucha Raspberry and Lemonade.... 5.5

Kombucha Peach ..... 5.5

Blood Orange Switchel ..... 5.5

Tropical Switchel ..... 5.5

Passionfruit Coconut Kefir ..... 5.5

#### PEANUT BUTTER

Bananas, peanut butter, dates, raw vanilla protein, pink himalayan salt, coconut milk topped with house made granola, coconut, fresh strawberries, peanut butter and dark chocolate nuts.

#### PITAYA

Organic pitaya, bananas, mango, coconut water topped with house made granola, coconut, fresh strawberries and blueberries.

### HOT DRINKS

Coconut Golden Milk ..... 4.5

Fresh Honey Spice Chai  
(Happy Happy Soy Boy.) ..... 5

Hot Chocolate ..... 4.5  
Cacao, maple syrup, cinnamon, coconut milk

Matcha Latte ..... 5  
Organic ceremonial grade matcha,  
maple syrup, coconut milk

Organic Love Tea ..... 4.5  
Earl Grey, English Breakfast, Genmaicha, Chamomile,  
Peppermint Immunity (echinacea, rosehip, ginger, licorice,  
nettle, lemon balm)

### BEER AND WINE

#### BEER

Gold Star Lager ..... 7

Sample Pale Ale ..... 8

Stomping Ground IPA ..... 9

#### WHITE

Unico Zelo  
'Jade & Jasper' Fiano ..... 9

#### RED

Terra Viva  
Organic Sangiovese ..... 9

Domaine Marcel Joubert  
'Cuvee A Lancienne' Gamay ..... 12.5

#### ORANGE

Good Intentions  
'Gris Diddly Dee' Pinot Gris ..... 9

#### ROSE

Xavier Goodridge  
'Shirley Rose' ..... 12.5

#### CHILLED RED

Gentle Folk  
'Vin De Sofa' ..... 14

