

SMOOTHIES

16OZ

/01 9.00

WATERMELON / BANANA / STRAWBERRY /
LEMON JUICE / CAMU CAMU / MAPLE SYRUP /
CHIA SEEDS / GOJI BERRIES

/02 9.00

PINEAPPLE / SPINACH / APPLE / CHLORELLA
FRESH SQUEEZED ORANGE JUICE

/03 9.00

HOUSE PRESSED HEMP MILK / BANANA /
CACAO POWDER / PINK HIMALAYAN SALT /
MEDJOOOL DATES

/04 9.00

HOUSE MADE COLD BREW CONCENTRATE /
CACAO POWDER / HOUSE PRESSED HEMP MILK /
BANANA / ALMOND BUTTER / MAPLE SYRUP

/05 9.50

BANANA / PINEAPPLE / FLAX SEEDS /
HOUSE PRESSED HEMP MILK / HEMP SEEDS /
CINNAMON / MEDJOOOL DATES / MACA POWDER

/06 9.50

KALE / BOK CHOY / BROCCOLI /
PINEAPPLE / AVOCADO / MAPLE SYRUP /
APPLE / GINGER / ORGANIC HEMP PROTEIN

/07 9.50

BLUEBERRY / BANANA / MAPLE SYRUP /
BEE POLLEN / HOUSE PRESSED HEMP MILK /
COCONUT OIL

ADD ONS

ORGANIC PRESSED HEMP OIL	2.50
ORGANIC HEMP PROTEIN	2.50
SPIRULINA	2.00
CHLORELLA	2.00
HEMP SEEDS	2.00
MACA POWDER	2.50
E3A POWDER	3.00
BLUE MAJIK	3.50
GINGER SHOT	3.50
GOJI BERRIES	2.00

SANDWICHES

\$8.50

SERVED ON VEGAN FOCACCIA BREAD

/01 REUBEN SANDWICH

HOUSE MARINATED CHICKPEA TEMPEH / REUBEN SPREAD /
AVOCADO / SPINACH / WHITE WINE SAUERKRAUT /
SHREDDED CARROT / CUCUMBER (V)

/02 ROASTED SWEET POTATO SANDWICH

ROASTED MARINATED SWEET POTATO / HOUSE MADE CHIMICHURRI /
SPINACH / SUN DRIED TOMATO / GOAT CHEESE* /
SUBSTITUTE HOUSE MADE CASHEW CHEESE FOR VEGAN OPTION

/03 FALAFEL SANDWICH

HOUSE MADE ROASTED RED PEPPER HUMMUS / BAKED FALFEL /
TAHINI SAUCE / HOT SAUCE / TABOULEH / PICKLED RED CABBAGE /
TOMATO / RED ONION (V)

SALADS

\$9.00

/01 BROCCOLI SALAD

BABY SPINACH / BROCCOLI / RED ONION / CILANTRO /
DRIED CRANBERRIES / SUNFLOWER SEEDS / ROASTED CASHEWS /
TOASTED SHREDDED COCONUT / HOUSE MADE YELLOW CURRY DRESSING (V)

/02 ZUCCHINI NOODLE SALAD

RAW ZUCCHINI NOODLES / ROASTED ALMOND SLIVERS /
GREEN ONION / SESAME SEEDS / CILANTRO / BABY SPINACH /
VEGAN BEAN BALL / HOUSE MADE ALMOND BUTTER DRESSING (V)

AÇAÍ BOWL

24OZ

/01 CLASSIC

AÇAÍ BERRY / HOUSE PRESSED HEMP MILK / BANANA /
BLUEBERRY / GLUTEN FREE GRANOLA / HEMP SEEDS /
MAPLE SYRUP / SHREDDED COCONUT 12.00

/02 PEANUT BUTTER

AÇAÍ BERRY / ORGANIC PEANUT BUTTER & COCONUT WHIP /
HOUSE PRESSED HEMP MILK / BANANA / BLUEBERRY /
MAPLE SYRUP / GLUTEN FREE GRANOLA / SHREDDED COCONUT /
CHOCOLATE PEANUT BUTTER CRUMBLE 12.00

TRUFFLES

/01 APRICOT POWER

APRICOT / DATE / PEPITAS / SUNFLOWER SEEDS / PUFFED RICE /
MAPLE SYRUP / ORGANIC ALMOND BUTTER / GLUTEN FREE OATS (V) 2.50

/02 PEANUT BUTTER & CHOCOLATE

ORGANIC PEANUT BUTTER / DARK CHOCOLATE / VANILLA EXTRACT /
SWEETENED COCONUT SHREDS / GLUTEN FREE OATS / HONEY 2.50

FRESH JUICE

16oz

WATERMELON / PINEAPPLE 8.50

COLD PRESSED JUICE

16oz

CARROT / PINEAPPLE / JALAPEÑO 9.00

BEET / APPLE / GINGER / LEMON 9.50

SPINACH / CELERY / APPLE / CUCUMBER / LEMON 9.50

POTENT POTIONS

8oz

/01 GOLDEN POTION

YELLOW TURMERIC ROOT / GRAPEFRUIT / LEMON /
ORANGE / GINGER / HEMP OIL 7.00

/02 RUNNERS HIGH

WHITE TURMERIC ROOT / PINEAPPLE / LEMON /
GINGER / CHLORELLA 7.00

/03 THE OG

ALKALINE WATER / GINGER / LOCAL ORGANIC HONEY /
APPLE CIDER VINEGAR 5.50

ORGANIC KOMBUCHA

16oz

FLAVOURS BASED ON AVAILABILITY / PLEASE ASK US 5.50

KOMBUCHA COCKTAILS

CHOICE OF POTION / KOMBUCHA / GINGER SHOT 24oz / 9.00

WATER

SAPSUCKER MAPLE WATER 250ML 2.75 1LT 6.00

FLOW WATER 250ML 2.50

COLD BEVERAGES

HOUSE MADE COLD BREW AMERICANO 16oz / 5.00

HOUSE MADE COLD BREW HEMP MILK LATTE (V) 24oz / 6.50
HOUSE PRESSED HEMP MILK / COLD BREW / MAPLE SYRUP

ICE VCAPP 16oz / 4.25
HOUSE PRESSED HEMP MILK / COLD BREW / MAPLE SYRUP / PINK SALT

PRIME MATE YERBA MATE 341ml / 3.50

LEMONCOCCO 355ml / 3.50