

nutbar

smoothies

vanilla \$10

cashews, vanilla, nutbar nutmilk, chia seeds, dates, sea salt
espresso shot + \$1.50

chocolate \$11

cacao, sunflower seed butter, maca, lucuma, banana, vanilla, nutbar nutmilk, dates, sea salt

green \$11

seasonal greens, apple, cucumber, avocado, banana, chlorophyll, spirulina, matcha, lemon juice

orange \$11

mango, orange, ginger, turmeric, lemon juice, banana, nutbar nutmilk, black pepper

ultimate recovery \$14

blueberries, collagen, cashews, ceremonial matcha, vegan protein powder, chia seeds, vanilla, dates, nutbar nutmilk

add-ons:

medicinal mushrooms + \$1	+ \$1.50
chaga (vitality)	vegan protein powder
cordyceps (energy)	collagen
reishi (anti-stress)	seasonal greens
lion's mane (brain power)	

toast

Toast is made on **double-fermented** organic whole wheat bread from local De La Terre bakery.

avocado \$7.50

avocado, seasonal radish, smoked olive oil, lemon juice, nutritional yeast, sea salt

savoury \$7

housemade cashew spread, seasonal radish, sesame seeds

fresh \$7

housemade white bean hummus, cucumbers, seasonal sprouts, lemon juice, hemp seeds, sea salt

sweet \$7

almond butter, coconut butter, banana, hemp seeds, chia seeds, raw honey

bites

kale caesar salad \$9

seasonal greens, red cabbage, diced cucumber, coconut croutons, hemp hearts, black pepper, housemade sunflower seed-based dressing

acai bowl \$11

acai, raspberries, blueberries, almond butter, seasonal greens, banana, nutbar nutmilk, topped with housemade granola

pink chia \$6.50

chia pudding (chia seeds, raspberries, lemon juice, vanilla, bee pollen, raw honey, nutbar nutmilk), topped with housemade granola

omg oats \$6.50

soaked steel-cut oats, nutbar nutmilk, cashews, dates, vanilla, sea salt, topped with nut crumble and maple syrup drizzle

Our **housemade granola** contains millet, coconut flakes, gluten free oats, pumpkin seeds, coconut oil, chia seeds, almond butter, bee pollen, honey and sea salt.

coffee + matcha

drip \$2.50 / \$3

espresso \$3.25

americano \$3.50

cappuccino \$4

latte \$4.50

macchiato \$3.75

flat white \$4

cortado \$3.75

**espresso-based drinks can also be made with Dandy Blend, a delicious coffee alternative*

***dairy milk is organic*

nutbar nutmilk is real nutmilk. It is a 100% organic **custom blend** of cashew, almond and coconut milks. No preservatives or additives.

nutbar drip \$4

drip coffee with steamed nutbar nutmilk

supercoffee \$5.50

drip coffee, vanilla, coconut oil, raw honey, steamed nutbar nutmilk

nutbar latte \$6.50

espresso, steamed nutbar nutmilk, chaga

matcha \$4

ceremonial matcha, hot water

matcha + mushroom misto \$6.50

ceremonial matcha, lion's mane, reishi, chaga, cordyceps, dash of steamed nutbar nutmilk

matcha latte \$6

ceremonial matcha, steamed nutbar nutmilk

supermatcha \$6.50

ceremonial matcha, vanilla, coconut oil, raw honey, steamed nutbar nutmilk

medicinal mushroom add-ons: + \$1

chaga (vitality)
cordyceps (energy)
reishi (anti-stress)
lion's mane (brain power)

nutbar
nutmilk
+ \$1.50

hot + healthy

turmeric latte \$6.25

turmeric, black pepper, cinnamon, vanilla, raw honey, steamed nutbar nutmilk

chai latte \$5.50

blend of 10 freshly ground spices, raw honey, steamed nutbar nutmilk

ginger bomb \$5

fresh shredded ginger and turmeric, lemon juice, raw honey, hot water

local organic teas \$3.25

cold + clean

detox \$5

filtered water, mint chlorophyll, E3 live, lemon juice, ice

matcha lemonade \$5.50

ceremonial matcha, filtered water, lemon juice, raw honey, ice

greatorade \$5.50

shisandra, cordyceps, mint chlorophyll, lemon juice, ice

We are committed to sourcing the highest-quality food. That means **100% organic**, and **local** when the seasons permit.

100%
ORGANIC
FOOD

Ask about
our catering!



Follow us to see our seasonal
menu items