

Coffee Bar

Drip	3.25
Espresso	3.25
Americano	3.25
Cappuccino	☼ 4
Latte	4.50
Cold Brew	☼ 4.25
Tea Latte	☼ 4.50
Tea	☼ 3.50

Fortify Premium Tea Blends

(Fortify, Glow, Digest, Soothe, Balance)

Matcha Bar

Matcha	☼ 6.50
Matcha, House-Made Vanilla Syrup, Milk of Choice	
Super Matcha	☼ 7.50
Matcha, Collagen, MCT Oil, House-Made Vanilla Syrup, Milk of Choice	
Banana Matcha	☼ 7
Matcha, House-Made Vanilla Syrup, Banana, Sea Salt, Milk of Choice	
Strawberry Matcha	☼ 7
Matcha, House-Made Strawberry Purée, Sea Salt, Milk of Choice	

Functional Lattes

Dandelion Mocha	6
Dandelion Herbal 'Coffee', Raw Cacao Powder, Raw Honey, Cinnamon, Sea Salt, Oat Milk	
Turmeric Ginger	6
Turmeric, Ginger, Agave, Lemon, Ashwaganda, Black Pepper, Oat Milk	
Chaga Chai Latte	6
Black Tea, House-Made Chai Syrup, Chaga Mushroom, Oat Milk	

Smoothies

11

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

Essential

Peach, Mango, Cauliflower, Banana, Cashew, 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

Refresh

Spinach, Cucumber, Celery, Green Apple, Lime, Parsley, Banana, Spirulina, Sea Salt, Almond Milk

Radiance

Strawberry, Papaya, Pineapple, Celery, Walnuts, Coconut Water

Fortify Your Smoothie

\$50 Hemp	\$1.50 16g Plant-Based Protein
\$50 Ground Flax	\$2 16g Grass-Fed Beef Protein
\$1.50 Collagen	\$1 Bee Pollen
\$1 Greens Powder	

Fortify Your Beverage

\$0.75 House - Made Flavours (Hazelnut, Caramel, Vanilla, Sugar-Free Vanilla)
\$1.80 Functional Mushrooms Lion's Mane (Mood, Memory + Focus) Chaga (Antioxidant + Cellular Support) Cordyceps (Energy + Endurance)
\$1.50 9g Collagen Protein

Dairy & Plant-Based Milk
Options Available

Iced Option ☼

Toasts

9

Avocado

Sourdough, Avocado, Pickled Onion, Microgreens

Cashew + Blackberry

Sourdough, Cashew Cream Cheese, Blackberry Chia Jam, Mint, Manitoba Bee Pollen

Chocolate Hazelnut

Sourdough, House-Made Chocolate Hazelnut Spread, Candied Walnuts, Calendula Petals
→ \$0.50 Substitute Gluten-Free Bread

Soup

10

Featured Soup

Served With Sourdough

→ \$7 Upgrade To Any Of The Toasts

Salad

12

Kale Caesar

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

Snacks

6

Chia Pudding

Feature flavours available

Lemon Coconut Square

5.5

Sunflower Citrus Energy Bar

4

Bone Broth

9

Bones + Marrow Broth Co.

Slow-Simmered Sipping Broth, Two Options:

① Original Bare Bones ② Poultry Blend