



Drink

Smoothies

\$8.50

Fuel

Cold Brew, Banana, Cauliflower, Date, Cacao Powder, Almond Butter, Coconut Oil, Vanilla, Sea Salt, Almond Milk

Thrive

Spinach, Pineapple, Banana, Avocado, Mint, Lime, Sea Salt, Coconut Milk

Elevate

Spinach, Kale, Zucchini, Banana, Kiwi, Date, Spirulina, Tahini, Cinnamon, Almond Milk

Essential

Peaches, Mango, Cauliflower, Banana, Cashews, Blue Majik, Almond Milk

Immunity

Orange, Mango, Banana, Carrot, Turmeric, Ginger, Lemon, Coconut Oil, Coconut Milk

Protect

Raspberry, Beet, Pear, Banana, Avocado, Lemon, Almond Butter, Almond Milk

add ons
 | \$.50 hemp \$.50 ground flax
 | \$1 collagen \$1 greens powder
 | \$1 plant-based protein powder
 | \$1 st. boniface bee pollen



Functional Lattes

Dandelion Mocha

\$6

Dandelion Herbal 'Coffee', Raw Cacao Powder, Raw Honey, Cinnamon, Sea Salt, Oat Milk

Matcha

\$6

Matcha, Marine Collagen, Vanilla, Raw Honey, Coconut Milk

Turmeric Ginger

\$6

Turmeric, Ginger, Agave, Lemon, Ashwagandha, Black Pepper, Oat Milk

Elevated Coffee

\$5

Coffee, MCT Oil, Ghee or Coconut Oil

Coffee + Tea

whole milk or oat milk

Drip

\$2.75

Espresso

\$2.75

Americano

\$2.75

Cappuccino 8oz

\$3.75

Latte

\$4.25

Tea

\$3.75

Tea Latte

\$4.50

Bone Broth

\$8

Bones + Marrow Broth Co.

Slow-Simmered Sipping Broth
 (Beef + Chicken or Vegan Blend)

flavour add ons

roasted garlic or ginger

Food



Toasts

\$8

Avocado

Spelt Sourdough, Avocado, Pickled Onion, Microgreens

Cashew + Blackberry

Spelt Sourdough, Cashew Ricotta, Blackberry Chia Jam, Mint, Bee Pollen

\$.50 sub gluten-free bread

Sandwich

\$12

Falafel

Falafel, Cashew Cheese, Cucumber, Tomato, Pickles, Lettuce, Mayo, Mustard, Sourdough

\$.50 sub gluten-free bread

Soup

\$8

Featured Soup

Served with complimentary sourdough



Bowls

\$15

Poke Bowl

Marinated Tofu, Beet, Cucumber, Carrots, Edamame, Kimchi, Sesame Seeds, Jasmine Rice, Spicy Mayo

Curry Bowl

Zucchini Noodles, Chickpeas, Jasmine Rice, Cilantro, Microgreens, Carrots, Curry Pesto, Garlic Creme

\$1 Sub quinoa

Salads

\$10

Market Salad

Mixed Greens, Endive, Snap Peas, Tomato, Avocado, Green Onion, Microgreens, Toasted Sunflower Seeds, Fresh Herb Vinaigrette

Kale Caesar

Kale, Romaine, Marinated Chickpeas, Gluten-Free Croutons, Hemp Seeds, Cashew Caesar Dressing

Superfood Ensalada

Mixed Greens, Black Beans, Cherry Tomatoes, Corn, Jicama, Quinoa, Pumpkin Seeds, Avocado Lime Vinaigrette

Falafel

Mixed Greens, Cucumber, Beets, Falafel, Pickled Red Onions, Parsley, Lemon-Tahini Dressing